

# **A TALE OF PRACTICAL REALITY TRANSURFING**

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**BY RENÉE GARCIA**

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## **CHAPTER 7**





I've never met you, but my instinct tells me we aren't so different. I will take a shot in the dark and guess that you want to learn to command reality because reality hasn't delivered what you expected or wanted, and your life sometimes seems like mere collateral damage to those expectations and desires.

That's where I started too...

My eyes opened, and a sense of dread washed over me. I closed them again. I had only fallen asleep a few hours before, writhing the whole night with anxiety and insomnia.

Ten minutes later, my phone alarm reminds me that there is no escaping this reality. I flip onto my back and raise one leg straight into the air. With index fingers and thumbs, I create a circle to measure the circumference of my thigh. My long, stiletto-pointed, cherry-colored acrylic fingernails barely contact each other. Not good.

"God damn it," I whisper.

I check my phone. No text from Don or anyone else, for that matter.

My feet hit the floor, and I walk naked into the bathroom, past the giant marble vanity and designer lighting straight to the scale. 103.5 pounds?!

"You've got to be fucking kidding me," I think.

My mind races, trying to understand how I could have gained half a pound when all I had the previous day was 4 cups of black coffee, a diet Coke, and a salad. I suck it up and commit to doing better. I must do better. Don will certainly see my worth if I can just get the scale to 100.

I consider going downstairs to the gym, but I press the delete key halfway into the thought due to my depleted energy. I opt instead for my morning rituals: heavy exfoliation, showering with intervals of hot and cold water, followed by my ab routine on the bottom of the shower floor before moving on to an hour of hair and makeup.

I hear a text come in, thinking it might be Don.

"When you get here, can you come by my office?" reads the message I've anticipated from Frank for the last two days.

"God damn him," I mutter—"If he backs out of this deal, I am going to fucking destroy him," I think.

In the closet, I flip through my collection of overpriced denim and settle on a pair of Rag and Bone skinny jeans and pair it with a \$200 plain white tee I've yet to debut. I saunter over to my jewelry box where I load up my fingers and wrists, then step into my purple suede Louboutin pumps.

I trip over my feet and nearly fall down the stairs of my luxury penthouse loft into the sterile, barely used kitchen. I chase my 20+ morning supplements with two cups of coffee.

These are: Astaxanthin, the most high-powered antioxidant on the planet, green tea extract for weight loss, colon cleanse, a hair, skin, and nails combo, vitamins D, C, and E along with a separate multivitamin, magnesium to calm my nerves, CoQ10, although I never can remember what that one is for, turmeric for inflammation, B-complex, calcium, apple cider vinegar, folic acid, iron, fish oil, red ginseng, evening primrose, glucosamine, adrenal health, a probiotic, and ashwagandha for my well-being.

I then mix up my volcanic ash mineral powder and the baby collagen I special ordered from Korea with my liquid oxygen.

Enraged after accidentally spilling some of the mineral and collagen concoction on the t-shirt, I change, grab my Gucci bag, and leave my unit, ready to wring Frank's neck. Smoking my two breakfast cigarettes while I walk, I'm forced to stop for a moment of lightheadedness, wondering what the cause could be.

A text from Don comes in. "I'll be home around 6 PM," followed by, "Can I take you to dinner?"

Incredulous, I can't believe he dares to think he will come back that easily.

I walk into my office building, encountering the same annoying security guard who greets me with the same fake-ass smile and jolly demeanor every day. Maybe it's real, but why is he always so happy? Is he making fun of me? I just don't get it.

"Good morning, Miss Garcia!" he says the same way he did the day before, "How are you on this beautiful day?"

How am I on this beautiful day? Who is he kidding?

I want to tell him that he should prepare for the royal battle that is about to happen in Frank's office in a minute, but I don't. He will hear me yelling.

I nearly trip again, walking down the hallway to Frank's office. God damned shoes.

Another text from Don. "Will you be home later?"

Where else does he think I will be?

I shoot back, "Frank is 5 minutes from screwing me out of that \$10,000 profit. Yes, I'll be home. I'll text later."

I ring the security bell and get buzzed in. Danny, Frank's office mate, is yelling on the phone about the timeframe of refinishing a Rolex watch dial.

"Just bring it back! Just bring it back!" Danny demands. "I don't have time for games! I'm getting ready to go on my honeymoon!"

