

Superhero  
SOUL-UTION

# SUNPOP

FOUNDATION



SUCCESS ULTRA NOW PERSONAL OPTIMIZATION PROGRAM

# **SUNPOP SOUL-UTION**

[www.successultranow.com](http://www.successultranow.com)

## **Foreword**

### **Welcome to SUNPOP**

Before you can truly move forward in a powerful and meaningful way in your life you need to be deeply grounded in The Living Truth of your own being. The following questions need to be asked and answered by all of us.

Who am I?

What is my relationship to Life?

Where is my true spiritual power?

How do I access that power and express it creatively in the world in a way that benefits myself and all beings, naturally and harmoniously?

By any standards we are living in extraordinary times. Future possibilities are crystallizing now into two extreme polarities. For every single one of us, today or very soon, our realities are undergoing massive transformation in either an extremely positive or extremely negative way. The middle ground is disappearing rapidly from your world.

As more and more evidence floods into mass consciousness, via the alternative media, pertaining to the degree of control and manipulation of human consciousness from multiple facets on every level and strata of society the importance of reclaiming the most powerful resource in your world becomes paramount.

In order to achieve this however a phenomenal personal internal shift is required. The basis of this shift is founded upon nothing less than your very sense of Self, your essential identity, the I am you know yourself to be. Not only do you need to accept in theory that you are Infinite Eternal Unlimited Consciousness but you need to demonstrate it in a powerful and undeniable way.

It is time to awaken from the nightmare of human impotence and reclaim the power that is our birthright. This is not a little thing, for unless we do, the same hidden forces that are driving all of the toxic manifestations of human dysfunction will continue with their agenda and the misery that is so prevalent in human societies will become even worse.

The most shocking revelation of our times is not to be found in the expression of evil but in the recognition of its root source. Those roots are within us all.

## Introduction

There is a fabulous resource within you. Our life journey and specifically the so-called spiritual path is all about accessing this wonderful natural resource. This experience is a process, an amazing process of personal transformation containing phenomenal intensity. It is our destiny to go through this process.

This journey is an experience of surrendering more fully and deeply into who we are. As the Great Spirit of Life flows through our soul and we have the courage to express that Goodness in the world around us.

The process of experiencing who you truly are is a natural action of life. It is unavoidable. Pre-destined in fact. There is nothing you can do to side step this process. There is nowhere you can go to get out of life. Even death provides no escape from facing who you are. The good news is that you can make of this process whatever you will.

You see there really is only one choice in life. To live the life journey consciously or unconsciously. To live it unconsciously guarantees suffering. **SUNPOP** is here to help you live it consciously.

## The Process

The process itself, although infinitely complex, involving multiple converging cosmological forces and archetypal energies, synchronistic circumstances, events people, and an overwhelming variety of thoughts and feelings, is actually very simple to describe.

The process of experiencing who we truly are is an experience of the dissolution or purification of who and what we are not.

As individual human beings this can be an excruciating process if we are attached to old attitudes and beliefs that go with the false sense of self called ego.

The dynamics at play within this scenario involve consciousness or spirit and concern its flow through soul and the consequent expression of the individual personality in the world of form.

The whole life drama, including all of the events of human existence, are merely the manifestations of internal shifts in consciousness. Consciousness is a singularity. In Truth there is only one of us here.

The soul is an individuated point of consciousness, an **infinitesimal** tiny point containing the spark of eternity, which records all of its experiences and therefore

provides continuity over an eternal landscape for the benefit of individuated consciousness to work out its own utterly unique life path and make the necessary adjustments to its own internal alchemy in order to have the highest experience of Life that it can.

This phenomena is mirrored in the life of an individual person as they reflect on “the choices” they have made and the consequences of those choices. The difference, of course, is that the individual appears to have a short life span and often feels the victim of circumstance. The soul however is an eternal entity that is bound to experience the consequences of its own choices, conscious or otherwise. The surface world of human affairs is merely the 3 dimensional level of reality where this mind - boggling equation is being played out.

As the individuated consciousness experiences human life it consistently falls into the hypnotic pull of the material world and, through the 5 senses, over identifies itself with physicality. In short, infinite consciousness imagines it is the physical body and here begins the trouble.

Repetitive behavior reinforced by thoughts and feelings associated with a false sense of self are recorded within the soul. The most emotionally charged behavior causing the deepest impressions in the subtle membranes of the psyche. These impressions are like grooves in a record. Just as the needle of an old fashioned record player has to follow the groove to play the song so does consciousness, the creative life force spirit, flow along the conditioned corridors of the psyche.

On the material level of human affairs we, as individuals, are bound to play out our parts in life according to these phenomenal forces which have arrayed themselves over perhaps eons of time. These forces are called Archetypes.

The secret to living a more harmonious and spiritually empowered life lies in the dissolution of these archetypes within the psyche. As consciousness is a singularity, these archetypes belong to us all. The more of us who are consciously dissolving and transmuting the discordant patterns, the faster the modern world of human affairs will shift and reflect the newly established harmony. This perfect harmony, happily for us, already exists within us, deep within, buried beneath the conditioning that has been impressed upon us all.

The good news is that even though these archetypal forces have immense power, they do not have infinite power. The internal resource mentioned at the beginning of this intro however IS Infinite power and this is very good news indeed.

**SUNPOP** is designed to guide you into a deep immersion experience with your Higher Self, which is One with this Infinite power. This is achieved through deep relaxation. By entering the more deeply relaxed brainwave experiences such as Theta and Delta we are able to bypass the realm in the psyche where these discordant and disruptive vibrations are stored. As we access the infinite power in

these realms we are then able to direct it, with the thought processes, to dissolve the archetypal patterns in the more superficial layers of the mind.

There is of course a necessity to REPEAT this process over and over in order to dissolve not only our own “stuff” but also to assist in the dissolution of the massive amount of discordance in the collective unconscious which, incidentally, is still being added to on a daily basis by the vast majority of modern humanity who have little or no comprehension of these matters and are out of touch with a genuine sense of self and are therefore bound to act out the discordance of this internal situation.

As one contemplates the scenario, one cannot be other than fascinated at the possibilities of just how this whole thing is playing out. There is no doubt a very significant awakening is occurring upon the playing fields of human expression, even so there is a great need for many more individuals to take the bull by the horns, so to speak and really get into this internal process with total commitment.

There are many variations of spiritual practice and inner work and I will not attempt to catalog them here however it is important to distinguish between authentic empowerment and ego gratification. Spiritual practice should make you feel amazing. One is literally merging with the Spirit of Life and this should empower us in a very obvious and practical way. There is so much pure Goodness in this experience which often translates into feelings of bliss, deep peace, love and freedom that, as one practices more, ones whole state changes virtually instantaneously. This immersion experience needs then to be followed by a dynamic active expression of those energies with which we have just communed.

**SUNPOP** guides you through the direction of this power towards memories and archetypal patterns which are recorded within the psyche. This translates to an active expression of thought and feeling via the imagination in compassion, forgiveness, tenderness, self-love and acceptance. The final stage of the SUNPOP experience, as the archetypal patterns are dissolved is the projection of the “new you” onto the screen of your mind to establish a new mode of expressing creatively in the world of form. These three factors form the structure of a complete holistic spiritual practice grounded in the world of form. This has been referred to historically as the path of the spiritual warrior and is the archetypal heroes journey.

So let us re-cap.

Communion with Source through deep relaxation is the fundamental step. This is achieved by surrendering in love and moving into a vibratory state of being which is harmonious with this amazing living energy within you. Deep relaxation and surrender is the means to achieve this happy state. SUNPOP guides you on an ascension into the higher centers of your own being as consciousness in its fallen state is very often trapped in the lower centers being largely pre occupied with survival, personal power, relationships, sex etc.

As we commune in deep peace and surrender with our Spiritual Source we can then descend consciously through the body mind complex into the lower centers and clear them of old archetypal patterns. Forgiveness, the core of compassion, is the potent solvent we use here to dissolve the glue which keeps consciousness stuck in these old patterns of belief, attitude and false sense of self awareness.

This needs to be repeated daily, over and over until the new awareness and attitude towards self and others adheres into a new way of being. As this is repeated we can project powerfully into our minds eye the details of the reality we would love to experience, free of the old cumbersome restrictions. As one evolves in this practice so too, quite naturally does ones vision of oneself and how we choose to express in the world of form. This is perfectly natural. As consciousness becomes more pure and free and experiences more and more its own essential nature, ones vision of the world and the part one is called to play within it changes too.

Consider for a moment that quite literally infinite possibilities and probabilities are all converging right here and now. This presents a phenomenal scenario and one we are best advised not to grip too tightly.

As more and more of an extra ordinary alternative history of modern human affairs crystallizes in the mind of the collective we are well advised to consider the power within us. There is nothing it cannot renew, change for the good and put into harmony. Nothing at all. This includes all of the worst scenarios imaginable which I shall not go into here in great detail. Suffice to say that this power has Dominion over all powers. WE are the living conduits for this power. It is up to us to express it. Ignorance of this fact causes immense disharmony and suffering. Acceptance of this fact and constant, vigilant practice, integrated into our daily lives restores harmony and ends all suffering. So let us rejoice in that fact and take to heart the imperative nature of this work so that all human consciousness can be free of its misconceptions and burdens.

