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Masters of Consciousness--A Guide Book for the Cosmic Traveler

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Masters of Consciousness-

A Guide Book for The Cosmic Traveler

By Yoga Kat

Yoga Kat

aka Katheryn Hoban

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Masters Of Consciousness
---A Guide Book for The Cosmic
Traveler

Learn How to manifest everything that you want!!

Learn techniques of creative visualizations

Suggestion on how to meditate

Live your life consciously and in the present moment

*Effectively build and work with affirmations for health
and well being*

Learn to develop your psychic ability

Learn to access your inner wisdom.

Chapter 1

MASTERS OF CONSCIOUSNESS

We have been taught to genuinely dislike the words *master and power*. They have come to mean enslavement, judgment, oppression etc. But if everyone became masters of consciousness there would be no oppression, fear, depression, loss or lack. Every person and creature would live a fantastically fulfilled life, would truly choose exactly everything that she/he wanted and not settle for less, and would not *receive* any judgment because the judgment wouldn't exist. Imagine if you allowed yourself to do exactly what you wanted to do and only what you wanted to do. If you wanted to be a *heavy metal star*, you did it to perfection. If you wanted to be a sports star that you did it with precision.

If you wanted to create a special kind of rocket, that you did it within a relatively short time period. To your divine

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nature everything is a possibility. It is our minds that put a lock and limit on our place in this world. Our limiting belief system that has been ingrained and burned into our consciousness, must be stirred up, dismissed, jammed, or catapulted into deep space and not retrieved. We have a new set of rules and they begin with every tool that we have at our disposal.

Our words, our thoughts, our creative visualizations, our daydreams, our call to action, our inner promptings, a built in joy meter, our access to profound and deep hidden wisdom, focus, discipline, drive and persistence to accomplish, and our knowledge that we are the masters of consciousness. To self-discover who we are, we must exert ourselves, first into a wakened state and then deep within ourselves to determine our purpose in life, and to examine, reevaluate, and question all that we have come to be. If we are not satisfied with what we have found, we must also exert effort to see ourselves in a different manner more suitable to the call upon our lives.

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We must act upon our new vision with the knowledge of our divine nature and that we can accomplish impossible things if we don't accept fear, dismissal, or less-than judgments from others or ourselves. Recognizing the divine nature of yourself doesn't mean that you are a perfect being and that you will never make mistakes and that you are not allowed. No, part of recognizing who we are is to also recognize that we are in a constant process of development, change, stretching, and experimenting. In that quest we are going to make mistakes and near misses.

We are going to do some things that are completely foreign to our nature and to the *Who am I*. Sometimes when you make a presentation of yourself out to the world, you think that is what you really wanted, and after it was said and done, you realize it was completely wrong, and not really what you wanted at all. But don't stop trying to wake yourself, and pushing yourself to discover the *who am I* of the moment. It

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will come to you in those encounters, and giving yourself over to trying new things to see if you enjoy them, are they a passion for you, or you dislike something. It gives you more clarity to answer of who am I?

Your self-discovery process goes something along the line of this, I like this, I don't like this, I am crazy about this, I can do this, I want to learn everything I can about this, what is this, I want to be like them, this is magical, this is exciting, boring, yuch! But if you don't put yourself out there you will not know. Whether you are nervous, afraid or not you still have the divine nature and *rights* to do, to learn and to play. Everyone gets nervous and even afraid when one tries something new, and there will be many moments of failure, but it doesn't hold any value if you don't let it.

But very shortly *the I am* will begin to make itself known to you and nothing else but becoming self-fulfilled will hold any value for you. We also have to respond to the joy-

meter within. If we are doing too many things that do not make us joyful, we become despondent and sullen. The further you move away from who you truly are, the more entrenched you become in the limited and mind-locked position. It takes greater effort to raise yourself, and strip all the limiting thoughts. Proceed from where you are right now to ask yourself “Who am I?” “What creates more joy in my life?” “What do I really like to do?”

Periodically or frequently you need to check in with your inner guide or wisdom, and ask, “Am I on the right track?” “Does this feel right?” “Is this how I want to spend my time?” Many times fear prevents us from being self-fulfilled. But insist with yourself that you become more *fearless*, and you back up that effort with your choices each and every day. Do small things at first that you ordinarily would not have done, out of fear.

