

THE BOOK OF SPIRITS

By A Funky Looking Monkey

PREWORD

There are so incredibly many who have inspired me and motivated me to write this book. The world is my teacher, and the first I would like to give my great gratitude to, is life itself, which offers infinite of knowledge, wisdom and love to everyone who opens up to it.

Of course, I would like to thank my mum and dad, who gave me life, and dedicated their entire lives for their children, through thick and thin. They are two of my greatest role models and I couldn't be more lucky and grateful for the years we had and the years we will have. I also want to thank my siblings. Even though we don't always understand each other, we are connected by an unbreakable bond made of love.

Of course I also want to thank my friends and dear ones I got along the way, for all deep conversations and small and big moments which I keep deep in my heart.

Before you read this book, I want to make you conscious that it might work as a bridge into a completely new reality. It has the potential to completely change your life for ever. I feel it is important to be critical to texts like these, so I ask you, please do not believe a single word I write.

SPIRITS

This is how I experience reality. This book is for myself to help me a little through this strange rabbit-hole we call life. I experience it as if everything is spirits and energies. Everything is conscious and thinking and feeling. There are spirits and energies in infinite small sizes making up spirits and energies in infinite large sizes. This is how more spirits create collective consciousnesses and how we together create the collective consciousness for the entire Universe. So how the universe is built up, gives a deeper understanding for the nature of spirits and energies. There are 4 parts of the Universe:

Spirits – The Universes thoughts
Energies – The Universes feelings
Cosmos – The Universes body
Time – The Universes soul

In the same way I have 4 parts:

Spirits – My thoughts and thought patterns
Energies – My feelings
The animal – My body
Time – My soul

We are all one and we are all individuals. That works like this: we all have the same energy, but react to it in different ways. So the collective consciousness gives me information and I give back a reaction. And that is how the collective consciousness build on me and I build on it.

This is based on that life is a dream. For me, this is the only thing that makes sense in life. It explains many things which otherwise couldn't be explained. For example, if I am dreaming, it means we are all one and that everything is connected.

It also means that everything I experience is a result of my thoughts. It is then also logical that when I, by an age of 420 years old, dies, I will go over into a new experience which is a result of my thoughts.

In a dream, if I understand that it is a dream, I “wake up” and can start to create the dream. That is because I understand that everything I experience is a reflection of my current condition. So by observing my thoughts and emotions, I can see what influence they have on how I experience every moment.

It also means that everything is illusion and what is real, is what is real for me.

It also means that it is I who sets the significance and values on everything in my life.

And that is how the spirits are the building blocks of the dream and what is creating my reality. So this will be a book about different spirits and energies I ally with and what kind of effects they have on my life.

THE HEART

The heart is reality's control board and navigator. This is because there are three things which are determining the manifestation of my reality: What I want, what I believe and what I do. The heart holds all information about these things. It doesn't always tell me the truth, but it always tells me what I think is the truth. So the heart holds all information about my current reality. And this is how the heart is the centre of my Universe.

All healing happens from the heart, and if I want to effectively heal myself or others, I always have to start with the heart. I do this by putting all my focus on feeling my heart inside my chest; if I feel it good enough, I can feel it beating inside my chest. I hold my focus on it until I feel it is healed (check the sensation, be honest).

The greatest act of love I can do to myself is to allow myself to feel what I feel when I feel it. Shadow and light creates together depth, so there are no negative or positive emotions, since all emotions fulfil each other.

MOTHER EARTH

What kind of relationship I have with the world is determining for how I experience it. If I think the world is a horrible place, this is the experience I have. If I think the world is fantastic, this is the experience I have. To improve my experience of the world, I can follow one of the best quotes from one of times greatest geniuses, Buddha: Be the change you want to see in the world.

The spirit of Mother Earth lives in the collective consciousness of the planet. She exist through all life, including myself, and I can connect with her through all life, including myself.

Mother Earth is a very powerful healing spirit.

LUFTA

The air is free and everywhere. A good relationship to the air is a good relationship to life itself.

THE BODY

The animal I live in has everything I need to experience the world. If I take care of my body, my body takes care of me.

