



Introduction To Live Your Dream



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Welcome to Section 1 Lecture 1

Hello Everyone.

I am Asur'Ana and welcome to Live Your Dream - a comprehensive, step-by-step guide to create an Extraordinary Life that reflects the Real or Authentic YOU!

Throughout this course, I intend to guide you on your unique journey to create a happy, successful and fulfilling life by aligning with your Infinite Self and the well-being of planet Earth.

But before we go any further, I want you to understand that you are solely responsible for your life creation. You ARE the Creator of your Reality.

I will present a variety of meditation, lucid dreaming and brainwave entrainment techniques that have worked for me and many others. However, please use only those that you resonate or feel comfortable with. Accept into your heart and mind only those ideas and suggestions that ring true to the deepest part of your being, and let go of any that do not.

Each individual is different. What works for one may not work for another.

Additionally, each person's pace of creating and living their dream life is unique. Some can manifest their dream life within a short period of time, while others can take longer.



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Regardless of the time frame to realizing your dream life, it is the journey that makes it all worthwhile.

It is truly a wondrous journey of awakening to your DIVINITY and sharing your gifts in ways that elevates and inspires those you come in contact with!

What Are The Benefits Of This Course?

By the end of this course, you will:

- Awaken and reconnect to your Infinite Self – Once awakened, you can access the source of inspiration and creativity within. Your intuition is strengthened and easily tapped into. You will be happier in life; you will experience more love and harmony with others; you will be much more efficient in your career and in everything you do.
- Realize your limitless potential as a human being – You are capable of anything you set your heart, mind and soul on.
- Find your purpose in life – Your life purpose gives you meaning in everything you do. It helps you do what matters to you and makes your life fulfilling. Without a purpose, you may achieve much but feel empty inside. How to know if you're on the right track: Are you doing what you love or that which bring you joy?
- Map out your dream life and make it a reality.
- Create your dream life more easily by committing to the three alignments of Holistic Creation.
- Live an extraordinary life – A life in which you are fully YOU in all your glory; a life that takes your breath away; a life of purpose, passion and fulfillment. Identify and appreciate the extraordinary things that are already part of your life.



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- Learn how to achieve unlimited abundance.
- Learn how to change your frequency to change your reality.
- Reprogram your subconscious mind for positivity, success and happiness.
- Align with the heartbeat of Earth to experience miracles and blessings pouring down from the Cosmos or Heaven as the planet continues to enter higher frequencies of the Fourth and Fifth Dimensions.
- Be a steward for Earth.
- Be an agent for positive changes in your life and others.

My Spiritual & Educational Background

Since childhood, I've been in awe of the Divine Source or the Great Spirit and the energetic dynamics hidden behind all of creation.

I was born with the gifts of lucid dreaming and active imagination which took me deeply into my inner world.

As a conscious dreamer, I could travel the galaxies and universe within my vast Infinite Being. I would share these amazing experiences with my parents who seemed to understand me, until ages 9 or 10.

Gradually, I became indoctrinated into the programming of this 3 dimensional world, and rarely shared anymore of these conscious dreams with anyone. I wanted to fit in like everyone else and live a normal life.

At the age of 17, I began a spiritual quest to seek the Ultimate Reality of Existence.



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I have traveled the globe to study with many spiritual teachers, visionaries and indigenous elders. I have tried many meditation techniques and read many metaphysical and spiritual books.

I've gained extensive knowledge and experience of the spiritual and mental worlds on my search for enlightenment.

Having personally encountered and overcame many illusions and pitfalls along the way, I know what it's like to weave an extraordinary dream for one's life in the restricted programming of this 3D reality, that doesn't allow us to be who we truly are.

I've seen what usually works, and I've seen what doesn't. In this course I want to share with you the best techniques and strategies to help you develop the ability to create your dream life as fast and as easily as possible.

I majored in Management Science from a four-year university. Then, I went on for another year in college to obtain a high school teaching credential.

Presently, I am retired from full-time school teaching, although I have over a decade of teaching experience in a classroom.



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Thank you for your interest in Aligning With Earth!

I am in the process of creating a website with the mission of empowering everyone to live their extraordinary life by working together with their Divine Self and the planet to co-create a peaceful, joyful and uplifting or positive dream for one Self, Earth and Humanity.

We can do this by aligning our dreams and goals with our core values and the well-being of Earth. This is what “aligning with earth” means.

We are living in the most exciting and important time in the history of the planet! We are entering times of great transition. A new Earth is emerging.

People are awakening to the truth of who they are. Globally, people are uniting with greater empowerment, asserting their desire for peace and respect for all beings on the planet.

But you may ask, “How does aligning with the planet affect my ability to live my dream life?”

The answer is: In Many Ways!

All of life is interconnected, as the indigenous elders have continued to remind us.



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Many areas near the oceans, the mountains, countryside and less populated places of planet Earth are currently entering the higher frequencies of the Fourth and Fifth Dimensions.

Dreams manifest FASTER and sometimes INSTANTLY in the Higher Dimensions!