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Push yourself to create more joyful pathways, and be open to encounters, which could propel you towards your purpose in life. I know that the synchronicity that occurs around us is a confirmation of our purpose in life, and that each of these moments can encourage, lead us, can answer hidden questions for us, open us to greater moments, and propel us towards our destinies and a more fulfilled place in this world. There are no accidents, everything occurs for some reason. We find out why and we are one step closer to our purpose in life. Why did you survive when someone else didn't? Why were you born to the parents that you have? How have your parents influenced you? Why did you meet a master pianist? Why were you born exactly where you were? These are all parts of the puzzle pieces. Put them all together and you begin to see the *I am* of the moment and how it creates a larger and larger picture and then an overall total package of the divine *in you* engaging in the universe with specificity and precision.

Probably no one else could fulfill the exact and precise role that you will in your life. So trust that. Live it. Enjoy the discovery.

Put forth as much effort as you can to self-discover and know that the *I am* that you are becoming will impact everyone around you in a positive, enriching way, and may inspire them on their path as well. When you are fearless, you help others to become fearless too. When you stretch past your limitation in your mind also you encourage them to stretch past their own. *I am* and that is enough. *So who am I? And who am I allowing myself to become?*

SELF /WHO AM I

At some point in our lives we ask the questions “Who am I?” “Why am I here?” and “What am I supposed to do?” Hopefully we begin to ask these questions early on so that we can actually accomplish our purpose in live. When you keep seeking and

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asking, “Who am I?” The final answer and the truth of that question is “*I am*”. I am ----, I am -----, I am -----After the *I am* you then are just filling in the blanks. But the deep understanding is that we are divine. *I am* is also the present moment of our reality and how we call ourselves or allow ourselves to be called. For an example, “ I am an artist, I am a writer, I am a teacher, I am a mother, I am a novelist, I am sick, I am well, I am joy etc. The *I am* is the manifestation of the divine in different aspect of our lives and in everyone’s lives.

If we could live fulfilled and purposeful lives we could answer, “I am. And that is enough.” But we never believe that is enough. We believe that we have to do something to be noteworthy, or that we have to be super wealthy. We do not believe that we have the power to direct our lives or to change our present moment by calling the *I am* in a different manner. But if you believed in your own divinity it is likely that you

could do something noteworthy and also create such a flow that you could become super wealthy.

I am is a force of activation, energy and direction. We must begin to recognize our own divinity, power, strength and beauty in the *I am*. To live with focus and to unleash our creative potential is to live fearless. We are the masters of consciousness and consequently the universe. Again if only we recognized that. We are not taking anything away from others when we truly acknowledge our divine nature. On the contrary, it is likely that you will inspire others to live a creatively expansive life as well, that they will find their strength and they will inspire others.

LIVE CONSCIOUSLY

Most of us are sleepwalking on this planet. We don't consciously choose, consciously work with our energy, or

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consciously conduct or direct our lives. We are a planet of drones. We wake, we sleep, and we grab anything and consume anything without thought. I'm telling you this so that you can make every moment count, and so that you can be aware and choose to consciously live, to consciously "be." It is not easy. It starts by *choosing* to be aware and awake.

How do you do that? Become aware of yourself. Become aware of your body, and your thought system. Why do you do what you do? What motivates you? Then become aware of others. Why do they do what they do? Recognize patterns of fear, anxiety, hatred, apathy, doubt, and distrust in yourself and others without judgment. Become aware of nature, of the planet and its life force, and become aware of the universe. Become aware of the movement of the masses. Become aware of the propaganda that is promoted. Become aware of the subtle techniques used in advertising and marketing to subvert your

true free nature. Become aware of your feeling center. Does it relate to something or is it turned off?

Each present moment is a finite increment of time. In that present moment, practice being completely conscious of every action, of every choice, which brings about a certain consequence. If you are aware, you will recognize pathways and their consequences, and choose consciously to walk down a path or *not* to walk at that moment. When you live consciously you will begin to draw away from what you really don't consciously choose, and what is really not connecting with your true self. You will not be swayed by the mass hysteria, mass fear, or global propaganda. You will consciously begin directing your energy, your choices and your life. If you have clear vision and focus you will begin moving in that direction. You will achieve your goals with consistent steps, and conscious choices to bring yourself to the area and level where you want to be. If you are consciously living, each moment is

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of great value and you chose exactly how to pass that moment. Whether it is an impromptu moment spent with a family member, friend or stranger, your choice to be conscious in that moment helps to create a binding, powerful moment. Many of us *now* are sleepwalkers on this planet and yet we choose to put ourselves into a deeper sleep and even an unconscious state by consuming drugs and chemicals that further dull and numb our senses. Many of us pass days and we can't even remember what food we ate, what we did or said who we encountered, or where we went. Another month goes by or another year goes by and we wonder why we are still in the same place and why we haven't achieved anything.