The Amazing Grace of life is a flow. Like an eternal river, consciousness flows through an infinite landscape of life. It is a magical river and once we have dipped into it we become one with its nature. Life is not what it seems and we are far more powerful and unlimited than we can possibly imagine. So let us look at life as a grand adventure and understand that the keys to anything that chains us to limitation are to be found ONLY within ourselves. And let us commit to dissolving all illusion of separation from the Oneness and live our lives with the promise that nature forever bestows.

Enjoy your practice.

Love and blessings

Nick Good Kauai 2010 August

# Part One

## The 9 Principles of Living In Freedom

### Grace

As we look around the modern world and judge appearances by the distortions of modern media it seems a virtually impossible scenario to fix. Extinction of species at astronomical rates, economic catastrophe imminent, ecological disaster, political intrigue of the darkest nature and corporate genocide are just a few of the tasty morsels on the current affairs dish at present.

If we consider for a moment that this whole incredible scenario in all of its detail is for the benefit of consciousness unfolding and accepting its own nature. Then there is a double reason why Grace is so necessary in the mix right now.

As we as individuals turn in our desperation towards a Higher Power in Life this requires an internal reorientation of self, one that is a far cry from the normal waking state of the ego. The Grace that can and will turn the whole thing around is found within us and as we seek it's tender embrace within the portals of our very own inner being something wonderful occurs. As we merge with the Higher Power we literally soak up the qualities of that power. This translates to an expression of human virtues and a higher quality being and this is very good news for us all.

Grace is coming into this world at precisely the rate of knots we are allowing it. To the degree that we as individuals turn within and rather than grovel and beg actually commune, merge, become One with the Almighty Power and then express the qualities of that power through our human being then the Grace is anchored in the world of form

The significance of shifting away from worship of an external Deity into communion with an internal spiritual power is perhaps the most significant adjustment in the orientation of consciousness in the world today.

Grace will and does manifest constantly and consistently in the world around us through the benevolent thoughts, words and actions of human beings towards their world and each other. The inspiration, courage and ability to do this however comes from within. The true spiritual warrior is not waiting around hoping for some Divine or Cosmic intervention but is actively empowering his/herself through deeply consistent internal practice.

There is no doubt that the world of today is shifting extremely rapidly and that possibilities are crystallizing as distinct probability far removed from the mind set of yesterday. This is very good news and we should be fully aware that in order to step into a possible future of natural wonder and truly cosmic consciousness then

we need to be the embodiment of that wonder and consciousness. Communion with Grace is the means by which to experience this happy state.

## **We Make Our Reality**

Human beings literally sculpt their realities using thoughts and words as the tools. Our feelings are the magnets which draw the substance of life into a recognizable form and then we set to work on it with our thoughts and words. Actions merely follow along. This may be a little hard to swallow for the average egocentric individual but there is an even more amazing fact to consider. This whole process of creating our realities is occurring mostly subconsciously and unconsciously.

What does that mean? It means that as an eternal soul there has been tremendous momentum already generated. Everything we witness on the surface level of human affairs are the consequences of all our yesterdays. Eternal souls have a lot of yesterdays.

Everything we have ever said thought, felt or done is recorded within the soul, the ultimate microchip. Not only that but all of the recordings of all of our ancestors and everything they have ever said thought, felt or done is there too. So the whole of our lives, our world and the way our societies and cultures interface is a great playing out of vibration and magnetics. Often referred to in esoteric circles as Karma.

As most of this behavior is unconscious we are literally driven by the impulses of archetypes.

There are 4 major archetypes which have been identified by modern psychologists and ancient minds far wiser than mine.

1. The Wounded Child
2. The Victim
3. The Prostitute
4. The Saboteur

See the appendix for a full description of their nature and also the supplementary information with the SUNPOP course.

Archetypes are energy patterns caused by repetitive thought, word and action and the consequent feelings experienced. Consciousness is literally bound to flow according to these patterns because they exist in the soul. As human beings, we are bound to play out the behavior associated with these patterns until they are transmuted or dissolved.

Any sincere desire to change the basis upon which our realities unfold has to begin with the conscious metamorphosis of these archetypal patterns.

The other extremely significant way in which we attract our realities and sculpt the substance of creation occurs as a direct consequence of all our judgment and denial. The ego's perspective is one of constant judgment. The soul's natural perspective is one of constant compassion. Judgment is unnatural and disharmonic with the nature of life. The sun shines on Saint and Sinner alike and so should the nature of life through us. When one honestly begins to contemplate, even for a moment, the immensity of the human equation, no one could possibly pretend to possess so much understanding that they can judge others from there. The dynamics at work in this scenario are beautifully captured in a quote attributed to Jehshua from Love Without End, Jesus Speaks:

*History repeats itself, generation after generation, because of judgment and denial, which create ruptures in the flow of life. The universe fills the ruptures quickly with the very thing your objections denied.*

Consider that possibility for a moment and be amazed. This is the way life works. What we are facing in the external world today are reflections of attitudes and orientations of awareness based on an utterly false sense of self. What a joke!!

Consciously creating and defining for ourselves wonderful futures begins and ends with the dissolution of egoic perspectives and the transmutation of the archetypal patterns associated with that perspective.

## All Change Is Possible

Faith is sometimes defined as absolute certainty in a particular outcome despite no evidence appearing to support that point of view. Well in our book all change is possible but there needs to be a certain equation in place **in order for that change to be experienced by individuated consciousness as uplifting and positive**. The equation can be stated thus: Love x Faith = Grace.

Without the Grace there is insufficient energy in the equation to effect a positive uplifting outcome for the individual souls in the mix. What this means is the outcome will then have a negative charge. This translates to scenarios of suffering as karma is purified through human experience.

In order to get the Grace factor flowing we need significant and consistent demonstrations of love. This begins with self-love translated as compassion towards the archetypes of the ego construct. By journeying within in deep relaxation, surrendering in love to our own Higher Power and following the SUNPOP protocols we are literally going to the roots of our ego interface with our psyches and dissolving the negative patterns within us. This a phenomenal act of self love as we do that we can extend that love out and into our worlds, express it through our attitudes and behavior and begin to generate some serious personal momentum. It is this way that faith gathers tremendous momentum.

Faith itself is an inherent quality of awakened consciousness. It is already hard wired into the soul. Just as we do not have to develop Divine qualities of compassion and inner peace, neither do we have to develop faith. All of these qualities exist within us, as us. We need only shift our sense of self away from ego-centric body consciousness into the inner depths of soul consciousness and tap into the reservoir of Grace that is there for the tapping. As we do this over and over we become a living testament that yes indeed: All Change IS possible.

Remember this process is not optional. The only choice you have is the style in which you face the waves of change. With Grace you can ride the high lines in Life and live with confidence and style despite the calamities going on all around you. Without Grace you will be overwhelmed by the same forces that are here for your upliftment and transformation. The choice is yours.

## **Energy Flows Where Attention Goes**

What do you focus on? Consider this for a moment. There is an inner world and an outer world. Which world receives most of your attention? Obviously, for most of us, it is the external world with all of its demands which gets our focus. Well, energy flows where attention goes. Next we need to consider the quality of our focus, what is the emotional charge with which we are engaging the outer world. For most of us this is a blend of feelings which equate to some form of stress. What are the consequences of what we have just considered?

If our power lies within us and our awareness of that power is the precursor for our being able to express it in the world of form then we need to focus a portion of our awareness on that power and KEEP IT THERE. This is what Jesus was telling us when he condensed the Mosaic Law down to two fundamentals.

1. Love God with all your heart, mind and soul
2. Love everyone as Your Self.

This is the ultimate awareness attitude equation because it allows us to stay connected to our Source and to extend that energy out into the world of form through dynamic expressions of Love.

By using the breath as an anchor for our concentration within us we can stay consciously connected with the Love x Faith attitude to our Internal Source energy and are able therefore to express this energy outward through acts of compassion which is the highest frequency of love. All beings should benefit from these actions, not just our “special relationships” but all beings. This is the way of unconditional love and active compassion and it is wonderful.

This is the way to shift the world and ourselves, breath by breath, step by step, action by action, thought by thought, word by word, feeling by feeling and it all begins here and now, in this moment.

By realizing that the majority of our focus needs to be inwardly directed whilst we are dealing with the outer world we have the opportunity of living from depth. We can express from a deeper place within us and the power we are expressing can land deeply in the world outside of us, penetrating profoundly the surface of superficial world affairs and as we do so we call forth the world behind the world. This world exists already and we need to bring it forth. The more we focus on the discordant, toxic and disharmonious surface manifestations of reality the more they stick around and the worse everything gets. If we can deal with the surface level of

affairs whilst simultaneously connecting with the deeper levels of reality the faster our life experience will transform into a wonderful experience.

