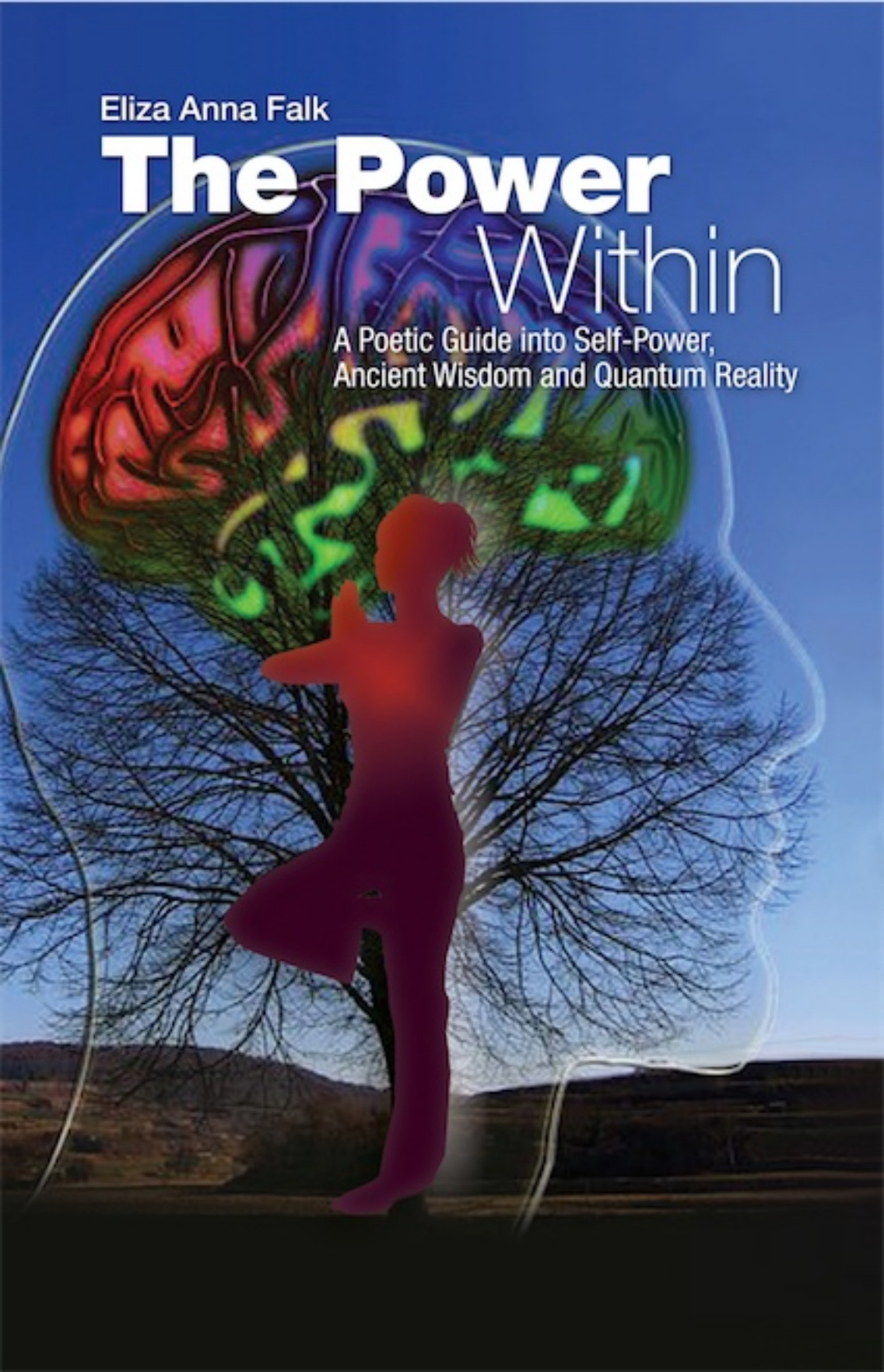


Eliza Anna Falk

The Power Within

A Poetic Guide into Self-Power,
Ancient Wisdom and Quantum Reality



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and Quantum Reality**

Eliza Anna Falk

**The Power Within, A Poetic Guide into Self-Power,
Ancient Wisdom and Quantum Reality
(U.S. Edition)**

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U.S. Edition

Genre: Body, Mind & Spirit; Self-Help

To Marcela Frey, my soul-sister, who has invited me on her
journey so I could start my own