THE PAST

Everything I see is past; everything from a million years ago to for a millisecond ago. The past is what has led me up to where I am right now. All my knowledge and experience lies inside my memory, and when I have a good relationship with the past, I open myself up to years of information and wisdom which rests inside me. It can be easy to get stuck in the negative memories, so here is how I build up a good relationship to the past:

I appreciate the good memories and let them fill me.

I learn from the bad memories, grow and move on. A mistake was a mistake if it was a lesson not learned.

I can't and shouldn't change the past, but I can and should change the influence I give it over me and my life.

NOW

All I see is past, all I do is now. Now is the only time which is real, as it is only now I ever experienced anything. All problems are in the past and all solutions are here. There are an infinite amount of possible solutions for any problem.

If I want to change anything, I can only do it now. If I do not want to change anything, I can be anywhere in the past, present and future.

THE FUTURE

Once I contacted the spirit of the future to ask it to give me the ability to look into the future. The answer I got was: the future comes when it comes. You will see it then and if you live in the moment, you will experience it as well.

The future is completely blank and in constant motion. There is always a possibility that anything can happen.

When I look to the future, I can get visions about what I think will happen and what I want to happen. These visions have a determining effect on what influence I have on the future. They are also all my perception, based on the past.

AKSEPT

When I accept everything I come into a state of acceptance. If there is something I can't accept, at least I can accept that.

GRATITUDE

When I appreciate something, it increases the value what I appreciate has for me. When I am grateful for what I have, I also attract more things to be grateful for.

HONESTY

Honesty is love and nothing is more effective, no matter what situation.

The key to an open mind is to understand that there is always a possibility that everything I know is wrong.

POSITIVITY

My attitude and how I meet any situation sets how I experience the situation, and thereby the influence I have on it. Something of the most genius I have ever heard is therefore: "Everything is usually better than it looks."

PEACE

There is only one way to make peace, and that is from inside myself. To create peace inside myself starts as a choice.

FREEDOM

I am always free. I am so free that I can even chose to put myself in captivity. Only I can give myself freedom, and I do so by taking full responsibility for my own life and my own actions.

My power lies in my intention and my reaction. These determine the choices I make.

KARMA

Karma is I who consciously and subconsciously create for myself what I think I deserve. So it is nothing I created for myself in the past, but something I create for myself right now.

ME

How I look at myself determines how I experience myself. I am who I think I am. When I take personal responsibility for myself, I am also who I want to be. I am nothing. I am an illusion. I am my own creator and my own creation. And so I can create myself exactly how I want. But I can only create with what I have. Everything I have is borrowed. When I observe what I have, I see what I can do with it.

REALITY

Nothing is real, as reality is something which occurs in my mind. Yet everything is real, as the experience is real. I create my reality based on my perception and focus.
I automatically accept what is inside my reality and automatically reject what is outside of it.

DEATH

Some claim that fear of death is what causes all deceases. Science has shown that stress is what causes all deceases. Stress is a survival instinct: I become stressed when I feel my well being is at stake.

There is only one way to know what is after death and everyone will figure it out in their time. This makes death to almost as great a mystery as life itself.

If I consider that life is a dream and a product of my thoughts, it seems logical that death will be a new experience which is a product of my thoughts.

FEAR

All illusion is fear and all fear is illusion. Therefore it makes no sense to be scared of being scared. If I accept and admit to my self that I am scared when I am scared, my consciousness is brought more into the moment.

FATHER SUN

The sun nurtures all life and plays a big part in the origin of life. Sunlight is perhaps the purest energy which exists: it is pure love. Of course, as everything, in the right amount...
A good relationship with the sun leads to higher tolerance for sunlight, better pigments and healthier body and mind.

PLANTS

Once I asked: What is the tree of life? The answer I got was: Any tree. Plants produce the oxygen I breathe and gives shelter for a lot of other life. Science has also proven that plants have thoughts, emotions and at least the five senses humans have.

Plants also have a soul, and traces of it are mixed into the consciousness when you consume the plant. You can also communicate with plants; they have a lot of wisdom to offer. If I want to consume any plant any how, I prefer to have my own plants. Then I can connect deeply with them already long time before I consume them, and can build up my own unique energy into the plant. When I connect with the spirit of the plant after I invited it into my body – by consuming it – I get full effect and benefit from the plant.