Living your life doesn't have to be about making money. Many souls have created lives of teaching, helping others, feeding others, raising awareness of this planet, doing what they love to do. They are rewarded in many different ways. There are many ways in which to be compensated: the

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smile of a child for the first time that you brought hope to, the embrace of someone whose life you have touched, being aware that a community is changing because of your efforts, or knowing that a young man is not going to choose the gang life because of your kind words of encouragement and because you made yourself available to him. Because you chose awareness, and a conscious life, it is possible that you have become a living example to others and that a chain reaction of good and positive is started because of you.

Conscious living changes the vibration of the planet. I will not be afraid just because everyone else is. I choose to see who and what is in front of me and make a conscious decision based on the information that is coming in at that precise moment. Think about it. When you are consciously choosing what you want to consume, who you will spend time with, what you will be entertained by, who you will call evil, how you will react, what you call valuable, what you choose to expose, or let

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go of, or put away, you are changing the environment directly around you: the people, the consequences, and the vibration. People will notice and respond, and the energy around you will respond. It is exactly like sending a wave through a pool. It will reach all parts of the water with a subtlety or a great force but the wave will be registered energetically. If you keep up the wave, the still pool will become a wave pool. It will no longer be the same pool.

When you choose to live consciously you wake yourself from that deep slumber. You begin to clearly see the orchestrated movements, the resistance, and the illusions all around you. You begin to realize that you are *force* and that your thoughts and actions can and do direct the energy around you, and will impact immediately around you as well as on a global level.

Remember, if you are pushing waves out, more and more ripples are going to be created and ripple out further and

further until the waves are spanning the whole globe and even the universe.

One of the illusions that we have to master is that this planet is not so very big. It is a finite area, with limited space and mass. Many beings, as you are well aware, have mastered the whole planet. Their music, their ideas, books or way of being has been heard, seen and felt globally in a very short time. Some have had a quick and instant burnout, some have allowed themselves to be consumed and used up. The ones that create lasting and long-term impact, like Oprah Winfrey, Angelina Jolie, LL Cool J, are those beings who have mastered the fame, adulation, fear, and the constant needs for attention from other beings who are still living deep in their illusions. In effect, even though they are seen all over the world and everyone wants a piece of them, they maintain clarity distinct from the illusion. They are aware of the mass hysteria regarding them, but they take themselves and the events around them with humor and

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humility. They are no longer afraid of their position or the impact they have. Everything is an illusion, everything is a misrepresentation and they have learned to manage their role, the environment, and their thoughts on a global level. These superstars allow information to be shared about them and they share the persona that they have created. Inside themselves they intend and direct their lives and their pathways each and every step of the way. They keep their focus clearly in their hearts and minds and they move forward according to their own integrity and to their own internal value and motivations.

If you are consciously living and choosing you will become aware of what is important to you, how you wish to spend your time, what you really love and enjoy doing, what you revere, what puts you off center. You will focus more internally than externally, and you will be moved only by your deepest integrity rather than by what another thinks you should do, or how you should live. In essence, conscious living creates

and solidifies the being that you are, wish to be, or allow yourself to be. Each moment is an act of creation. Whether you are conscious or not you are still creating, and bringing into existence certain areas of your life, people, or circumstances. Do so consciously and you will have the life that you intend, want and have dreamed about.

PRESENT MOMENT

This is the moment to live, to create the life that you have imagined moment by moment and enjoy the greatest peace. *Live in this moment* and you will have a peaceful life, and you can direct the source of flow for everything that you want and goals that you are inspired towards. The present moment is a quick brief breath. It is the only moment that you have to do the work, to dream, to create, to inspire, to lead, to pick yourself up. Do you think that you have some day or

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tomorrow? No, there is no other day. Because when the next day comes it is today once again. Your life is made up of increments of present moments that flow together to create another present moment, and another. Your actions in this present moment determine your future. Is your present moment one of complaining? So change it in the next present moment. Is your present moment one of gratitude? Take it to the next higher level.

