

SPIRITUAL MANIFESTATION AND GROWTH
2019 Guide
By Johanna Bassols

Dear friends,

This year I've shared with you many of the key teachings and wisdom that have been valuable for my own spiritual development.

Everything that I share is only a product of my own experience and never only a theoretical approach. I believe that the best way of offering guidance is with our own example.

Many of these teachings can also be found in my books of the series: The Power of the Elevation of Consciousness.

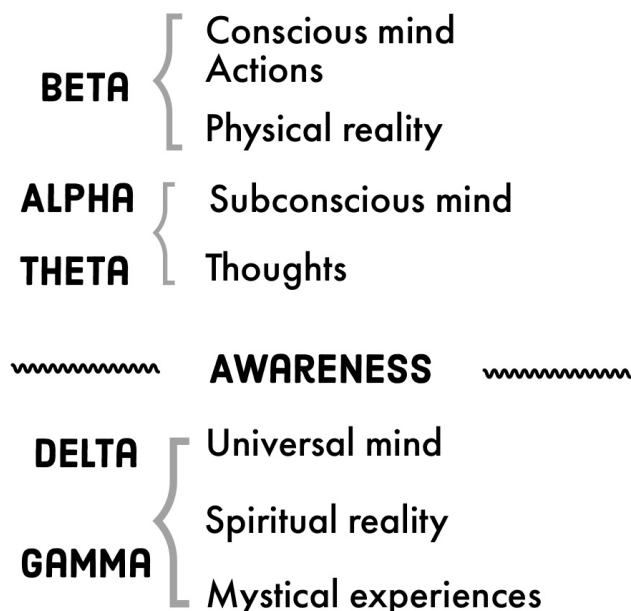
Here's a little guide with some of my main spiritual goals and teachings that you can use to enhance your practice and develop a stronger sense of self.

1- To stimulate the state of awareness:

Awareness is a multidimensional portal. When we access it, we can restructure our soul, body, and perception while releasing the false identities that cause pain and suffering.

You can stimulate awareness through meditation, but meditation doesn't only mean sitting on lotus pose looking at the wall. Meditation is everything that could help you reach the state of awareness, like breathing, pressure points, and activities that connect you with the highest places of the spiritual and mystical mind.

LEVELS OF MENTAL CONNECTEDNESS



I've shared 2 videos with my breathing technique to reach awareness in a few seconds:

Breathing technique to improve your meditation:

<https://youtu.be/0P9KpAIEop4>

My breathing technique to overcome fear:

<https://youtu.be/Z1OtugkGPG8>

2- To be present:

When there is something in our subconscious mind, whether it is an emotion, a program, an unfulfilled expectation, or needs and wants of the brain, etc., we are constantly being drawn to the past and future awareness where those emotions live, which makes it impossible to be present.

My key practice to change these brain patterns is reprogramming.

To reprogram a pattern, I pick a neutral emotion, like gratitude for example, and as soon as the distraction comes up, I say my gratitude mantra or start feeling gratitude. This awareness allows me to be in control of those impulses.

Here is a video that I shared about reprogramming anger. You can replace this emotion with anything that is being triggered in your subconscious mind:

<https://youtu.be/X1i6B8lYmxl>

3- To develop self-control:

To develop self-control, start by being aware of your physical, mental, and behavioral impulses and then use the reprogramming technique shown above.

Here are some posts that I shared about controlling excessive brain impulses:

Lime & ginger shots: This is another way that I use to help me reprogram cravings during fasting or at any time.

Read post here: <https://www.instagram.com/p/BeYideEBavm/>

Foods that overstimulate brain impulses: Some foods trigger brain impulses causing us constant distraction, anxiety, depression, and other unnecessary reactions.

Eliminate (I'm not saying reduce or lower, I'm saying ELIMINATE) these foods from your diet to help you become more aware of your true self and less aware of physical needs.

Read post here: <https://www.instagram.com/p/BpE3yzajcHW/>

FOODS THAT OVER STIMULATE BRAIN IMPULSES



Here are some additional tips for reprogramming the mind:

TIPS FOR DEVELOPING MIND CONTROL

Train your brain to listen to your commands by doing the opposite thing that your brain impulses request:

- 1- If you are hungry instead of going for something to eat right away, wait fifteen minutes and then go.
- 2- If you feel the impulse of eating sugar, eat something salty or citrusy.
- 3- If you feel the impulse of bringing up a thought in your mind, force yourself to think about something else.
- 4- If you feel the impulse of reacting in a specific way, react in a neutral way and then reconsider that action.



4- To listen and trust my own voice:

Self-awareness is the core of the spiritual practice, but this “self” that I’m referring to, is not a temporary self like the one that you might have identified with in the human experience.

This self is an eternal essence, a source of life, the true self.

To make sure that the voice you’re hearing is your true self and not just noise from brain impulses, you have to consciously apply the key points 1-3 that I just described above. These basic practices: awareness, presence, and self-control; will clear the mental noise that blurs your perception of the true self.