Tuning out Danny's phone drama, I blast through Frank's door, not waiting for him to invite me in.

"Have a seat," Frank gestures toward the chair in front of his desk.

Marina, Frank's current girlfriend, is on the computer with her back to the room. She turns around and looks at me as if to say, "Dude, this is gonna be bad."

Frank acts like he is on his desktop doing something productive, but I know he's just buying time. I'm about ready to fucking blow, and he's just trying to pluck up the courage to put the boots to the deal.

"So, he backed out," Frank says with no emotion, finally getting to it.

"What? Why? You said it was a done deal," I jab back.

"Well, Renee, what do you want me to say? I can't force the guy to pay."

"What the fuck Frank!? I can't go back to my buyer now; I told you this! You said we had a deal."

"Jesus Christ, Renee! Are you really going to hold me to this?"

"With all due respect Frank when you asked me for the earrings, I told you I had them sold. I mean, how would you feel if the situation was reversed?"

"You are a real piece of work. I have no idea why I continue with you," Frank said as he swiveled his chair to his safe.

He grabbed his glasses, previously resting on his head, put them on, and flipped through his safe combo until the sound of the ball dropped. He pushed the handle down and opened the door.

"How much were they again?" he asked without turning towards me, clearly enraged.

I could feel the passive-aggressive explosion boiling up, but I want to get under his skin even more for jerking me around.

"Fuck you, Frank. You know how much they are." I just wanted my money.

Frank then removed two \$10,000 stacks and counted out \$3500 from another. He spun the chair back around, threw the two stacks in my direction, and then stood up with the \$3500 in hand.

"This is our last deal, Renee." He threw the loose \$3500 directly in my face; thirty-five-hundred-dollar bills showered my lap, his desk, and the floor.

"Now get the fuck out." returning to his computer.

Marina still sat there with her back to the room, not daring to turn around. I got on the floor and began collecting the money without saying a thing. I gathered the bills, collected the two stacks from Frank's desk, and stuffed the cash into my bag.

"Thanks." It was all I could muster as I walked out of the office into the foyer, feeling flushed, depleted, and somewhat shameful.

"Have a good day, Renee!" Danny shouted from his office.

"You too, Danny," I said softly as I opened the door to the hallway.

"Oh! Renee! I'll come by after lunch and show you the album."

"Sounds good, Danny."

The last thing I was interested in was Danny's wedding pictures, but I agreed anyway. Danny, an older British fellow, had been married for 30 years before he left his wife for his younger mistress. Direct burn. Why does she get exactly what I want while I am left fighting for mine in the trenches?

As I walk the hallway from Frank's office to mine, my phone begins to ring. A Los Angeles County





number I don't recognize. I pick up.

"This is the Los Angeles County Jail. Will you accept a collect call from LISA?" the robotic voice relayed the message, except for Lisa's actual voice at the end, crying her name.

"Press 1 to accept." I pressed one and swallowed deeply. You've got to be kidding me.

"Renee! It's Lisa! He took me down, and I'm going to sue the shit out of the county!" Lisa screamed hysterically.

"What is going on? Why are you in jail?"

"I'll tell you later, but I need bail. I called Kent, but he told me to call you. Can you get me out of here?" demanding more than asking.

Lisa was my new Alcoholics Anonymous sponsor and a professor at UC Irvine. She was in her mid-forties, single, with an explosive personality. I had known her for a month but had already witnessed her completely lose her shit three times.

The first time was at a Starbucks during some twelve-step work with another sponsee because she was late. The second was in line at an anticipated H&M shopping event when a gal grabbed something Lisa was making a beeline toward. The third was at some guy at a sober function because he stepped on her new Jimmy Choos while we waited in line at the sundae bar.

I wasn't necessarily surprised that she was in jail, but I was definitely surprised that I was the only person she could call to get bail. I unlocked the door to my office, hurried to turn the alarm off, googled 'bail bonds,' and called a cab.

After posting bail for Lisa, I waited for her to be released. As she walked through the double doors, I stood there in shock as I gained a better look. The left side of her face was one giant road burn accompanied by a black eye. She had bruises around her neck, and the collar of her shirt was almost entirely ripped from the rest of it. Her arm was also a giant abrasion, and she wore a single shoe, just a sock on the other foot. Her eyes were swollen from crying and entirely encompassed in mascara runoff. She looked like a cross between a thrashed Barbie doll and raccoon roadkill.