### **All Power Comes From Within**

Ancient peoples all had their own terms for the power that comes from within. The Hawaiians call it Manna. The Life Force is in everything natural and we can access it. The key to doing this successfully is through a pure heart and an open mind. The mysteries of Life run deep and the Manna gets stronger the deeper we go. As we live from depth, first within ourselves and then, as we gather momentum, start to see the world around us in depth, we can appreciate more and more the spiritual substance of life. This is a practice. The breath is the anchor for the practice and in order to access the depth we need to be able to relax deeply and dissolve the impurities that our closed heartedness (judgment) has caused and remove the patterns of thought that our denial of life's wonder has caused. This is the Spiritual Warriors great work. These impurities and toxic patterns have been inherited. They are part of the deal and they have to be dissolved and one way or another they will be. In this there is no choice. Only the style in which we experience this great Life process is optional and developing the mastery and skill to live life to its fullest requires practice. Lots of practice. The good news is this is great fun and should be viewed as a great adventure in self-discovery. The Manna is there to help us. It is the fuel with which we can navigate Life's challenges with Grace and style. Without Manna we are shackled to a struggle. A lack of Manna is a sure fire indication that we are not living in harmony with life's great living keynote and that we need to breathe more and focus on accessing the internal resources that are here to uplift us. Manna is vital to our success and we can tap into it 24/7 by relaxing, breathing deeply, going within in an attitude of loving surrender and with total conviction fill ourselves with its powerful transformative qualities.

## **Now is the Moment of Power**

One of the pitfalls of living life superficially is allowing ourselves to get caught up in the never ending list of things to do and achieve. In our frantic, stress inducing busyness it is very challenging to live from depth.

Each moment has an extra-ordinary depth to it. Within every single moment of life is the portal to eternity but we have to be able to access it. This requires being fully and deeply present in the now with what is. Living life from depth, connected through the breath to the One Love and allows us to live in wonder and awe. Life truly is awesome and wonderful. Kahlil Gibrain states it so eloquently when talking about pain:

*"Could you but keep your heart in wonder at the daily miracles of your life your pain would seem no less wondrous than your joy"*

So we see a very clear picture emerging. Everything we are yearning and seeking, everything for which we strive and endure, already exists within us as a pure feeling state. All of the external manifestations about which we dream also exist as pure potential in the invisible eternal infinite ocean of Life upon which the modern world is super imposed.

Every detail of the future we are heading for is being called forth, right now, according to the vibrations we are emanating sub consciously and unconsciously. Living from depth, being fully present with what is, rooted in the depths of our own inner being, anchored through the breath in certainty and love allows us to penetrate the superficial hypnotic appearance of our mundane worlds to the wonderland within it. In doing so we call that wonder forth. The more of us that are living like this, the faster the world will transform and IT IS transforming of that there is no doubt. The only trouble is that this great shift is occurring in tremendous upheaval as so many negative scenarios are played out. The only reason we are witnessing so much negativity in the world of external human affairs is because there is so much repressed, suppressed and impressed inside of us. It doesn't have to be that way and NOW is the moment of power to change it.

## Harmony

Life sings a silent song and if we want to live wonder-filled lives then we need to live in harmony with that song. The song Life is singing is the song of Truth itself. We can tune into this Living Truth within us by going to the place where we meet it. There have been many attempts by those who have found this inner space to communicate it for the benefit of those who are still seeking. King David consistently refers to this transcendental experience in the book of Psalms and for me Psalm 23 is a standout favorite... The Lord is my Shepherd I shall not want, in pastures green he leadeth me maketh me to lie down beside the still waters.. is about as accurate description as anyone can share about this perfect magical place that exists within. The thing is it has to be experienced and this is a feeling experience. It isn't real until you feel it. As we constantly and consistently return again and again to those sweet waters within our consciousness is washed clean of the recordings and vibrations of the world and we are cleansed of our burdens.

Remember Love x Faith is the blend of attitude and awareness which creates the perfect alchemy within us. As we reconnect with the real within and carry it's Holy presence with us in the world of form, extending the spirit of Life outward into the world through forgiveness, gratitude and appreciation our lives change, very often dramatically, reflecting this new orientation within.

Harmony is the law of Truth. Everything has to be balanced out and neutralized. All vibration returns to a perfect stasis of being. Any thoughts, words, feelings or actions which are out of tune with the song of our souls will be purified, sooner or later. The times we are all sharing in this modern epoch reflect a great reconciliation of human expression. There are countless prophecies converging from all kinds of indigenous traditions all communicating a similar theme. This is the time for the great clearing. The chalk board is being wiped clean and it is up to us if we want to live in harmony with the times to assist this irresistible process consciously.

This great demonstration of sanity translates to merely living life more naturally and spontaneously, living from depth, knowing yourself deeply inside and walking with immense trust in the basic goodness of the world whilst expressing a consistent theme of kindness and mercy towards oneself and to every other living thing. This is great news for you and great news for the world.

In order to experience the real power of Life we have to be in tune with its spirit. At present this requires active practice in order to dissolve all of the disharmony which

has been stored as vibrations within us. This practice needs to be integrated fully in to our way of being.

## **Aloha**

The Hawaiians have a wonderful word for the way of being that I am attempting to describe herein and they call it Aloha. Aloha involves sharing the breath of life and the expression of loving kindness which naturally occurs from that experience.

Aloha is all about reverence for the power of Life, the spirit and the sharing of that power through the expression of loving kindness. What could be simpler? The Buddhists have a similar theme, in fact so do all religious traditions. Of course they do. In their essence they are all the same because there is only One Truth. It is a living Truth, an energy which emanates from the individual who has taken the time to immerse their soul in it as obviously as anything can be. The world is on the cusp of an extraordinary transformation. The things that are part of our daily lives today will be long forgotten in our years of tomorrows. As this great and undeniable purification of the human soul gathers more and more momentum we are well advised to remember that practice and demonstration is what it is all about.

Personal development, walking the path of the spiritual warrior is not a isolation exercise. Far from it in fact. Walking this path requires an immense and ever increasing demonstration of love, compassion and most importantly forgiveness. The qualities of Life are being called forth from us all. They must be demonstrated and the situation you are in RIGHT NOW is the perfect arena for you to demonstrate these fledgling virtues.

So many of us are yearning for change and projecting into our futures for another version of reality other than the one that is in our face every day but this achieves nothing. The only certain formula for success, the only definite way to escape from our own unique and personal living hells is to deal thoughtfully with what it is we are faced with and Aloha is the means to do exactly that.

## **Forgiveness**

Forgiveness dissolves the glue that keeps consciousness stuck in dysfunctional archetypal patterns. That means that forgiveness is the active attitude we need to practice in order to liberate ourselves from the repetitive scenarios that perpetuate suffering in all its forms.

Forgiveness is the core of compassion. Compassion is the highest octave of love. Agape love is the active expression of compassion. Forgiveness integrated as a constant attitude is the precursor for being able to exist as a being of unconditional love.

The Hawaiians have a phrase called Ho O Pono Pono. It is a deep practice the core of which is compassion with the active component of forgiveness. As we reorient our sense of self away from the body to the spiritual essence we can appreciate more how as a magnetic energy flow out attitude is the defining factor in our lives. The Ho O Pono Pono attitude although embedded in a complex wisdom is actually very simple and translates to a feeling state which can be experienced through the following mantra.

I am sorry. Please forgive me. I love you. Thank you. Thank you. Thank you.  
As one practices this attitude by silently repeating this mantra over and over and really meaning it a definite and tangible shift in energy flow and feeling state occurs. As we abandon our judgmental ego perspective and the polarized positionality that goes with it we experience a definite sense of freedom through humility. This is an extremely powerful orientation of self. The Love and Gratitude combination allows the newly liberated energy to flow from the depths of our inner world and really land on the surface of our personal lives.

Essentially the practice fosters peacemaking between individuals through forgiveness. This is exactly the same mechanism that the power of prayer uses. Howard Wills, arguably one of the world's most amazing living healers, a man capable of effecting miracle after miracle uses the power of prayer. All of his prayers are prayers of forgiveness. Forgiveness actively applied by the individual creates peace in the family soul.

The SUNPOP model is based on these principles with the added potency of taking it DEEP into the psyche. Deep relaxation allows us to drop the peace bomb very deep in the psyche, the deeper we can do this the more powerful the effect.

## Part Two

### The Guided Inner Journey

The objective of the following information is to familiarize your self with the **SUNPOP** guided inner journey. What follows is a detailed description of the journey. The journey itself is to be found on the audio files included with this program.

#### STAGE 1

#### PREPARATION FOR THE JOURNEY

The **SUNPOP** experience is a journey through the psyche. Within the psyche, a critical nexus point exists. It is here, in this mystical, meta-physical realm, that the ocean of potentiality crystallizes upon the shores of I, into manifest being. Here, in this ultra significant inner space, a non-localized location, several key spiritual centers interface with the material realm.

On one side of this nexus point is a unified field of infinite possibility. Probability is magnetized to this point through psychic realms of immense richness, historical depth, and cosmic complexity, and actuality crystallizes on the other side, in the physical realm.

One thing, and one thing alone, exists in the psychic realm, interfacing with both the inner and outer worlds. We can call this thing the ego construct. It is a composite of awareness and attitude interfaced with biology.