But just as important as hearing your inner voice is trusting it. Otherwise, what is it good for?

Learn to trust, and don’t second guess yourself.

5- To stimulate my self-expression:

Once you have gone through steps 1-4 and you begin to listen and trust your inner voice, then it’s time to take the actions that your soul is calling for.

Don’t suppress your self-expression, stimulate it to become a better representative of the consciousness in you.

One of my favorite practices, and a very powerful one for me, is writing. Others may connect more with self-talk, dancing, free movements, painting, or singing for example.

The more you practice these forms of self-expression in complete freedom of the soul, without following a technique that you might have learned in the human experience, or from someone else, but directly from your heart, the more you will become the manifestation of consciousness.

Here are some tips that I shared on how to awaken your authenticity, these are some activities that could help you find the source of your self-expression.

You can read the post here: <https://www.instagram.com/p/BopXOkojePc/>

HOW TO AWAKEN YOUR AUTHENTICITY



**REMEMBER WHAT YOU LIKED DOING
WHEN YOU WERE A CHILD**



**IDENTIFY WHAT IS SOMETHING THAT YOU WOULD
LOVE TO DO IF MONEY WAS NOT INVOLVED**



**THINK ABOUT THINGS THAT YOU LOVE DOING AND
CAN DO RIGHT NOW, THAT DON'T INVOLVE
TRAVELING, GOING SOMEWHERE ELSE, OR PREPARING
FOR IT**



**IMAGINE FOR A MOMENT THAT YOU DON'T HAVE OBLIGATIONS
AND THINGS DON'T NEED TO "MAKE SENSE". WHAT COMES
TO YOUR MIND?**



**THINK LIKE A CHILD, FROM THE HEART, AND START DOING WHAT
YOUR HEART TELLS YOU WITH THE RESOURCES THAT YOU HAVE
AVAILABLE RIGHT NOW**



**STIMULATE THIS FOR 30 MINUTES EVERY DAY
AND BE READY TO MEET THE AUTHENTIC YOU**



6- To be of selfless service:

Another important step to stimulate and grow your spiritual practice is to take selfless actions.

Take actions that stimulate your union with all beings, offer your time and presence to a good cause without expecting anything in return.

Practice detachment. We are used to doing things only when we have a potential gain.

We can service in many ways, even when we offer our unconditional love and we don't receive anything in return. We expect that those who we love can love us back in the same way, but love is not something that can be measured and reciprocated in the same quantity or quality in which it was given.

Learn to love yourself and others unconditionally. This doesn't mean that you should stay in a toxic relationship to serve, it means that you should cherish love in itself and be grateful for the opportunity to love, but also love yourself unconditionally and know when it's time to leave a negative situation, feeling grateful for the love you have already given.

THE PATH OF DETACHMENT

The Human
Experience



- Materialism
- Ego
- False identities
- Unconsciousness
- Satisfaction of the senses
- Possessive relationships



Awareness
of your true
self (spiritual
identity)



- Detachment from the illusion of the human experience
- Realization of your purpose



7- To live my life purpose:

Once you have stimulated the consciousness within you, all of your actions, thoughts, and your presence itself will also become a representation of consciousness.

To become consciousness in our own particular ways is the essence of everyone's life purpose.

We come to the human form to separate from our true identity in order to recognize it. By separating from who we are we can realize who we are.

This realization is part of our learning experience, to recognize our spirit, to be able to distinguish between temporary and eternal essence, and to choose our identity wisely.

Identification with our true self as a way of healing and reestablishing our original programming, and it's the center of my teachings in the books of "The Power of the Elevation of Consciousness".

Living our purpose is different than having a career where we can obtain gains or that we choose with our free will.

Your life purpose doesn't have anything to do with money or benefits, it has to do with experiencing the joy of being your true self through your actions, thoughts, and perspective.

Living your purpose doesn't feel like a job, it feels like living.

You should make sure that besides having a career of your choice, you are also feeding your spirit by living your purpose.

LIFE PURPOSE

You are born with it

It gives you joy

You have to remember it

You are ready for it now

It's natural, simple, and
effortless

CAREER/JOB

You choose it with your
free will

It gives you money

You have to study and prepare
yourself at an institution

You need a certificate that
says that you are ready
before you can use it

It requires a lot of
hard work to meet
its standards of success



I'm grateful for the opportunity of sharing my purpose with you and I hope wholeheartedly that you can expand spiritually at your own beautiful pace.

Johanna Bassols

About me!

Johanna Bassols



Johanna Bassols is a specialist in the semantics of consciousness. She approaches the understanding and personal development of higher consciousness in an integral and practical way.

She is a law graduate and entrepreneur who found her life purpose in the most enlightening way, through a process that she now teaches in her books and classes: the activation of the DNA.

Johanna is the founder of the Healers of the Light alternative healing academy. She created a unique healing method for reprogramming energetic imbalances, called the Soul Reprogramming Method, and is the author of the series of books, *The Power of the Elevation of Consciousness*.