

Waking UP In The Dream

Raising Your Conscious Awareness to Create A Dream Life



“Waking UP In The Dream”

*A Powerful Guide To Peace,
Happiness, and
Living a Life “On Purpose”
Through Conscious Awareness.*

By: Jeff Cloud

"There is a gift contained in every interaction and situation if you choose to have the awareness to see it".

When you ask the question "What is the gift that this is showing me", it opens up an entire world of positive possibilities that would never show up in a "resistance" or judgemental state of mind. This is where the magic happens.

This book has the ability to drastically change your life in every area by giving you powerful keys to raising your conscious awareness. It will challenge you to closely examine all of your beliefs, judgments, and "automatic" responses and reactions that you have learned by discovering what is true for you, not what you have been told by

society and others, and thereby free you up to create your life on a clean slate. The sole purpose is to empower you to live a life of your own design without limiting beliefs and programs. Because until one is ready to question all of the beliefs that you have been taught, and give up any need to be "right", you will more than likely never know true freedom and happiness. So many people are running on automatic pilot with their thoughts and responses and are quite unwilling to allow any new information in that goes against their current belief system, for fear of losing their identity of who they think they are. Living like this is basically insanity, as one can never break free of the hold of the ego until one can see the patterns that they are repeating. This isn't meant to be a magical "feel good" book. It contains powerful tools and insights that will provide huge results and breakthroughs when applied with desire and commitment. It's a roadmap of proven tools that will completely change the way you "see" the world and how you operate in it, which in turn will give you more joy and freedom in creating a life that is much more "in the flow" with your true desires. It is truly my honor to share this with you on this journey where WE are so completely and intrinsically connected. Everything that you have ever desired is waiting patiently "within".

This guide will assist you in finding YOUR own truth.

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It is wisdom to know others; It is enlightenment to know one's self. - Lao-Tzu

CHAPTER 1

Awareness- What is really going on here?

What if most of the beliefs you were taught about navigating through life were inaccurate or false? Just considering that possibility would rattle most people's cages, right? The thought of that possibility, which is actually a reality in most cases, usually brings up feelings of fear, confusion, anger, and more judgment.

How could it be that we were never taught how to become successful, happy, and truly at peace? How could it be that we have been manipulated by a society based on control, power, and greed, and taught to judge things that are different from our beliefs, instead of choosing to learn from our judgments and triggered emotions that are there to guide us into growth on our journey.

Instead, what has happened is that we were fed so many false beliefs and an

illusionary recipe about working hard all of our lives, putting our dreams on hold instead of living in the present moment, accumulating "external" possessions, and needing to have the perfect image in order to call ourselves successful.

Many of us were also taught to be afraid of an "outside" God or a governmental type of leader, who if we didn't follow or do what we were told, we were threatened with paying a price. It was ingrained into our heads that we would more than likely have to sacrifice happiness if we wanted to achieve the "dream" that goes against society's made up rules.

As children and even adults, we are taught not to question authority that we were programmed to believe these disempowering stories. It has been handed down to us by others who had it handed down to them, or by people that have had in interest in manipulating and controlling others for their own gains and benefit. It happened to our grandparents, parents, and many others throughout history.

Many believe that this has all been part of the master plan of our Soul's journey to drive us deeper towards our awakening in this dream, because there IS a

conscious awakening happening on the planet, and you are an important part of that awakening!

Our invitation is to uncover everything that blocks us from love and being our most authentic self. This includes your own self love, the love of our family members, the love of the planet, the love of all animals and this magnificent Mother Earth, and the love of everyone else that shows up in our “dream” of life, regardless of what role they “appear” to be playing. No one can be excluded from love if we are to truly walk the path of a Master, and that is exactly what and who we are, even if we have not yet awakened to that realization! One does not have to agree with the actions of others and the perceived injustices in the world in order to love them. But learning to have understanding and compassion for where everyone is on their journey is a step towards life mastery.