This realm has immense depth.

Modern human history is a flaky, toxic crust beneath which this primordial vastness breathes and sings its never-ending song. Any toxicity, disharmony, or distortion in the ego construct will produce a physical reality experience of a corresponding nature.

**SUNPOP** is a most effective means of dissolving all disharmony and distortion of the ego construct. This is achieved by applying the harmonizing principle, (attitude and awareness), of forgiveness through, what the ancient Hawaiians called : Ho O ' Pono ' Pono.

As the restoration of harmony occurs in the psychic realm, the power of our infinite potential can pour through into the material world, and our lives will reflect these internal shifts.

During the **SUNPOP** experience we remove the distortions impressed and embedded within the superficial memory fields of the soul, then pass through a magical natural realm for deep cellular healing, and then, as we begin our return to

the physical world, we seed a powerful vision of our new selves, unencumbered by the former distortions.

This order of progression through surrender, purification, and resurrection, mirrors the archetypal journey of the spiritual warrior, as personified by Jehshua ben Joseph, or Jesus the Christ, as he is more commonly known.

Before we begin to wield our true powers in the world, we must die to who we believe we are. There is great joy in this experience, as I am sure you will discover. It is the first step in a movement through the crust of modern civilization into the never-ending depths of our eternal being. This downward movement is a prerequisite before we fly to the stars.

### **Invocation – Intention**

You are about to embark upon a sacred journey into the depths of your own being. You may choose to invoke your Higher Self, Guardian Angels, Spirit Guides, etc., and set your intention for this experience. An old Buddhist proverb states that there is nothing more fragile than action without prayer. At the beginning of the longer version audio file there is a silent space for personal prayer.

Prayer is a most powerful action. There was once a study conducted in Fatima, Portugal, where many miraculous healings had occurred as an apparition of the Virgin Mary appeared. This occurred many times over several years. However, not all those who saw the vision received healing. A great scientist of the times, Dr. Alexis Carrel formulated the study to determine why some received the boon and others not.

The study concluded that there was one single common factor which all recipients of miraculous healing shared. They were all praying for someone else at the time.

### **Giving is Receiving**

The journey has five stages:

1. Preparation
2. Ascension
3. Descent into the realm of the sacred heart
4. The Mission on Ground Zero
  - Coliseum
  - Magical Natural Realm
  - White Room
5. The Return

Before beginning this journey, familiarize yourself with the stages by reading through the

whole document. Remember take your time. Get it right. Set the foundation solidly through perfect preparation. You cannot rush the reclamation of your inner being, the resuscitation of your inner child, you have to prepare properly. Be diligent and go ahead.

The journey will take you through all the key energy centers in your body, beginning with the higher mind and finishing in the roots of your being. This is a unique and fascinating aspect of the program.

The journey begins with ascension into a world of light that exists upwards within our own minds.

The journey then moves through that realm into the sacred heart space. No descent is required to access the sacred heart space from the heights of the inner realm. The sacred heart, however, is a vortex in which we can travel to access the roots of our being.

These roots correspond to the base and sacral chakras. All of the activity on ground zero occurs in the guts, not in the head. Of course we are still in the mind, but different areas of the body correspond to the different areas of the mind.

Very few people are aware that the depths of the subconscious mind correspond to the base and sacral chakras. As you descend through the heart space be aware of the movement of your focus from higher mind, (i.e. above the head, to heart, to lower abdomen).

Many people try to do inner work in the higher centers. The real wounds and distortions are stored in the lower centers — the centers with which we interface with the physical world.

The journey is designed to activate specific centers in a specific order for a specific reason. We begin by powering up through communion (Yoga) with our Source. We then take that Divine power and bring it into the human realm, first through forgiveness in the heart space. Many memories are still stored within the subconscious and cellular structure, and especially in the heart. Be aware of memories flashing into consciousness as you descend through the heart vortex. Hold a constant attitude of forgiveness and they will transform into their highest energetic expression. It is especially important to embody a compassionate, forgiving, loving, and totally accepting attitude toward oneself.

This absolutely empowers us as we enter the deeper realms of the mind, so that we can be most effective as we fine-tune and make adjustments there.

Begin by taking some soft, strong, even, gentle deep breaths.

Relax the body. Consciously move from the toes to the head, and from the head to

the toes, and let go.

Breathe Golden Chi or Life Force, Prana. Breathe love and surrender to that love. Breathe into the abdomen and the depths of your being.

Establish an even breathing rhythm. Count down silently from fifty to zero, breathing softly and gently, focusing on the exhalation. Letting go, surrendering each time you exhale.

The optimal state to do this work is one of deep relaxation. When the brain waves become slowed to what is termed as Delta activity, then we are in the perfect mental state for **SUNPOP**. Take the time to get into this deeply relaxed state.

If time is a problem then understand that the subconscious works extremely quickly. The more relaxed, open, and trusting you are, the quicker you can program what follows. The subconscious mind is capable of downloading thought and intention faster than the speed of light. As long as you are in a deeply relaxed state, the visions need only be held for fractions of seconds for seeding to occur. If you have trouble accessing states of deep relaxation, then just breath consciously allowing yourself to unwind gradually.

Practicing outside in nature, lying on the ground or by some water, also enhance the deep relaxation experience.

### **Enhancing The Vision**

Take the time to run through the details of all your visions. We all represent thoughts and images in different ways. The major modalities of mind are directly associated with our five sensory apparatus. In other words we see, hear, feel, taste, and smell. Each one of us will have a dominant way of representing in the realm of imagination. For example, one person may see very clear pictures, another may hear things very clearly, another may feel.

It is not important which modality is dominant, what is important is that you run through as many details as you can when visioning, especially in the white room phase of the experience. These details are called sub-modalities.

For example: When seeing a vision, make it bright, turn up the colors, increase the intensity of the colors, make it larger, shrink it down. The more detail you can see, and the more control you have over the individual aspects of your mind, the more effective this experience will be.

Consider the mind like a mixing deck in a recording studio. You may recall those very long desks with all the individual sliders, etc., on them. There are literally hundreds of ways of adjusting the sound. Well, it is exactly the same with the mind. Practice this now.

Close your eyes and imagine yourself walking down a white sandy beach. The ocean is blue-green and gentle waves are lapping against the shore. Listen to the sounds. Smell the fragrance of sweet flowers in the air. Hear the breeze in the coconut palms. Feel the gentle wind on your face, the warm sun on your skin, and the texture of the sand between your toes. Explore what you see, feel, hear, taste, and smell. Practice this.

Learn to adjust every aspect of the experience. See if you can identify your dominant modality. Practice all aspects of five-modality awareness. This is the key secret to successful vision seeding. Understand how to use your mind, enter into the deep relaxation states (very easily achieved with the audio file countdown, with the crickets singing or Howards waves), and emotionalize the vision with the appropriate feeling states.

Even though developing skills here is very helpful, the true effectiveness of this practice is founded upon one thing: Heartfelt knowing. Jesus said, according to your faith, so shall it be. No matter if you feel you do not vision very well, or if you think you can't really feel or hear too much, etc. The most important factor in the equation *is knowing that what you are doing is working.*

Heartfelt certainty, reinforced over and over, underpins all manifestation effectiveness.

**SUNPOP** works with potent principles of Universal truth. "Praying" as if you have already received the thing is a foundational aspect of effectiveness. That is why the gratitude/love attitude is the most effective way of being. It's all about seeding the imagination with the feeling experience of having already achieved what it is you are wishing to manifest. When this is done very swiftly, in a deeply relaxed state, the results are guaranteed.

Have fun and SMILE a lot. The golden inner smile is an absolute foundational aspect of Qi Gong. Without it there is no illuminated brain experience. Look up within and maintain a golden inner smile. You are about to ascend into a realm of golden love. Allow yourself to travel on a subtle feeling experience.

Here are three secrets to integrate into your attitude as you journey within:

- TRUST
- FORGIVE
- DIE

**TRUST** stands for Totally Relaxed Unconditional Surrender Tactics.

Success on the inner planes is ninety-eight percent surrender and two percent doing. Letting go and allowing something natural to occur. This natural event is a

pre-programmed natural correction mechanism. Although we are going on a journey within the realm of the imagination, the main consequence is an adjustment of energies. Release control over this process. Follow the guidelines and surrender all rigidity, control, and force. This is not an act of will, it is an experience in love.

**FORGIVE** means exactly that. Letting go, surrendering control, is facilitated by forgiveness. An attitude of forgiveness is compassion. Practice nurturing this attitude and integrating it into your constant way of being, especially toward yourself.

**DIE** means Don't Interfere Energetically. Allow this experience to occur. Witness. It is amazing how the forces of natural goodness within us will orchestrate events on the inner plane when we allow them to. Do not project into any realm within. Rather follow the guided journey and allow yourself to witness the visions and movements in this realm, and dance with them.

You will be guided and inspired to interface in the most harmonic way if you allow that.

The shifts you can make by simply adopting the optimal, internal attitudes, based on trust, surrender, knowing, and a willingness not to interfere, are amazing.