To all seekers on the path of self-discovery

Contents

PREFACE..... VII

INTRODUCTION IX

ABOUT THE AUTHOR XV

PART I - POEMS..... 1

 Come as You are 3

 Your Dreams 4

 End your tears 5

 I See an Angel..... 6

 My Shadow..... 7

 Hey Ego..... 8

 Ode to Yoga 9

 Miracle of Zero Balancing 10

 You Are in Us 11

 Quantum God..... 12

 The Life is Such..... 13

 Don't Leave the Love for Later..... 14

 Midlife Blues 15

 Cosmic Tree 16

 Time 17

 Tell me Science..... 18

 My Heart..... 20

 Brain vs Mind..... 21

 The Power Within 22

 Meditation..... 25

PART II - QUOTES AND CITATIONS 27

 The Power of Self..... 29

 The Power of Dreams 31

 The Power of Change 33

 Anger 35

 Shadow 37

 Ego 39

 The Power of Yoga 41

 The Power of Zero Balancing..... 43

 The Place of God 45

THE POWER WITHIN

Quantum Oneness.....	47
Eternal Life.....	49
The Power of Love.....	51
The Power of Now	53
The Power of Ancient Wisdom	55
The Mystery of Time	57
The Nature of Reality	59
The Power of the Heart.....	60
The Power of the Brain	63
The Power of the Mind.....	65
Mantra	67

PREFACE

“The spiritual path - is simply the journey of living our lives. Everyone is on a spiritual path; most people just don’t know it.”-
Marianne Williamson

Thank you for reaching out for ‘The Power Within’. The book is a reflection of my on-going spiritual and mental evolution, and search for the meaning of life. It combines empowering poems with life-changing knowledge, aiming to demonstrate how the power of our Inner, Higher Self, can be reclaimed, sustained, and used to create peace and fulfillment. It also serves as a reminder that according to quantum science, everything in the Universe, including us, is made out of vibrating energy; and that as energy beings, we are immortal, capable of influencing our reality and promoting self-healing.

Why this book?

“The moment you understand yourself as the true Self, you find such peace and bliss that the impressions of the petty enjoyments you experienced before become as ordinary specks of light in front of the brilliant sun.” - Swami Satchidananda

Sharing my verses to provide an insight into a spiritual journey, and publicizing links between spirituality, ancient wisdom and modern science, had been on my mind for a while, yet the means kept alluding me. Poems alone did not seem convincing enough, and the information on spirituality and science, written by experts, was widely available. Yet I could not ignore a strong sense of duty to add my poetic voice to the post New Age movement, advocating the life-transforming power we all hold within; and to share the

empowering concepts, strategies and techniques I believe in, and have benefited from.

Firstly, that everything is energy, and that vibrations of our consciousness - thoughts, emotions, intention, meditation and prayer - can directly influence our physical material world on both personal and global levels.

Secondly, that regular and heart-based practice of vibration raising techniques, such as yoga, meditation, prayer and positive thinking, promotes mental and physical healing, inner peace and contentment.

Thirdly, that our innate heart-mind-brain mechanism is the key to personal transformation, with the heart - “a highly complex, self-organized information processing center with its own functional “brain”...” - as our guide.
(heartmath.com)

INTRODUCTION

A Road to Self-realization

“The harder the struggle, the more glorious the triumph. Self-realization demands very great struggle.” - Swami Sivananda

We usually know what we want in life and whether we feel content, or yearn for change. Many fearlessly go after their dreams, others need time and support to become ready for transformation. Those who have not found meaning and contentment in the outside world, often start looking for answers within themselves, and turn to spirituality. Some through sudden awakening; some, step by step.