"When I sue these MFs, I'll make it up to you for helping me with bail," she stated blankly.

"What the hell happened?" I asked, unsure I want-

ed to hear it, given she was presently in a position of authority in my life.

"I was driving on Olympic going to Trader Joe's, and this stupid cop pulled me over for no reason."

"What do you mean he pulled you over for no reason?"

"Well, I was texting this guy from Tinder, but it wasn't like I was swerving or anything. Nothing happened."

I had a feeling I knew exactly where this was going.

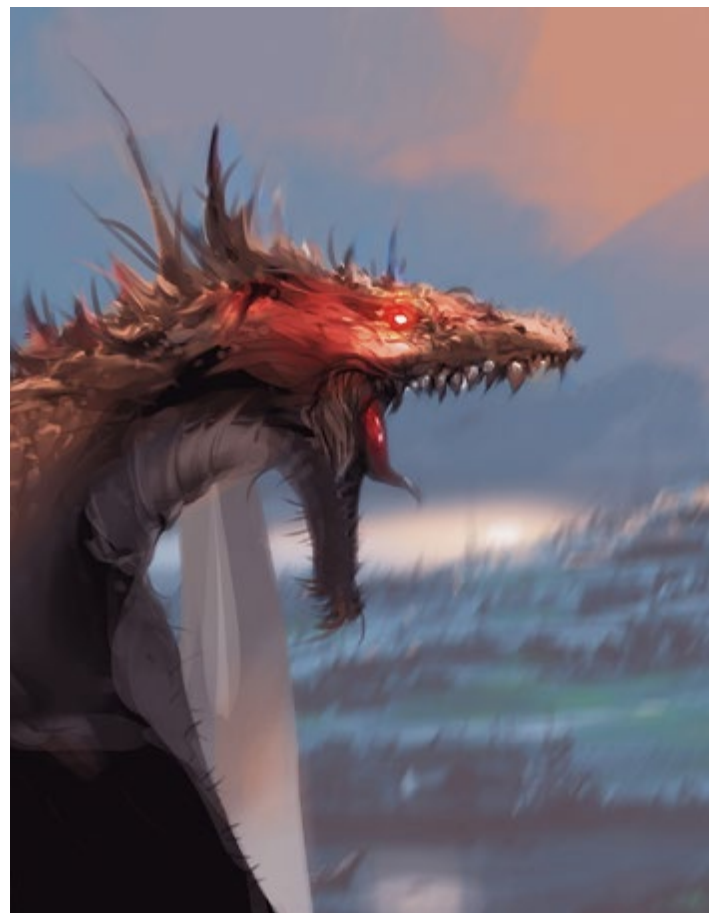
"So, I pulled over, and he came up to the car all cocky and shit, so I rolled the window up."

"Why? Why did you roll the window up? You should have just taken the ticket!"

"Well, he was big and scary, and I wasn't going to let something happen to me!"

"Dude! A cop pulled you over on a busy road in broad daylight for a valid reason! Why would you think he would do anything to you?! Lisa, this is insane."

"I don't know, I was just scared! What do you want



me to say!?"

"Never mind, just tell me what happened." I was losing my patience. Lisa was not well, and now she had roped me into her bullshit to the tune of \$20,000.

"Well, he got really pissed and started to bang on the window," she explained.

I literally laughed out loud.

"I finally rolled the window down to sign the bullshit ticket. I was so pissed, Renee. The guy I was texting probably wondered why I had stopped texting. I realized I wouldn't have time to go to Trader Joe's after all and just lost it. I ripped up the ticket, spit in his face, and threw the pen and ticket at him. He deserved it!"

"Oh my god, Lisa! Why?! You assaulted a cop! You should have just taken the ticket!"

"I don't know. I was triggered and angry, and I just lost it!"

"So, he whooped your ass?" I stated, laughing, and shaking my head.

"IT'S NOT FUNNY, AND I AM YOUR SPONSOR!" Lisa yelled with almost a demon-like voice getting in my face.

"Dude. You need to get control of yourself, Lisa. This definitely isn't funny," I backed up.

"So, you think me tearing up the ticket warrants pulling me through the car window by my neck and pile-driving me onto the road in front of everyone waiting in traffic?" Lisa demanded.

"Well, you also spit in his face."