## **Patience**

It says in A Course in Miracles that Infinite Patience is *the only thing* which guarantees immediate results. All power comes in stillness. Stillness is met in love, gratitude, appreciation, surrender, awe, and trust. This is a fabulous alchemical blend of states, the pure mystique of human being

When you are suitably relaxed and comfortable, prepare for Stage Two of your inner journey.

## **Stage 2**

### **Enlightenment of the Higher Mind – Ascension**

The most important factor in this ascension is the attitude of compassion.

Look up within. Smile a golden inner smile. Far above you is a world of Golden Love Light. You will shortly be ascending into this world. You will ascend up a double helix spiral staircase of your own DNA. According to the research on DNA conducted at Stanford University, DNA is activated by high frequency feeling states.

You will be ascending with an optimal attitude in order to trigger the activation of your highest genetic codes. Gratitude, love, wonder, compassion, bliss, peace, forgiveness, deep appreciation, sweetness. This blend is a very good mix.

Remember, feelings are the difference. There is no way we can activate our highest genetic coding sequence without the appropriate feeling state. No way. DNA, according to God, in Home with God in Life That Never Ends is referred to as Divine Natural Awareness.

Russian scientists call it a biological internet. According to Russian scientific investigation, there is something like 100 billion miles of DNA in your body, enough to reach the sun and back a thousand times.

Compassion activates DNA and allows us to receive a living stream of information designed to activate higher states of being. According to the Maori wisdom of the native New Zealanders, we have a spirit, soul, and body. The spirit can leave the soul, and yet the body will still live. This is an amazing and simple, extremely informative concept. What this wisdom shows us is that if the environment within the body and soul shifts away from the most harmonious for the Spirit, then that Spirit will withdraw. When the body becomes wholly unfavorable for the soul, then the soul will withdraw, and, of course, the body dies.

By existing in compassionate states, we welcome fully the return of the Spirit. Science has registered this as the activation of dormant genetic potential. Whatever the language, this is very good news. Compassion is the attitude, infinity is the awareness.

The form in which you travel up this spiral of DNA is up to you. Perhaps you will travel as a soul. A tiny point of spiritual light, a conscious star. I would recommend this.

Perhaps you will travel in an animal form, as the Shamans have done. Perhaps you will travel in a light form like an Angel. It's up to you. The world you are going to now lies beyond form.

Ascend to this world of light as swiftly or as slowly as you please. Generally speaking, at first, when becoming acquainted with the program, things will take longer. As your familiarity and expertise develop, you will naturally move more swiftly through the experience. The most important aspect is the attitudes and feeling states you are experiencing.

The visioning experience should induce deep bliss states. Travel to a world of light at the top of the spiral staircase billions of miles away. Interact silently with beings of light in this world. There are no needs in this world. Everyone is fulfilled, complete, and in a state of total blissed out perfection.

A central focal point of our Source resides in this world. Commune with that Source point. Recharge, energize, purify, and accept deep nourishment. This is a mystical spiritual realm that lies beyond the boundaries of conceptualization. Words fall short here. This place is beyond the center of the galaxy, beyond the center of the

universe, and beyond the center of the cosmos, and yet it is the center of everything, closer to yourself than you are. Make the most of your visit to this realm. It is the most important movement in the journey of the spiritual warrior, and it is never more than a breath away.

Spend as much or as little time as you need here. Remember, the more relaxed we are, the swifter, easier, and more efficient is the programming.

Remember attitude toward, and awareness of, Divinity is the most important aspect of this phase.

### **STAGE 3**

#### **OPENING THE HEART**

The most important aspect of this stage is the attitude of forgiveness.

When you are ready, move beyond the world of light into another realm. This movement should occur with a silent starburst of light.

You are about to enter into the realm of the sacred heart.

Vision a whirling vortex, a whirlpool of light and infinite possibility. In whatever form you choose, allow yourself to enter into this spiraling vortex and descend, spiraling clockwise down through a feeling experience into the realm of the sacred heart.

On your return you will ascend counter clockwise in a vortex spiraling upwards, surrounding the inner one which spirals downwards.

The sacred heart is a hyper-synchronistic point fundamentally interfaced with the teachings of Jesus Christ and his mother, Mary.

Fabulous opportunities present themselves to those who align, through attitude, harmonically with the archetypal keynotes of the sacred heart space.

Here increase forgiveness and self-love/acceptance and surrender. TRUST, DIE. Going deeper and deeper down and down and down and round and round.

Allow anything to occur. All healing eventualities are possible here. According to your faith, so shall it be. Let the Love in. Relationships, memories, etc. Allow them, no matter how painful, to come, and bless them from the heart.

All movement from physical to metaphysical, (i.e. the common flow of human life from physicality to increased spirituality through death), is a movement from false confidence based on form into spiritual knowledge based on experience.

Surrender to the Love of God that flows through the sacred heart space.

#### **STAGE 4**

#### **HEALING THE BELLY WOUNDS OF THE SUBCONSCIOUS AND TRANSMUTING THE EGO**

#### **Establishing the Hero Archetype**

You are about to meet the four fundamental archetypal components of the ego construct: The Wounded Child, The Saboteur, The Prostitute, and The Victim.

These distortions of essential aspects of the psyche are not enemies, and yet they behave as if they are. Indeed, it has been written that we are our own worst enemies, and perhaps this is so. However, conflict within ourselves manifests as conflict in the outer world. The only successful means of shifting the outer world is to shift the internal states that are warring against each other in disharmonious energetic formations. True peace and love must be found within before it can be experienced in the outer world. You are about to experience the phenomenal power of forgiveness, love, and gratitude. In brief, what we are essentially facilitating is a removal of internal energetic blockages that are preventing a naturally perfect energy from flowing into the world of form. This energy is who we are.

The soul is the vehicle we travel in. A fractured sense of self, based upon ignorance of the fact of our spiritual nature, and an over-identification with our physical bodies as our identity, is the cause of immense confusion and internal stress.

Consider the soul-mind as a crystal prism energy structure, and imagine pure white light flowing into that prism, and then being refracted out into a perfect rainbow color spectrum. The light flowing into the diamond-like prism represents the love and light that is the gift of life from our Source, or God Force, if you prefer, and is who we are.

The light and love of God is designed to be extended into the natural world of form, by ourselves, as ourselves, through the soul and physical body, and manifest as perfect creative expression. Within our current model of thought we may call this perfect expression Eden, or Heaven on Earth, which, as we know from many schools of thought, is God's plan, so to speak.

Light and love energy, which is information and magnetism, flow through the soul-mind into a natural life medium, and create form. Now, what we do know from life is that there is nothing wrong with the light and nothing wrong with the wonder of the medium of natural creation, i.e. the wonder of the natural world. Why then is there such disharmony in our present day reality? Simple answer: Distortions within the soul mind.

The instrument, child of God, has some twisted inner wires (a distorted spiritual neural web) and **SUNPOP** is a means to straighten them out. The distortion is welded in place by feeling states and attitudes. That is the reason why these

seemingly simple non-related attitudes and accompanying feeling states are so incredibly potent. Not so much because they have power in and of themselves, but because they remove distortions and allow the natural inflow of amazing life force potential.

The natural consequences of this, for the individual, are: feeling a lot better, increased magnetic capacity to attract the circumstances most harmonious for the living of one's destiny, increased clarity of vision, depth of comprehension, and perfect seamless interface with a living organic wisdom, or Truth.

By choosing to make these simple adjustments to the exquisite instrument of the psyche we contribute something significant that helps to repair the collective distortion of humanity.

Remember, on these subconscious energy levels there are no clear distinctions between you and me and anyone or anything else. Light and sound interface in one holographic field with many dimensions and levels. As compassion and infinity merge in the mind and we become anchored in the world of form through kindness in action-oriented service to others, great and remarkable things come to pass.

This is an incredible, noble, and much needed contribution to the current world situation.

**SUNPOP** is an ultra-effective solution to the urgent call of the times. Take the time to make the time to change the time by committing to this program. It is so simple. Make the shift in attitude to that of the compassionate Hero ascending, empower that attitude with an awareness of infinity, and serve all you can. You are about to enter the most significant part of the journey. Hitherto every aspect of this journey has been preparation for the following steps.

One of the most little understood facets of personal development is just where the roots of ego actually are. These roots are primarily grounded in the lower chakras of the body. This is why we descend from the light of our higher consciousness through the heart and then continue all of the way into our lower centers. This is where we as spiritual beings, really plug into the material realm. It is very important when following these visualization guidelines that we breathe deeply into the belly and imagine as deep down inside of us as we can the following sequence.

Descend onto solid ground. Feel it. You are now in a definite physical realm. See a long corridor of light ahead of you. There are two very large wooden doors at the end. Along the corridor are rainbow colored lights. In order to reach the doors you will have to pass through each color. As you do so, a different part of your being will be purified and energized. Feel the effect of each color as you move on through. Each color corresponds to the seven main energy centers. Red to the root/base and orange to the sacral, golden yellow to the solar plexus, green to the heart, sky blue to the throat, indigo to the third eye center, and violet to the crown.