Although each of us follows their own spiritual path, we all possess a miraculous heart-mind-brain tool connecting us with the Life/God Force Energy - the source of our Inner Power. The process of reclaiming the Self-Power begins once we accept that the Force is within us, and is life-transforming. Only then a genuine spiritual growth can occur, and the life we wish for, can start to materialize.

Whilst tapping into our Inner Power, finding strength, self-acceptance, fulfillment and inner peace can be challenging and demanding (poems: *Come as you are, Your Dreams, End Your Tears, The Life is Such, Meditation*); keeping up the momentum - staying content and grounded, in tune with one's heart and soul presents an on-going struggle. Overcoming dares of our egos, shadows and mental and physical weaknesses requires not only faith, strength, discipline and resilience (poems: *Hey Ego, My Shadows, I*

See *an Angel, Mantra*), but also accessible and effective support strategies and techniques.

Yoga, Meditation and Positive Thinking

“Yoga does not just change the way we see things, it transforms the person who sees it”. - B.K.S. Iyengar

“Meditation can help us embrace our worries, our fear, our anger; and that is very healing...” - Thich Nhat Hanh

Yoga, meditation, positive attitude, mindfulness and ‘living in the moment’ approaches - well known and proven healing and self-help tools - are my support mechanisms of choice, and I cannot praise them enough.

Practice of Yoga and meditation in all its forms, aims to help followers achieve inner peace and well-being. I entered the kingdom of Yoga almost twenty years ago in Sydney, and was fortunate to have a Senior Yoga Teacher, Trevor Tangye, to be my first tutor.

Poem *Ode to Yoga* (p. 9) is my tribute to Yoga’s incredible mind-altering and healing power, and captures the profound impact the practice of Ashtanga Yoga has had on me. The process of yoga-induced transformation has been brilliantly described by B.K.S. Iyengar (founder of Iyengar Yoga), and Prof. Hilton Hotema in his 1962 book *Awaken The World Within*. Their insights (p. 41) perfectly illustrate the gradual way my own body had been purified and my consciousness expanded, bringing me closer to the power of my Inner Self and its blessings. If it was not for that transformation, I would not have been prepared to cope with a major life change, which awaited me at the time.

Energy Medicine for Energy Beings

As energy beings we all vibrate energetically at a particular frequency. The higher the frequency, the better our mental and physical well-being. The techniques mentioned above, perfect for practicing alone, can be complemented by a range of external treatment options. There are many popular forms of energy medicine, from acupuncture to reiki healing. I have chosen two lesser known, which I have greatly benefited from, to mention here: Zero Balancing and Bioresonance Therapy.

Title of the poem *Miracle of Zero Balancing* (p.10) speaks for itself. The effect of my first treatment, performed in Australia by Andy Kidd, was truly miraculous and lasting.

Zero Balancing, is a gentle body-mind treatment, linking Western scientific approaches of body structure with Eastern concepts of energy and healing. It uses skilled touch, focusing on key joints of our skeleton, to clear blocks in the body's energy flow, align posture and promote well-being. It is extremely effective in resolving past physical and emotional traumas and restoring patients to their pre-stress condition. (See pp. 43 and 44 for more information).

Bioresonance Therapy, a diagnosis and treatment option combining traditional eastern medicine (energy of Chi, meridians, Yin/Yang) with western science, is used worldwide as a great alternative to conventional drugs. Drawing on the findings of bio-physics and quantum mechanics, it uses oscillations taken from a patient's body, or of substances (such as allergens), processes them electronically and feeds them back to the body to improve homeostasis and activate self-healing.

Spirituality and Science

“Broadly speaking, although there are some differences, I think Buddhist philosophy and Quantum Mechanics can shake hands on their view of the world. We can see in these great examples the fruits of human thinking (...).” - Dalai Lama

“The Universe is Mental – Held in the Mind of All”. - The Kybalion, Hermetic Philosophy

*“The only reality is mind and observation...The Universe is immaterial - mental and spiritual...” - Prof Richard Conn Henry
Mental Universe, Nature, vol.436, 7/7/05*

Being spiritual often involves asking self about the meaning of life and nature of the universe. I believe I am one of many, for whom spirituality acquired a new dimension, once we learnt that discoveries of quantum science correlated with the ancient universal laws and principles. (Poems: *You are in Us, Quantum God, Tell me Science, My Heart, Brain vs Mind, The Power Within,*).