EVERYONE is a reflection of some aspect of our self and everyone is doing their best at playing out their roles with whatever level of awareness they currently are operating from. Some will appear to be of greater assistance to you than others,

and some may appear to be an enemy, but make no mistake, they are ALL our teachers! Understanding this is critical in moving forward on our journey and staying out of resistance to that which is happening. Realizing and applying just this one concept alone is life changing all by itself! This and many more life changing concepts will be covered in more detail as we move forward on our journey to self-discovery and empowerment.

If you're reading this book, you are more than likely on your journey searching for more inner peace, happiness, and whatever your current idea of success is.

However by now, like me, you have also probably begun to figure out and have realized that the illusionary recipe that we were given for success was not a recipe for true peace and happiness. So how do we get to that place of true peace and happiness? It all starts with undoing the programming, judgments, and beliefs that do not serve us, that distract us from being in our power and in the present moment.

Like everyone else, we have all been doing our best with the information that we

were given. The tools contained in this book, when consistently applied in ones daily life, will produce profound and positive changes. I wrote this book as an instruction manual that I wish I had received when I was growing up. It has taken over 3 decades for me to ask the right questions, collect information, test that information, and become a student of some of the best minds in our recorded history. The purpose of this manual is to save others from having to find these tools through luck, trial and error, or just sheer persistence.

The greatest key to our freedom and happiness lies in our ability to increase our conscious awareness. What is true conscious awareness?

True conscious awareness is being aware of every single thought, word, and emotion that shows up in every "present" moment, in every situation and interaction. For most people, this can only be achieved through repetition and daily practice. The reason I have highlighted the word "present" is because so many of us are responding without any awareness at all, and are just responding to the way that our emotions make us feel when we receive information. This is

not awareness. This is what I call being in “reaction response” mode. These are automatic responses that are learned behaviors from past events that have nothing to do with that which is happening in the present moment.

Can you see how these unconscious and automatic responses are just a limiting program that is running? Can you also see how much time we spend not being at peace because of them? If the ego part of your mind is now responding with how justified you feel to be responding to a so-called injustice that you believe has happened or is happening, PLEASE notice that now! This is another learned response that the mind is running and will create nothing but problems for yourself and others every time it is believed and activated. If we can see this it means that we are processing this information with awareness, as opposed to just allowing our mind to quickly analyze the information presented and then reacting based on old beliefs. Having the awareness in each moment to be present and “watch” how you are responding while you are doing it is a form of mastery. It is one of the biggest and most powerful gifts that you will ever give to

yourself and to the collective consciousness, if you choose to continue to nurture it.

The good news is that the more we make this type of present awareness a priority, the easier and more "automatic" it will become. This is the opposite of the "automatic" responses and reactions that many of us are running on. I've noticed that most of us tend to believe everything that we think, judge, and say. And in a lot of cases we'll defend the "made up" or believed point of view to the death. A person operating with this kind of mindset must be "right" in order to feel good about themselves. The truth never needs to be defended, and the one defending has just slipped into ego by needing others to agree with their point of view.

As I have learned over the years, sharing information with others is fine, however, having a need for them to agree with me or to see things my way is imposing my will on them, and this type of thinking comes from the ego mind.

Our truth may not be someone else's truth. And if we need someone else to agree with us in order to feel like we are right, then we are placing our selves in a

place of dependency, which actually comes from fear at a deeper subconscious level. And this will continue to pull us out of our own power until we have the realization that our views are our own, and our own truth is not dependent upon someone else for validation.

If one needs validation from someone else, then they are not really “owning” that which they may say or believe is their truth. And wielding our power and beliefs over others in an effort to manipulate or control them is a misuse of our free will, and will only bring you bad karma eventually for abusing our power. Whether or not you choose to believe in the law of karma or “cause and effect” as it is also called is your choice. If you are not operating from a place of love in every situation, you are going to end up “paying” for it eventually with “like” energy that you have put out to others. These energies will return to you at some point, as it is universal law. All other emotions and energies that do not come from love that are “projected” onto another person(s) or situation are what are known as “discordant” energies and will never bring peace to the person or persons that

are projecting them. One may think that they may have gotten away with something for a while, but there are universal principles and laws at work that do not submit to the ego mind. These principles are law and cannot be broken. For every cause (action) there is an effect (reaction).