As you pass through each color, allow yourself to experience a cleansing, empowering, charge of light that positively impacts the specific energy center with which it is associated. If you are familiar with the over toning sequence, then you may sound each tone, audibly or silently, as you pass through each color phase. Over toning is a very effective means of fine-tuning our energy centers by using the voice to sound out specific tones which resonate with specific energy centers of the body.

We have an MP3 available at [www.successultranow.com](http://www.successultranow.com). It is not necessary to tone during this sequence if you are unfamiliar with the procedure. However, for advanced practitioners, it is a very effective means of maximizing the experience. Toning as we move through the rainbow colors will bring us more fully into tune for what lies ahead. When you have passed through all seven colors, approach the two very large wooden doors.

On the doors is the word COLISEUM. Enter this realm. It is in here that you will interface with the four dominant archetypes of the ego: The Saboteur, Victim, Prostitute, and Wounded Child. The reason we are in the Coliseum is because this is an arena traditionally associated with gladiatorial combat. It is here that we activate the Warrior archetype.

Warrior energy is the optimal energy for initiating change. For breaking out of the old and establishing the new, warrior energy is required. We do not try and sustain this form of expression, but as an initiating catalyst, it is an essential ingredient. Warrior energy applied at the right time works its wonders. If, however, we try and maintain it, catastrophe is the consequence. We live in a world where Warrior energy is celebrated and revered and sustained. This is an overemphasis and a distortion. Our war torn world is the result.

Open the doors with Warrior energy in full activation. This is the energy of the spiritual warrior. Intense, open-hearted, forgiving all, wonder struck, praising, blessing, unstoppable, and totally focused. As you open the doors, a fabulous Golden Vision greets you. The power and love of the golden light is incredible and almost overwhelming.

Absorb the following vision. Use the “mixing deck” to increase the intensity of this experience. Turn up the volume, brightness of colors, etc. Totally impress this vision into your subconscious mind. As soon as you walk in, notice that the entire Coliseum is full of one hundred and forty four thousand people. In Pythagorean mathematics nine is the number of completion.  $1 + 4 + 4 = 9$ . They are all standing up, cheering FOR YOU. Your favorite music is playing. Your theme song!

Absorb praise, love, and gratitude. The reason everyone is cheering is because your **SUNPOP** mission is liberating and directly benefiting every single individual in the arena. Notice all around the stadium, above, in the sky, are multitudes of angels beaming their blessings. Receive the blessings and grace and return your own.

Behind the angels is an image of the planet Earth. This is not Earth in the current state, but a Heaven on Earth reality. Eden established. The reason why everyone is cheering is because IT IS DONE. Heaven on Earth has been established. Everyone is cheering and singing: IT IS DONE! IT IS DONE! Sing along with them. Allow yourself to fully enter into the feeling experience of this vision. The subconscious mind works best when being seeded with instructions of the finished request. This was alluded to by Jesus when he urged us to pray as if we have already received the thing. Rejoice! It is DONE! The most comprehensive and yet perfectly simple literature that illustrates this point is by Florence Scovell Schinn, *"Your Word is Your Wand."*

Radiate a lot of love in this realm. Receive a lot of love from this realm. Also in the sky, burning in flames 10,000 feet high, is your codeword/name/mantra for this mission. Imagine letters ten thousand feet high, burning in flames. That is your codeword. Focus on it. Say it out loud, sing it out loud.

Affirm your codeword or phrase and then say three times: Now I am that I am.

The association of this codeword, the Heaven on Earth reality, and the appreciation of angels and people, is wiring your mission into the highest possible outcome that will benefit the most people and put you directly in harmony with the flow of natural life currents. Holistic health levels, as a natural consequence, rocket. Your effectiveness in the world as a natural agent of change for the highest good automatically follows. Because of the law of harmonic attraction, synchronistic events and your ability to attract support for your life purpose are maximized.

Remember, we are talking about energy frequencies of love and light. According to our feeling states, governed by attitudes and levels of awareness, impacting the biology over time, we either harmoniously interface with God Force inflow or, because of our distorted attitudes and twisted sense of awareness, disharmoniously isolate ourselves, which leads to energy loss and break down on all levels. It is possible, as I understand it, to manipulate natural forces in order to prolong biological longevity, but what we are truly interested in, as a SUN spiritual warrior, is to step into a form of light and love that truly embodies the presence of God Force in a world of natural magic. **SUNPOP** is a means to facilitate this experience.

If you are familiar with the SUN toning program, you may wish to sound three heart tones at this point. This will allow you to fully open to this vision.

You are now ready to meet the four components of the ego construct.

- Wounded Child
- Victim
- Prostitute
- Saboteur

One by one, meet these archetypal aspects of the psyche. Concentrate on healing these relationships from the point of view that you are responsible for their wounds. Take full responsibility. Remember the incredible teaching of Ho'pono'pono. Own it and apologize.

This is a very powerful movement of attitude. What it does is shift any ego rigidity, through humility. It is not possible to say, "I am sorry," with genuine feeling, while stuck in ego mode. This attitude of humility allows a perfect harmonious inflow of natural goodness. Focus on the words and feelings of, "I am sorry and I love you." Ask for forgiveness and accept it with gratitude. Communicate your appreciation toward each aspect, and give thanks for the healing that has taken place. Do this joyfully. And remember, "IT IS DONE."

This interface with the ego construct is the most important element in the inner journey. The crucial nexus point. Navigate it sincerely, with maximum integrity and commitment, and you will be amazed at how swiftly things can shift. As amazed as the doctor in the ward for the criminally insane, perhaps. Take as much time as you require. Each aspect may be male or female. Be aware of the gender. Have fun.

These relationships shift very quickly through this process and are never the same. To clarify, at first the Wounded Child, for example, could be deeply wounded and traumatized. It may be unable to dialogue, and the whole first meeting may occur in silence. It may need holding. The second visit, however, will represent an evolution, the change and integration of the healing effect of the first meeting. My child, a boy, was extremely traumatized at our first encounter, but within a couple of meetings was demonstrating high levels of holistic health.

The main emotions we are dealing with are as follows:

- Shame
- Guilt
- Fear
- Viciousness/Anger
- Sadness/Sorrow

Underneath everything, of course, is love. Very often, anger is a protective mechanism that attempts to repel all people, circumstances, and situations that may put us in touch with deeper wounds. Anger and viciousness are often part of the Saboteur aspect.

The Saboteur is the most destructive aspect of our ego construct. When meeting the Saboteur, make sure you are invincible to his/her attack. On the audio files that go with this information, I suggest surrounding yourself in a golden aura of light. The Saboteur cannot penetrate this energy field. The field is powered by your own love,

and God's forgiveness. It is absolutely crucial that, when interacting with the Saboteur, we are in a state of unshakeable invincibility.

It is wise for us to appreciate that all of these emotions contain within them a perfect energy the spiritual warrior can use as fuel for his or her ascension. There is little more potent than anger itself. Most of us have never been taught to harness "red energy" in a constructive and uplifting fashion. There is a way. Whatever the emotion, don't suppress it. Accept its gift and allow it to move you in the direction you wish to journey. Take whatever time it takes to run through all four interactions. Then prepare to move out of the Coliseum into another world.

### **The Abundance Factor**

Many of us are under pressure financially. One of the simplest ways to relieve this pressure is to remove the blocks which are preventing a natural abundance from flowing into our world reality. By healing the relationship with the ego construct, the distortions and blocks are removed. Later in the program we will deal with specific manifestation procedures. Right now we can add an overwhelming sense of abundance to the equation by seeing it literally raining money in the Coliseum. Use the imagination to conjure up a sense of unlimited income as the spectators shower you and the four ego components with a non-stop supply of money.

### **The Metamorphosis of the Ego Construct**

Be aware of the fact that the ego will metamorphose. Merely bringing your awareness to this realm in this deeply relaxed and compassionate state will catalyze the transformation of the child, victim, prostitute, and saboteur. Be aware of this shift, which can happen very swiftly. Allow your imagination to run free, and give yourself permission to experience the complete healing of your own inner realm.

On a personal note, when I originally met my Wounded Child, the small boy was terrified and stuttering, contracted and insecure. Immediately, right in the first experience, a significant shift occurred. That boy, while being inundated by money, was on a laptop, sitting down in the Coliseum, creating distribution channels for the abundance. He was laughing, singing, skipping, dancing, and even flying.

The point is: When you allow what I like to call the love of God to flow into your inner being, good things can happen really FAST. Use your imagination as powerfully and as vividly as you can. Understand that personal healing is a naturally occurring, automatic response of nature. Our psyches will re-harmonize as we set the intention and allow them to do so. Allowing is the key word here.

This return to innocence does not happen automatically. The restoration of inner harmony has to be chosen consciously by each one of us. For lifetimes, humanity has

chosen to ignore the fact of their divinity and the modern world is the result. What world awaits as we choose consciously to embrace our inner perfection?