SILENCE

Silence only exist in the mind.

RELIGION

Spirits are what I think they are. So religion has many interesting spirits I can bring out into my reality. I bring those spirits out into my reality by giving them relevance in my reality.

LUCK

That the odds are in my favour is like a skill which can be trained up. Luck is directly related to trust and confidence.

BALANCE

Everything comes in pairs of opposites. That includes everything which is inside and outside of me. All truths has an equally true opposite truth. Everything exists inside of nothing. When I balance the energies inside of me, I balance the energies outside of me. When I balance the energies outside of me I also balance the energies inside of me, but it is usually much easier to balance the energies inside of me.

HAPPINESS

From the physical perspective, happiness is caused by natural substances which are released into the body when I appreciate something. So it is not possible to always be happy, and I can also feel a kind of come down after intense happiness. It is fully possible to be generally pleased.

MUSIC

Music has the ability to create a tiny moment which is completely magical. It can bring people together, teach and even heal. A song can also work as a sort of memory bank: memories can refer to songs and songs can refer to memories. Music is also a fantastic tool to move energy.

WORDS

Words are the code to the humans Matrix. What controls all conversations are intention and reaction. To be good with talking, I also need to be good with listening. It can also pay of to talk and listen to my self.

LOGIC

Logic is my inner understanding. When something is logical for me, it is because I feel I understand it.

CREATIVITY

Creativity is related to the unknown and my relationship to it.

PATIENCE

Everything is as it is and the only constant is change. Everything also takes the time I takes. If I pay attention, there is always something to pick up from every moment.

HUMILITY

I am a tiny tiny dot in an infinite universe, which isn't only self conscious, but also conscious about it.

WATER

Water is the source of all organic life on Earth, and drinking water is giving life force.

FOOD

If I think it is good for me, it is good for me. I can therefore be honest with myself and ask what my body wants and needs.

The key to making good food is love.

SYMBOLS

Symbolism in visualisations can increase inner communication and understanding, like when you interpret dreams.

KNOWLEDGE

Knowledge is like a key. When I put the knowledge into practice, I put the key in the door and open it.

I prefer knowing what is on the other side of the door before I pass the key on.

WISDOM

Wisdom is a deeper intelligence which is built up by experience.

ABILITIES

I become good at what I like doing. If I want to be good at something, I focus on what I like about it.

SLEEP

Sleep is the bodies natural restoration-mechanism.

CONTROL

What I control also controls me.

IDEAS

All manifestations start as an idea. The best ideas manifest themselves.

RESPECT

I automatically get respect when I respect myself and others.

TEARS

When you feel suppressed emotions, tears can come up. This is natural and healing.

LAUGHTER

Laughter is a good expression of emotions and is very healing. If I can laugh until I cry, this is like a super medicine for body and mind.

MORALS

What is right and wrong and good and evil is completely up to each individual. My morals play a big part in the decisions I make. So it is beneficial to be conscious about my own morals.

FOCUS

My energy goes where I put my focus. Every moment has something I like and something I dislike. What I put my energy into, I give more relevance in my reality.

UNDERSTANDING

Everything has infinite information. I can immerse myself infinitely into anything by seeking understanding for it.

PLEASURE

I am alive to live. So I seek pleasures which increases my life quality.

MINERALS

Minerals have their own energies and the energies I give to them. They are therefore good tools for storing, enhancing, moving and learning about energy.

CLOTHES

If I wanted to dress up as my self I would go naked. I can still express myself through clothes.

FAITH

As Terrence McKenna said: If I have to believe it is not there, and if it is there I don't have to believe.

TRUST

When I give trust, I give room to grow. This applies to everything from myself to other people to ideas to spirits.
Pure trust stands without expectations.

CONDITIONS

Conditions is useful for example if I “have to” do something:
I have to do this – in order to achieve this.

EVERYTHING AND NOTHING

Once I asked how everything came from nothing. The answer I got was: Observe.

THE OCEAN

The ocean cleans both body and soul.

BEAUTY

If I see the beauty in things, I come into a reality of beauty.

LOVE

If any force in the Universe fits the description of God – an invisible force which exists in everything and can perform miracles – it is love. What love is, is up to each and every one of us to figure out.