It is possible for you to manifest your dream life FASTER than it has ever been possible before.

Consciousness Fields and Energy

Quantum Physics tells us that everything is energy and matter is not as solid as we perceive it to be.

All living beings (including a planet, human beings, animals, insects, plants, each blade of grass and even a grain of sand) have consciousness.

Consciousness is energy. All energy is conscious.

The consciousness field of a human being is tiny compared to the enormous consciousness field of planet Earth. This means that Mother Earth has much more quantum and can weave a huge dream for all life on her body.

Since Mother Earth is rising or ascending to the higher dimensions, she is weaving a positive and uplifting dream for all, including humans, animals, plants, minerals, etc.



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If your life dream is not positive (such as peaceful, happy, joyful, loving, playful, etc.), then Mother Earth will not support you with her energy.

Therefore, it is important to have a positive and uplifting dream for your life.

If you align your dream life to that of the planet, then you will be able to manifest it much faster, because Mother Earth will be helping you by providing energy to fuel your dream!

Later on, I will share a technique on how you can align with the heartbeat of Earth to experience miracles and blessings pouring down from the Cosmos or Heaven as the planet continues to enter the higher dimensions.

Awakening The Infinite Self

The Infinite Self can also be called the Divine Self, the Inner Self, the Eternal Self, the Multidimensional Self, True Self or the Inner Master.

Awakening to the Infinite Self is the path of leaving behind the illusions of separation and identification with the body, mind and emotions for true knowledge of our ONEness with the Divine.

To awaken to the Infinite Self is to know the divine truth of God-Source or Infinite Creator. It is to be self-realized and enlightened.



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We are eternal, infinite, boundless, pure consciousness or Spirit! It is difficult to explain this state of being in words. One has to experience it to understand it. Meditating or being out in nature can help to facilitate this process.

Seek Happiness Within

When we identify with the body, mind and/or emotions, we seek happiness through indulging these outer senses of self. We may focus our life on trying to keep our body young, gratifying our bodily senses, stimulating our minds and working through our emotions.

Sooner or later, there comes a point for many of us when we find ourselves facing our underlying feelings of being unsatisfied with life and longing for something more.

The journey to awakening begins when we realize that seeking happiness in the outer world and ego satisfaction does not produce lasting results. Instead, we must look deeply within to the Infinite Self for everlasting happiness.

Glimpses Of The Infinite Self

Many of us have had moments of experiencing the nature of the Infinite Self, even if we are not yet fully awakened.

The feelings of joy, peace, unconditional love, oneness with all and mental clarity characterize such moments. For some of us, this comes through meditating, being out in nature, painting, writing, goal setting or doing any activities that we enjoy.



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These moments of spiritual awareness, or awakening to the Infinite Self, are often remembered as peak moments in our lives.

Quotes About The Infinite Self

You are the consciousness that illuminates the world. Know yourself as that—that's what life wants with you.

—Eckhart Tolle

The Self

Smaller than the smallest,

Greater than the greatest,

This Self forever dwells

In the hearts of all.

A person freed from desire,

With mind and senses purified,

Beholds the glory of the Self

and is without sorrow.

—Katha Upanishad



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*I am the boundless ocean.
This way and that,
The wind, blowing where it will,
Drives the ship of the world.
But I am not shaken.
I am the unbounded deep
In whom the waves of all the worlds
Naturally rise and fall.*

*But I do not rise or fall.
I am the infinite deep
In whom all the worlds
Appear to rise.
Beyond all form,
Forever still.
Even so am I.*

—Ashtavakra Gita



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***I AM THAT* by Sri Nisargadatta Maharaj (Article)**

Sri Nisargadatta Maharaj's [***I AM THAT***](#) is one of my favorite books of all times. Nisargadatta's words are transformational and cut like a razor to the core of our being, opening us up to the truth of who we are.

Sri Nisargadatta Maharaj (1897-1981) lived and taught in a small apartment in the slums of Bombay. A realized master of the Tantric Nath lineage, he supported himself and his family by selling cheap goods in a small booth on the streets outside his tenement for many years.

His life exemplified the concept of absolute nonduality of being. His teaching style was simple, direct and immensely profound. His terse but potent sayings are known for their ability to trigger shifts in consciousness, just by hearing or reading them.

[***I AM THAT***](#) (first published in 1973) is regarded by many as a modern spiritual classic. It continues to draw new audiences and to enlighten those seeking self-realization. I would like to share the following quotes to remind us of our true nature and the timelessness of being.

***Note:**

The PDF eBook of ***I AM THAT*** is freely available on the web.

[***I AM THAT***](#) PDF eBook



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“Realize that every mode of perception is subjective, what is seen or heard, touched or smelt, felt, or thought, expected or imagined, is in the mind and not in reality, and you will experience peace and freedom from fear.”

“You are not in the body, the body is in you! The mind is in you. They happen to you. They are there because you find them interesting.”