### **The Magical Natural Realm**

Exit the Coliseum with your four friends, and find yourself in a magical natural realm. Behold a beautiful waterfall and the healing waters of the lake into which the water cascades. Here you may invite and invoke all higher beings you choose. Angels, nature spirits, spirit guides, animal spirits, benevolent higher beings, anyone you choose. Fill this realm with magic and wonder, this is Wonderland. The whole place resembles an enchanted forest; perhaps there are unicorns. Let your imagination work its wonders here.

Most of your time will be spent in the water. The water has deeply potent healing qualities, which revitalize and energize the cellular structure. Float and be at peace here. Bathe in this rejuvenating liquid. This aspect of the journey has immense power and potential for healing the cellular structure. Make the most of your time in this realm.

Remember to bathe in the feeling experience, invoke a silent exaggerated emotional response to this facet. The more you can invoke the feelings associated with the experience, the more real it will be.

The Child, Victim, Prostitute, and Saboteur are having their own private experiences. They may be exploring, together or alone. It is not your responsibility to interfere or control their experience. It is your priority to relax and be at peace in wonder and observe the experience they are having from time to time. Just be aware of what is going on and try not to manipulate their experience.

Stay as long as you like here. When you are ready, prepare to move into the final part of the inner journey before the return.

### **The White Room**

Find yourself in a large white room. The only object in this room is one single, very comfortable, reclining chair. Note that there is a panel on the right arm of the chair. Go and lie down in the chair and relax. Take the time to become very still. Breathe softly and gently. Now, when you are ready, push the button on the panel on the arm of the chair.

### **Supercharge Visioning Success**

In order to supercharge your visualization sequence, recall before activating the screen the many successes you have enjoyed in your life. Remember the times when you achieved success in whatever form. Recall the ease with which this occurred, and immerse your vision in those feelings.

Also think about everything in your life for which you are grateful. Experience a deep sense of gratitude and love as you begin to vision. You will notice that the whole room is like an IMAX cinema. The walls and ceiling are all part of the screen. A movie begins to play. The movie is called *The New You*. Begin watching the film. See yourself living the life of your dreams, following the path of your happiness, resolving all conflict within your life, doing the things you were born to do, being the person you are supposed to be, and expressing the love that you are.

This is a very private and intimate experience. This is where the seeds of the new you are truly sown. Every action previous to this place upon this journey has been preparation for this moment. We have energized the soul, opened wide the heart, forgiven ourselves and our past, activated our highest genetic potential, healed the distortions of the ego construct, and now, we are programming the bio-computer with visions and feelings, sounds and sensory impressions, of who we are designed to be. This is where we see ourselves fulfilling our mission in this world.

Try to see yourself from a dissociated perspective and an associated one. That means vision as if you are watching yourself and also vision the same experience from inside of yourself as if you were having the actual experience. Put as much feeling as possible into this experience and remember everyone's mind works differently. Some of us see pictures and some feel visions. The most important thing is to KNOW you are doing it.

A bit of extra guidance here: Superimpose the vision of yourself active in the world upon a spiritual version of who you are. Any physical visioning you do should be on top of and surrounded by a golden being of light. This is who you truly are. We are spiritual beings in the world of form. Vision yourself as spiritually pure, free, and empowered. See the physical body as more of a vehicle through which you express rather than as who you actually are. Switch between an associated and a dissociated experience. That means, feel the experience looking through your eyes in this realm, and indeed all the realms, and then switch to seeing yourself as an observer. See which feels most powerful. Research shows that if we look through our own eyes (associated) while in the experience, rather than witnessing, as an observer, ourselves moving through the experience, the results are the most powerful.

Take as much or as little time as you like here. Make sure you run through the whole mixing deck of sensory input. Envision. Feel. Taste. Hear, and smell the joys of your ascension. This is the time you have been born for.

**Affirm three times: Now I Am That I Am.**

This instruction may appear to be a little strange, but I assure you it has great power. This technique or attitude is gleaned from some amazing research done by James Twyman called The Moses Code. It basically utilizes the fact that we are living in a unified field, a Oneness which all life shares. Affirming I am that which I desire

means not only do we own it, we become it. When the old shamans and Qaballahists chanted, toned, sang, and called a spirit animal, the animal appeared or they became the animal. This is powerful stuff.

## **STAGE FIVE**

### **THE RETURN**

When you are ready, leave the White Room. Exit through a door in the wall, or simply find yourself in the long corridor of light. Understand that the subconscious mind works on intention. It doesn't need to know how to get from A to B. It just needs to know you want to be at B now. The subconscious is not governed by the laws of logic, and it works much faster than the conscious mind. These are not two different minds. They are aspects of the same thing, called mind. The subconscious is infinitely more powerful than the conscious mind.

Walk along the corridor and move slowly through the rainbow lights. If you are comfortable with toning then tone again as you move through the color sequence. Tone with a strong clear intention here. This is an extra potent way of integrating the work and sounding your intention as you return to the world. This time move from violet to red.

See the point of the sacred heart vortex ahead of you, turning like a tornado, with its point touching the ground.

Pause and reflect on the journey you have just undertaken. As you reach the base of the sacred heart vortex, turn and look back to the Coliseum through the tunnel of light. See the doors open and the golden vision within. Remember the whole experience you have just undertaken. Now see the planet Earth and Heaven on Earth, Eden. Now, compress that vision into a tiny seed, smaller than a grain of sand.

Allow that seed to very swiftly move from the Coliseum, along the vortex, into your sacred heart. Feel it plant itself there. Now, every time you stop in the day, every hour, to take three deep breaths and affirm your codeword, water that seed with loving attention, and affirm, "It is done!"

When you are ready, with an attitude of gratitude, love, and appreciation for the wonder of life, enter the vortex and ascend as slowly or as swiftly as you like. Your journey can occur in a flash, if you so wish. Ascend through a great explosion and starburst of light and pass through the world of light where your Source resides. Take communion and receive any blessings, instructions, insight, intuitions, etc. If you have any questions, ask them here.

When you are ready, descend down the DNA spiral to your body with the same attitude. You have now returned to this world. Best wishes on your mission.

**SUNPOP** is enhanced by the daily application of the prayers of Howard Wills. Turn

up the intensity and maximize the effect of **SUNPOP** by praying Howard's prayers for the days as well. [www.howardwills.com](http://www.howardwills.com).

## **Part Three**

### **Super Charging The Experience**

#### **Prayer**

The power of prayer is legendary. I personally have witnessed multiple seemingly miraculous events on account of prayer. I include two of my favorite Howard Wills prayers in the appendix as a super-charging element for the SUNPOP program.

#### **Physical Vitality**

Being vibrantly healthy really makes life a lot easier and simpler. Anyone interested in personal development has to include physical health in the mix. Daily practice such as yoga which also involves breathing is an awesome adjunct to these protocols. Personally I love to exercise in nature in order to really get the juices flowing. Combining a mainly organic, live food, plant based, nutritional program and never over eating is also a very helpful support.

#### **The Nature Connection**

Soul consciousness is designed to interface with nature consciousness. Spend as much time in nature as possible and learn to listen and watch all the subtle details of nature.

#### **Sense of Humor**

The Hopi Indian prophecy encourages us to take nothing seriously in these times, least of all ourselves! Great advice. Do your best to maintain and nurture a great sense of humor. It works wonders.

# **Part Four**

## **Appendix 1**

**Howard Wills Prayers from [www.howardwills.com](http://www.howardwills.com)**

### **The Prayer Of Freedom**

Lord in Heaven,  
For me, My Family and All Humanity  
Throughout all Time  
Please Help Us Forgive All People  
Help All People Forgive Us  
And Help Us All Forgive Ourselves  
Please Lord, Thank You Lord Amen

Help Us All Love Each Other  
And Love Ourselves  
Be At Peace With Each Other  
And Be At Peace With Ourselves  
Please Lord, Thank You Lord Amen

Lord We Give You Our Love And Thank You  
For Your Constant Love And Blessings  
We Bless All Your Creations  
And We Fill All Your Creations With Our Love

Lord We Give You Our Love and Thank You  
For Your Constant Love And Blessings  
We Bless All Your Creations  
And We Fill All Your Creations With our Love

Lord Please Open Bless Empower Expand  
Lead Guide Direct and Protect  
Me, My Family and All Humanity  
Throughout ALL Time  
Now and Forever  
Please Lord, Thank You Lord

Amen, Amen, Amen, Amen

### **The Prayer of Bounty**

Lord Please Open My Mind, Heart and Being  
To your Complete Limitless, Bountiful Prosperity  
And Love.