In the light of quantum physics, Buddhist philosophy and ancient Hermetic laws of Mentalism, Correspondence and Vibration, consciousness is fundamental, universe mental, and the mind plays a critical role in the way we perceive reality.

How exciting to be able to ponder scientific breakthroughs postulating that **consciousness creates reality; that everything in the universe is energy and as such, interconnected and immortal; and that solid matter, as known before, does not exist, because everything, including us, consists of vibrating sub-atomic particles**

being kept in motion by an invisible force. “We must assume behind this force ...a conscious and intelligent mind ...the matrix of all matter” - Max Planck, originator of quantum theory (see p.47 for complete quotation).

What a force indeed! No wonder it is regarded as the Supreme Life Force Energy/Consciousness/Mind, Divine Matrix or God-force. Talking about science becoming a new religion!

Inside the Book: Inspiration and Knowledge

“When it comes to atoms, language can be used only as in poetry. The poet, too, is not nearly so concerned with describing facts as with creating images.” - Niels Bohr, quantum physicist

Theory alone does not change lives, but when combined with emotional and mental shifts, leads to behavioral adjustments and life changes. Our heart-mind-brain tool, which I call ‘inner trinity’, can work miracles when used with awareness. My hope is that the poems will resonate with your hearts and minds, and inspire you to look within, and reassess your life’s path. Furthermore, that theory and information complementing the poems, would not only guide you towards self-help strategies and options, but also enrich your understanding of life’s bigger picture.

The book is divided into two parts. Part I presents the verses; Part II, concepts and theories behind them. Each poem has corresponding pages in Part II, containing pertinent quotations, book/article excerpts and citations. Sources include major religious scriptures; teachings of Buddhism, Taoism and Hermeticism; enlightening words of

Yoga gurus, spiritual thinkers and leaders; statements of quantum and other scientists; and selected books and scientific articles. **All you need to do is choose what resonates with you, google the names, titles, phrases or websites, and start exploring.**

Wishing to examine how our heart-mind-brain 'inner trinity' can be utilized for personal and global transformation? Interested in quantum theories, quantum reality and parallel universes? Keen to explore yoga as a science of mental discipline and spiritual transformation? Eager to learn of the profound secrets of ancient wisdom lost to the West?

You will find answers to the above questions and many more, by following the simple leads in Part II. Who knows, it may be the beginning of your own journey in search of inner peace and meaning of life; or a quantum leap in your on-going quest!

Publishing my poems and spreading the knowledge behind them has been a huge quantum leap in my journey. The book is no longer mine. It is yours now, free to merge with the Energy which connects us all. I hope you will find it engaging, inspiring and helpful.

I wish you lots of Faith, Love, Yoga and Meditation in your lives, and plenty of courage to follow your dreams!

Love to All

Eliza

ABOUT THE AUTHOR

Eliza Anna Falk, who credits yoga for her spiritual awakening, has worn many student and professional hats, complementing her passion for people, writing, the arts and spirituality. A global citizen at heart, she has lived and worked on three continents. Currently a Literary Associate at Ambassador Theater ICC, she previously worked as a theater reviewer at DCMetroTheaterArts in the U.S.; a Social Worker and Public Servant in Australia; and a teacher of English in Europe.

Apart from gaining degrees in Liberal Studies (Assoc. Dip) Social Work (B.A.), and English Philology (M.A.); Eliza trained as a hypnotherapist, drug and alcohol counsellor, fitness instructor, angel intuitive and bioresonance therapist. She continues her learning, and exploration of spirituality, through lifestyle commitment and self-study.