"He had to call for backup, and my face was on the road for probably 20 minutes. This is police brutality! I'm going to lose my job!"

We both lit cigarettes, and I gave Lisa the number of the only attorney I knew, then caught myself a cab back to my office.

Back at work and pissed that my entire day was nearly gone, I texted Don and told him I'd be ready to meet in a few hours.

Danny rang the buzzer, holding up his wedding book with an ear-to-ear grin.

"For fucks sake," I murmur under my breath as I buzzed him in.

"How's your day going, Renee?" Danny asks.

"Oh, you know, same old same old. Are you looking forward to your honeymoon?"

"Oh yeah, we are super excited." He hands over the wedding book he is taking around to everyone.

The cover picture is of the two of them at dusk on the beach in Malibu. My heart sinks, and I dread opening the book.

"Too bad you couldn't make it. It was lovely. Did you have fun out at the Channel Islands with Don?"

"Oh, yeah, it was great," I said, feeling a lump in my throat.

My mind drifted back to the weekend when Don and I spent the entire time on his yacht fighting. I broke a dish in the kitchen and slammed a pocket door so hard it wouldn't open, and Don had to take the whole thing apart just so I could get out. I snapped back to Danny's stupid marital bliss book.

"This is Cindy's Mom and Dad," Danny pointed...

He gave me the full rundown of their intimate wedding as my body screamed with rage and my eyes filled with tears. Why don't I get to have what Cindy has? I don't get it. Why doesn't Don want me that way; want that kind of life for us too? I couldn't admit it even to myself, but I secretly wondered, "What's wrong with me?"

Suddenly my face exploded with tears and snot, and I quickly closed Danny's book, unable to take anymore.

As this was not the congratulatory joy Danny was hoping for, he physically retreated. "Oh my! Dear?! Did I say something wrong?" he asked, completely confused.

"No. No. I'm sorry, Danny. It's just been a rough day. I'm so sorry," I sobbed.

Not sure what to do with the awkward moment, he practically ran for the door. I immediately reached for my phone.

"If we don't work this out immediately, something bad will happen," I texted Don.

"We will talk about it tonight," he replied.

Later we caught up at the swankiest restaurant Downtown, Bottega Louie, where we waited an hour for a table. Don was seated at the bar with his Johnnie Walker Black mist, and our eyes met. In



his mid-60s, he trotted out his previously tried and true... and now increasingly exhausting sheepish, boyish routine that was quickly growing as old as he was.

I was guarded, desperate, and unsure of what kind of game I should run since nothing seemed to work so far. I demanded answers and pleaded with him to give up his three nights a week back at the Malibu house with his wife. I threatened to end the relationship again and start seeing other people... a stone-cold bluff.

"See Renee? This is what I mean when I say you work against yourself."

Here we go.

"You want this too bad, and it is changing who you are."

"No, YOU are changing who I am, Don!" I jabbed back.

"I put this," gesturing at the two of us and the elegantly attired table, "all in play because of the fun we were having, but now the fun is dying in hell." Don continued.

And into the night we went, running the same old crap on each other. Me first demanding, then pleading for respect and fair treatment, and him continuing on about the shiny image he and his wife had built in the Malibu social scene and how the whole thing would kill his sisters.

I cried myself to sleep that night as Don sipped his liquor over crushed ice.

Do you think this day sounds crazy? It was. But it was not too far from a typical day in the life of pre-Transurfing Renee.

Importance seeped into nearly every crevice of my psyche, thoughts, and actions and ultimately flooded my reality. In fact, I cannot call to mind a single area of my life that was balanced or healthy.

I had zero real friends, was hyper-focused on money, hellbent on nailing Don down, and was completely obsessed with my self-image. My world had become entirely transactional as I precariously dangled from an already frayed and ever-unraveling thread that held me barely aloft, dangling me over the lowest frequencies in business, relationships... and variables in the Alternatives Space.

A world that seemed to delight in blowing hurricane-like gusts of Balancing Forces at me and

everything around me. As I watched the thread of my life continue to unravel, I was living, breathing Excess Potential.

Buckle up. Get a glass of water and take a deep breath. This is where things get good.

In this chapter, we will dive deep into the three Reality Transurfing concepts that connect us to the underbelly of reality:

*Importance, Excess Potential, and Balancing Forces.*

I'm sure you've noticed that what you don't want gets delivered too often on a silver platter. We will dissect why that happens and why what we work so hard to achieve slips through our fingers.