Please Help All Things That I do, Think And Say  
Be Filled With Your Complete Limitless Bountiful  
Prosperity and Love

Please Allow Me to Be Blessed  
With The Riches and Bounty  
Of Your Heavens and Your Earth Always

Please Lead Me, Guide Me And Direct Me  
Into Your Life, Into Your Light, Into Your Love  
And Into Your Complete Limitless, Bountiful  
Prosperity and Love

Celebrating Life As The Gift It is From You Lord  
Now and Forever

Thank You Lord, Thank You Lord,  
Thank You Lord, Thank You Lord  
Thank You Lord, Thank You  
Amen

## **Appendix 2**

### **The Four Primary Archetypes**

#### **1. The Wounded Child**

Almost all of us, to varying degrees, can relate to the Wounded Child. The part of us that was wounded emotionally and psychologically during our infancy or early years, and which has never recovered from it. These wounds are mainly subconscious, and are buried deeply in the psyche. Their influence, very often, is extremely well integrated into who we falsely consider ourselves to be. Remember these distortions wire us into a false sense of self. The ego is not who we are. It is a medium through which we interface with the world around us. The more transparent the “ego membrane” is, and the purer the thoughts, feelings, attitudes, and awareness associated with it, the more harmonic our interface with the world. A Wounded Child dominated behavior and attitude generates perpetual dysfunction. It is a wound to the psyche. This wound to the psyche then creates behaviors and attitudes that one would associate with a child. These dysfunctional, sometimes reactive, patterns drive behaviors and attitudes that become habitual. It is very easy, especially under stress, to sink into these repetitive patterns. The child obviously also has many positive qualities essential to the holistic process. Innocence, enthusiasm, purity, and playfulness are all natural attributes of the pure soul. However the wounded ego-child is a distorted version. Someone who will not take responsibility for their own life is acting out the child archetype. The child is very often driving the bus and getting his or her own way. The Wounded Child is one of the ego’s most successful disguises. It is also the main reason why most meditation and mind control techniques are only partially successful in allowing us to access our full human capacity. The reason for this is because many of those techniques are based upon developing sufficient mental focus to ignore the ego, and even to destroy it. Very often the ego is seen as an enemy to be conquered. This attitude can only cause conflict within. It is not possible to restore harmony to our psyche through conflict. The Wounded Child can only be successfully integrated through an act of acceptance, compassion, forgiveness, and love. This is facilitated through relationship. It is here where **SUNPOP** integrates the most potent healing modalities and creates the optimum environmental conditions for the transmutation of the Wounded Child into its original design; the Divine Child.

#### **2. The Victim**

The Victim can be defined as someone who will not take responsibility for their life, and holds outer forces or individuals to blame for their lack of progress or success. Of course, external elements conspire to create particular circumstances that we are challenged to face, but the Victim cannot see the opportunity inherent in the challenge. Instead he or she will blame, and assume a posture of helplessness. There are many inspiring stories of personal misfortune of the most extreme kind where the unfortunate individual involved has not capitulated to the Victim archetype, and their lives have become a living testimony of inspiration to us all. In all cases

forgiveness is the primary factor, which, if included in the equation, will allow full integration of the teaching in the lesson. (See Love without End. Jesus Speaks by Glenda Green). When we have visited this realm, and applied the forgiveness medicine, the Victim transmutes into its higher octave of expression, which has a degree of humility born from the sufferings of the ego. This humbly empowered awareness and attitude is very effective in allowing our sense of identity to welcome the so-called higher self or nature into our experience. Without this requisite humility factor, the ego crystallizes in its own arrogance and pridefully ignores the higher nature. This is the root of ignorance. As we ignore our higher guidance and being, we become isolated in the web of our own mis-creations, and suffer proportionally to the disharmony they contain. The trick is not to ignore our higher natures, but to enjoy a free flow relationship with them. Always consulting, asking, and feeling into the guidance, which is a true light in a world of so much darkness. This guidance is always available, it is part of who we are. The Victim, healed of its disease, can enter into this relationship very willingly and gracefully.

### **3. The Prostitute**

The Prostitute is typified by a person who gives their power away. As an individual responsible for your own destiny, the challenge is to accept that responsibility and not to give the authority of it to anyone or anything else. A good example of this is the structure of the modern medical system. We experience ill health and go see a doctor, who may or may not be healthy, and we do what they suggest without thoroughly investigating the case ourselves. This is a good example of how power is given away every day within our society. This is the Prostitute archetype in action. Another relevant example is how organized religion has established the clergy as the mediators between the individual and God, or our Source. This is like someone in the garden telling the flowers how to drink rain. The fact that we, as flowers, have forgotten, is an indication of just how far off track we are. The journey to golden health begins with taking responsibility for all aspects of our lives. Recognizing the influence of the Prostitute assists in this movement. All addictions are forms of prostitution. Abusive relationships, where one partner tolerates violence or intimidation but refuses to leave because of fear-based motives, or the fact that they cannot imagine a positive alternative future, are clear forms of prostitution. Take the time to consider where you are giving power away in your life. Once healed through the shift in attitude and awareness which **SUNPOP** allows, the Prostitute aspect of the psyche becomes a great ally, in the sense that sensitivity toward, and “addiction” to, God’s Love, or our inner Source, becomes an overriding default setting which is a great relief and a deep pleasure. This aspect of the psyche exists to please and connect with an essential resource that feels great.

### **4. The Saboteur**

This is the aspect of oneself that secretly undermines all forward progress and encouragement. The Saboteur is the most aggressive, fanatical, and violent aspect of our psyche. A master of disguise, this inner terrorist is the ultimate assassin, whose

priority is to deter us from enjoying our highest arena of expression. The Saboteur has a negative inner voice that whispers discomforting thoughts that undermine confidence and convince us that we cannot live our dreams. It is the Saboteur who drives self-destructive behaviors, such as addiction. The Saboteur, once healed, is the master of focus and tenacity. He will not give up, and is a most powerful ally, once brought into balance, to help you stay totally focused on the mission of being.

Do you recognize any of these structures? We are all influenced to a greater or lesser degree by them all. They are the part of the matrix that guarantees the destruction of a disharmonious humanity. At the same time they provide the soul with resistance, and challenge us to become sufficiently empowered to overcome them. Like Jacob, who wrestled the angel all night, these forces always appear slightly stronger than we are. That is why we grow stronger. It has been said that to name something correctly is to have power over that thing.

When we recognize the inner voices and urges of these archetypes, and can dissociate our true selves from their energetic influence, we take a significant forward step on the journey toward completion. The most wonderful thing is that each component of the ego construct has a Divine counterpart. As our relationship toward ourselves shifts away from negative egoistic expression into something far more harmonious we experience the wonder that is contained within the archetypal realm, and these incredible forces which, hitherto, were our apparent enemies, miraculously transform into powerful mystical allies. This amazing and absolutely critical shift can only occur through relationship. As one takes full responsibility for the wounds and distortions of these four components, and takes action in the appropriate realm to heal them, significant shifts occur extremely rapidly.

If any of the four are present and active, the others are also functioning in a supportive role. There are many archetypal energies. The **SUNPOP** inner journey focuses upon a conscious connection with the inner Hero, (sometimes known as the Pure Knight, or the Spiritual Warrior, and very often portrayed as a youth).

In **SUNPOP** we meet with the four archetypal components of the ego construct which, in a distorted, non-integrated form, block passage into the higher realms of self-empowerment, draining the Hero with perpetual battling against the petty tyrants of the shadow world. The amazing paradox is that this whole situation is being generated within our own mind.

Restoration of clarity within the mind is foundational in terms of allowing access to the hallowed halls of our own true inner nature, this mystical internal movement allows us to experience the archetypal realm as a world of allies, peopled now, not by false gods and demons, but by shining reference points positioned like archangels, guardians, and guides, whose very presence guides us ever deeper into the never-ending mystery of human being.

In the classic Hero's Journey, as defined by Joseph Campbell and others, an

individual goes on a journey of initiation to awaken an inner knowing or spiritual power. The Self emerges as the Hero, faces physical and internal obstacles, confronting the survival fears that would compromise his journey of empowerment, and conquering the forces arrayed against him. The Hero then returns to the tribe with something of great value to all.

The four primary archetypes — the Child, Victim, Prostitute, and Saboteur — symbolize our major life challenges and how we choose to survive. Together they represent the issues, fears, and vulnerabilities that cause us to negotiate away the power of our spirits within the physical world. They also can come to represent spiritual strengths for dealing with real-life and spiritual issues.

*These four archetypes are the intimate companions of your intuition. They make you conscious of your vulnerabilities, your fear of being victimized. They allow you to see how you sabotage your creative opportunities or abort your dreams, and in the future they will become your allies in fulfilling opportunities and dreams. Your archetypes will become your guardians and will preserve your integrity, refusing to allow you to negotiate it away under any circumstances. Your archetypes can help you transcend the shadow belief that “everyone has a price” and allow you to see that you are not for sale. They will allow you to become completely self-reliant; through them you will come to see options where others see excuses. -*

Caroline Myss -Sacred Contracts: Awakening Your Divine Potential

It is through the relationships we develop with the four archetypes that healing and balance is obtained. Surrendering to these developing relationships from within the consciousness of the sacred heart allows the four archetypes to speak from their own authentic voices, and provides the opportunity to serve them what they need, rather than keeping them forever locked within the shadow world, scrambling for survival. Forging a strong, connected relationship to these disowned parts of self is the core of this entire exercise.

The **SUNPOP** Inner Journey suggests that the process of meeting and holding relationships with the four archetypes be conducted from within a state of compassion, trust, and forgiveness. In this mode, new relationships can be created that are life enhancing rather than draining, thereby shifting these constructs from adversaries to allies.