“Having perfected the mirror so that it reflects correctly, truly, you can turn the mirror round and see in it a reflection of yourself -true as far as the mirror can reflect. But the reflection is not yourself - you are the seer of the reflection. Do understand it clearly - whatever you may perceive, you are not what you perceive. You can see both the image and the mirror. You are neither.”

“You cannot be conscious of what does not change. All consciousness is consciousness of change. But the very perception of change—does it not necessitate a changeless background?”

“Changes are inevitable in the changeful, but you are not subject to them. You are the changeless background, against which changes are perceived.”

“You know from experience that there are gaps when your self is forgotten. What brings it back to life? What wakes you up in the morning? There must be some constant factor bridging the gaps in consciousness. If you watch carefully, you will find that even your daily consciousness is in flashes, with gaps intervening all the time. What is in the gaps? What can there be but your real being, that is timeless?”



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“What changes is not real, what is real does not change ... You must realize yourself as the immovable behind and beyond the movable, the silent witness of all that happens.”

“What you are conscious of is neither you nor yours. Yours is the power of perception, not what you perceive ... Yours is the cinema screen, the light as well as the seeing power, but the picture is not you.”

“You are independent of space and time, that space and time are in you, not you in them. It is your self-identification with the body, which, of course is limited in space and time, that gives you the feeling of finiteness. In reality you are infinite and eternal.”

“You see yourself in the world, while I see the world in myself. To you, you get born and die, while to me the world appears and disappears. Once you realize that the world is your own projection, you are free of it.”

“Time and space are in the mind only. You are not bound. Just understand yourself - that itself is eternity.”

“Time is endless, though limited, eternity is in the split moment of the now. We miss it because the mind is ever shuttling between the past and the future.”

“I move in and out of consciousness easily and naturally, and therefore to me the world is a home, not a prison.”



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“All thinking is in duality. It is the nature of the mind to create a subject-object duality, where there is none.”

“ ‘Being’ applies to the now only. Past and future is in the mind.”

“In the waking and dream states it is the person. In deep sleep and turiya [samadhi] it is the Self. Beyond the alert intentness of turiya lies the great, silent peace of the Supreme.”

“You are always the Supreme, which appears at a given point of time and space as the witness, a bridge between the pure awareness of the Supreme and the manifold consciousness of the person.”

“God is the totality of consciousness, but awareness is beyond all - being as well as not-being.”

“When you know what is going on in your mind, you call it consciousness. Then comes awareness, the direct insight into the whole of consciousness, the totality of the mind. There are levels in consciousness, but not in awareness. It is of one block, homogeneous. Its reflection in the mind is love and understanding. There are levels of clarity in understanding and intensity in love, but not in their source. The source is simple and single, but its gifts are infinite. Only do not take the gifts for the source. Realize yourself as the source.”



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“Awareness is primordial; it is the original state, beginningless, endless, uncaused, unsupported, without parts, without change. Consciousness is on contact, a reflection against a surface, a state of duality. There can be no consciousness without awareness, but there can be awareness without consciousness, as in deep sleep. Awareness is absolute, consciousness is relative to its content; consciousness is always of something. Consciousness is partial and changeful, awareness is total, changeless, calm and silent.”

“In my world, nobody is born and nobody dies. Some people go on a journey and come back, some never leave. What difference does it make since they travel in dreamlands, each wrapped up in his own dream.”

“God is the totality of consciousness, but awareness is beyond all. I cannot say that I am in God or I am God; God is the universal light and love, the universal witness; I am beyond the universal even. Without you as the witness there would be neither animal nor God. Understand that you are both, the essence and the surface of all there is.”

“Even faith in God is only a stage on the way. Ultimately, you abandon all, for you come to something so simple that there are no words to express it. You yourself are God, the Supreme Reality.”

“The guru is there for giving you courage because of his experience and success. But only what you discover through your own awareness, your own effort, will be of permanent use to you.”



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"Love says 'I am everything.' Wisdom says 'I am nothing.' Between the two, my life flows."

"Nothing can be done without love."

"The consciousness in you and the consciousness in me, apparently two, really one, seek unity and that is love."

"In the end you know that there is no sin, no guilt, no retribution, only life in its endless transformations. With the dissolution of the personal "I", personal suffering disappears. What remains is the great sadness of compassion, the horror of the unnecessary pain."

"Karma, or destiny, is an expression of a beneficial law: the universal trend towards balance, harmony, and unity. At every moment, whatever happens now, is for the best. It may appear painful and ugly, a suffering bitter and meaningless, yet considering the past and the future it is for the best, as the only way out of a disastrous situation."

"Most of our karma is collective. We suffer for the sins of others, as others suffer for ours. Humanity is one."

"Ignorance is like a fever - it makes you see things which are not there. Karma is the divinely prescribed treatment. Welcome it and follow the instructions faithfully, and you will get well. A patient will leave the hospital after he recovers. To insist on immediate freedom of choice or action will merely postpone recovery. Accept your destiny and fulfill it - this is the shortest way to freedom from destiny."



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