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The Power Within - Eliza Anna Falk

Come as You are

Come as you are - no need to hide
Your masks will not be needed here
Come as you are - no need to see
Your Heart will guide you when I am near

You have the Light to show the way
Your own Divine and Holy Kingdom
Shed all your doubts, cast fear aside
I'll hold your hand and give you Wisdom

Now close your eyes and think of me
The Power that is yours for taking
No turning back - you have become
A miracle in the making

Miracle of Zero Balancing

The secret power of your touch
Supreme Energy Master
By doing little, does so much
Gives us new start and laughter

How blessed we are to have your Force
To heal our bodies battered
To breathe new life into the souls
And reunite what's scattered

Our pain and loss live in the bones
Each trauma etched in tissue
Sadness keeps flooding our homes
With every stress and issue

Please have your holy touch restore
The Child in us forgotten
Bring us to 'naught'- the blissful state
Remove the strain begotten

Oh! How we long to dance and laugh
Let us enjoy the feeling!
Let us emerge from darkened past
And start from the beginning!

The Power of Self (Come as You are)

“The divine within you is stronger than anything that is without you. Therefore, be not afraid of anything. Rely on your own Inner Self, the Divinity within you. Tap the source through looking within. Improve yourself. Build your character. Purify the heart. Develop the divine virtues. Eradicate evil traits. Conquer all that is base in you. Endeavor to attain all that is worthy and noble. Make the lower nature the servant of the higher through discipline, self-restraint and meditation. This is the beginning of your freedom.” - **Swami Sivananda**, *azquotes.com*

“Know the world in yourself. Never look for yourself in the world ...” - **The Egyptian Book of Dead**, *aldokkan.com*

“Self-realization is the knowing – in body, mind, and soul - that we are one with the omnipresence of God; ... All we have to do is improve our knowing.” - **Hindu Sanskrit**, *yogananda-srf.org*

“Jesus said ... The Kingdom is inside of you, and it is outside of you. When you come to know yourselves, then you will become known, and you will realize that it is you who are the sons of the living father.” - **Gospel of St. Thomas (3)**, *gnosis.org*

“Ye are the Temple of God, and God Dwelleth in you”. - **1 Corinthians 3:16**, *biblehub.com*

“Indeed he succeeds who purifies his own self.”- **Koran**, *Hijabiz.tumblr.com*

“The Door to eternity is inside you - by studying how we can change ourselves, we can do so quickly and enter a state of perfection and eternity.”- **Kabbalah**, *kabbalahblog.info*

“To study the Buddha way is to study the self.”- **Dogen**, *Goodreads.com*

“Without going out of my door I can know all things on earth. Without looking out of my window I can know the ways of heaven.”- **Lao Tzu**, *sacred-texts.com*

The Power of Zero Balancing

(Miracle of Zero Balancing)

“...we have come to understand that energy is consciousness, that vibration holds information, and that energy is a basic building block of our bodies.” “Zero balancing teaches that the deepest currents of energy are in bone, that memory can be held in tissue, that energy fields in the body underlie mind, body and emotions, and that imbalances in the field precede pathology.” - **Fritz Smith, MD**, founder of Zero Balancing, zerobalancing.com

“Considered the leading edge of body/mind therapies, Zero Balancing moves beyond Western scientific approaches of body structure by incorporating Eastern concepts of energy and healing. Zero Balancing is a gentle yet powerful system that balances energy in the deepest tissues of the body, the bones and ligaments.” - andykidd.org

“You will first sit and then lie on your back, fully clothed, on the massage table. Your practitioner will assess your body for tension, particularly tension held in the bones and joints. Then your Zero Balancer will place gentle finger pressure or traction called fulcrums into areas around the spine, ribs, hips, feet and neck to support the body, allowing it to deeply relax and release held tension in these areas.” - zerobalancing.com

“They [clients] can release old patterns of stress held within their bodies and better resist development of disease. Balancing energy and structure also enables clients to experience themselves more fully at the psychological level: “It feels like you’re giving me back to myself” one

client said.” - **Pam Geggus**, *Introduction to the concepts of Zero Balancing*, somasimple.com

“For some time his [Fritz Smith’s] clinical work didn’t have a name. Then one day a patient came up from the couch and said, ‘I feel balanced...back to zero’ (meaning back to how she was before all stresses and strains of life had taken their toll) ‘. The name stuck.”- **John Hamwee**, *Zero Balancing: Touching the Energy of the Bone*