These lessons are very subtle yet extremely powerful, and one must commit to being aware of their thoughts and reactions as much as possible to disarm these old patterns and beliefs. The rewards are immeasurable and one will eventually have to confront these patterns if they are to overcome the conditioning of the mind to become truly free, so why not start NOW in each present moment.

One of the best ways to understand how our thoughts, words, and imagination create that, which shows up in our life, is to understand how energy works and how things are created. If you believe that everything is nothing more than random chaos, you may be in for a long and difficult ride on your journey. The reason for this is because if we do not CHOOSE to take responsibility for everything that we do create in our life, we will leave our self powerless in a

universe where we were given "free will" to do exactly that.

So to understand how matter, things, and events are created, let's look at how this universe is put together. At this point in time, scientific data tells us that everything is "energy in form". Everything is vibrating at different frequencies and if magnified closely enough with the right equipment, we are able to see that nothing is solid. This may be hard to grasp at first as you look around your home or wherever you are, and notice that all things appear to be solid. This includes everything, the walls, the furniture, the appliances and so on. Even your body feels and appears to be solid, but in reality it is vibrating at its own frequency as well. The good news is that since everything is vibrating at a different frequency, once we understand this concept and choose to apply it by shifting our own vibrational frequency, we will then be in a position to start attracting that which we desire into our life.

By being aware of your thoughts, emotions, and reactions, and by shifting your own vibrational frequency, you will now also be able to stop attracting that which

you no longer desire to keep showing up in your life.

You will now also be able to see and clear "old" energies from the past that you may still be holding onto in your energy field that have been attracting those situations and events which you no longer desire to have show up in your life, simply by having a new awareness to notice them, and no longer choosing to give them the "reactive" energy that you used to. This awareness will create huge positive shifts in your life moving forward.

Ever hear someone say "I can't understand why I keep attracting the same type of person or situations in my life"? This is because that person is holding energy, usually in their subconscious, and aren't even aware that they are responding from an old program based on something that happened in the past. All of us have energies that have been imprinted onto our subconscious minds. It's part of the human journey and experience here on earth. When you understand how this holographic energy "field" that we are living in works, you will now be in a position to choose the energies that you want to use to create the life that you

desire. This is called empowerment through awareness.

So, how do we "tune into" and become aware of these energies or patterns in order to discard or magnify their energetic imprints in our field? We do this by becoming aware of our thoughts, emotions, and reactions in each interaction with ourselves and with others by tuning into our emotions in our bodies, as our body will tell us each time we are triggered. We must be willing to look at our "stuff" and how we think, react, and respond in each present moment in order to have any hope of changing our outcomes moving forward. Our "stuff" includes any beliefs, judgments, traumas, and resentments toward ourselves and others, co-dependencies, and anything else that may be limiting us from living the life we desire. In this powerful book you are going to learn and get a clear understanding about how the mind and the subconscious mind operates, how we tell our "stories" based on what has happened thus far in our lives, and then receive powerful tools to make the necessary changes to empower ourselves so that we can live an incredibly fulfilling life. If you have made it this far and are intrigued,

then consider yourself a “Change Agent” because you have been put here as a catalyst for positive change, and every “inner” change that you make will affect the world and others on the “outside”.

I would sincerely like to thank everyone that has requested and supported the spreading of this information around the world by reading and sharing these tools and insights. If you would like to purchase the book for yourself or as a gift, please visit this link on The Source Of Truth website:

<http://www.thesourceoftruth.com/the-book/>

With much gratitude,

Jeff