In this present moment you are perfectly fine. You don't need anything. You do not need to change. You are peaceful. If you *choose* to change, then you can do so by focusing on what you want to become. If you are worrying or fretting, then you are not exactly in the present moment but you are concerned about a projected moment somewhere in the future or a moment that has already passed. These are projected future moments that may *never* come to pass. A past moment is done, but it keeps going on in your mind and your heart. I

wasted a lot of my life worrying about the past and the future. I realized how much I missed because I was preoccupied with that future or what was already done that I wanted to go back in time to change. You can't change what is behind you. You can only readjust, readapt, recreate yourself now. Don't wait.

Time is always on the move. Do you want to master something in your life? Spend time now. Do you want to tell your friends how much you love them? Take this moment to express it. They won't be here tomorrow. Listen to how we always put things off: *Someday I'm going to learn how to paint. Someday when I have some money. Someday I'm going to travel. Someday I'm going to do volunteer work. Someday I'm going to learn to ride a horse. Someday I'm going to write the next great mystery novel. Someday I'm going to make a film.*

There are a lot of people who want to get to the end without doing the work and without passing through the

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moment. Each and every moment is necessary to arrive at a precise coordinate of an event coming into existence. A book is not written in one day. A defining moment in your life comes about by choice, by preparation, by working through it, and embracing each moment as it presents itself and unfolds. If you are not living completely in the present moment you may miss what is right in front of you. It may be a huge opportunity, or a small pathway, but if you are spending your moment in misery and worry, that also becomes your next moment and maybe your next.

Ask yourself this question. Is my environment controlling me or am I directing myself in the environment? Make a conscious choice in this moment. Really choose the moment. Since now is the only time we fully have, this is the time to put into effect any transformation that we want. For example, so many people have a challenge with their appearance and their weight. Do you want to change your

appearance? Do you feel that you are carrying around too much weight? Are you being controlled by the thought of food or overeating? This moment is the only one that you have to change it, to say, “I choose to be free of this addiction in this moment.

“I want to be something different.” If you consistently choose moment by moment, your body will be transformed. If you wish to drop or change a habit, this is the moment to say, “I choose something other than. This no longer works for me.”

You can clearly design your life. It starts right now. Forget whatever you did in the past. Don't concern yourself with your age, or that you may have failed in the past. Take in a big breath, and walk into a new moment. Stop belittling yourself, pick yourself up, clearly think about who and what you want to become and start doing it right now. If you have never done anything like this before, or you don't fully know how to do it, just let that thought and the fear go. You become

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by practicing, by doing, by putting one foot in front of the other, by putting one word after the other on a page. If you have always wanted to act in a play, go to a local community theater and make yourself available as an actor. It's not the big time, but it is fulfilling a part of you that has wanted to be creative. If that is not enough, take acting classes.

Learning your craft will hone your skills and open another opportunity for you to step into. If there are no resources around you like that, create a group on your own. Or read the newspaper or any written thing out loud to practice your verbal skills or your interpretation skills. Whatever is necessary start doing it now. In this moment, call yourself, as you want to become. Don't criticize or judge your efforts. Just do it now.

Some of us use the excuse that we are not talented, or we don't know how. With the power of the Internet you have unlimited resources of subjects that you can learn and gain knowledge on.

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If you did something every day for an hour per day, in one year's time you would have 365 hours under your belt. If you kept at it you would rapidly become an expert. Even if you don't have an hour per day, start with fifteen minutes or thirty minutes per day. Lets say that you want to become a writer. If you wrote just one page per day, in one year's time you would have a 365 page book written. If you *don't* start, how many pages will you have completed?

You don't have to quit any job that you have now while perfecting who you want to become. Just make time for your new passion, for your dreams, for your learning, for your creative work. If you feel that you want to quit your job, know the consequences of that action, that you could be without money or funds until your project gets up and running or produces some flow or income. Don't let that stop you, though. Often times, *lack* is a great motivator to make something happen. But the point is experience that present

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moment fully. Experience your choices. Experience the people. If you don't like your life and you want to change your future, right now is the moment and the answer.

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