Restoring balance is absolutely crucial for successful Reality Transurfing and gaining access to the higher layers of reality, but it takes a sober approach and deep accountability.

Are you ready? Let's break down each concept and how they connect to one another.

## **Importance --**

There are two types of Importance.

The first is Outer Importance. This could be the importance of obtaining or keeping control of money or a material object, a relationship, or the need to experience an event, a pregnancy, a proposal, or getting hired for your dream job. Outer Importance is the overvaluation of an outcome, possession, or external variable.

Think of it this way; this is something that you really, really want; that you perceive comes from outside of you or your control.

For example, imagine you want a baby. Even though you might expect your body to make and deliver it, you perceive it comes from "out there" because you cannot just go buy one at the local store if your body doesn't cooperate.

Or how about a relationship in general or with a specific person? They may be online, but Amazon doesn't deliver them. You might feel helpless and at the mercy of reality, waiting to deliver what you desire.

Outer Importance is longing to connect with whatever you feel is missing from your reality.

How about money? Why is it so elusive for so many people, maybe you? Most people believe





that money comes from a business or job, inheritance, etc., and houses, food, and travel come from money.

All worldly things are perceived as 'out there,' outside you, or out of your control. They're not, but they seem that way.

As Vadim Zeland says in his book, *Reality Transurfing Steps I – V*, the number one thing that any person wants is control over their life; to choose what they want and then have it. When we perceive that we can't have it, we aggressively grab at it or whine like a victim... awakening Balancing Forces, which then slap us around and put us back in line.

Then there is Inner Importance.

This is the Importance of Self, your image, and your perceived or desired social positioning in your world. Inner Importance is the culprit behind not feeling as though you are getting a fair shake in terms of respect, your feelings being valued, love, appreciation, and acceptance.

Inner Importance is the overvaluation of self, your time, or triggers.

One valuable note: "overvaluation of self" often comes in truth from undervaluing ourselves but suppressing or ignoring those beliefs and feelings.

Inner Importance raises its ugly head when we feel undeserving or unworthy; and when we lack self-love. When that happens, we overcompensate by pushing the world, demanding that it and others treat us with high levels of respect, value, appreciation, and acceptance.

When the world doesn't seem to mirror the image we hold in our minds, we become uneasy, feel devalued, and set out to get what we say, but don't honestly believe, is rightfully ours. We then resort to using pressure, guilt, and manipulative tactics to get what we want.

Oh, the tangled webs we weave, dangling from these self-created webs, cocooned (or smothered) in the threads of our elevated Importance.

Because the truth is, when we recognize our value and worth and live cocooned in self-love, self-appreciation, and self-respect, we do not need anyone else's approval. We're in balance in and of ourselves.

Others become irrelevant because we have all the

power. (NOTE: This does not mean we are superior to or have power over others. That, too, is an abundance of Inner Importance. Repeat after me: "I do me. You do you," and leave the judgment of yourself and others at the door.)

Don't you love it when solutions to the problem magically appear like that?

So how does Importance work against us exactly?

First, Importance creates an energetic mismatch.

Often, the actions birthed from Importance are incompatible with what you're attempting to gain. It almost seems like a cruel joke when you first see it.

Demanding, complaining, nagging, manipulating, forcing, or acting out of desperation and trying to get your reality or another person to respond causes it or them to run.

Have you ever seen Chinese handcuffs? The harder you try, the more resistance you are up against.

Or a situation you're more likely to experience on a daily basis, the dreaded high-pressure salesperson. The more they try to get their hand in your wallet, the more you want to escape or fight back.

Reality responds in precisely the same manner.

Think of a situation where someone wants something from you. Do you want them desperately demanding, complaining, nagging, manipulating, or forcing you to give them what they want? Hell no!

Their actions, thoughts, and frequency must match the frequency of your wanting to accommodate their desires and give them what they want. They must be an energetic match to their desire, not the antithesis of it.

And you? Do you think that in your most out-of-control moment, you deserve what you are demanding or that it will come to you easier by doing so? To receive, we must drop our desire.

In addition, Importance creates an "emotionally loaded" environment that will ultimately demand (and get) balance.

When one deems something vitally important, it's a projection of pure excess desire pouring out into the world. It's as if you shine a powerful beacon, saying: "I must have this thing! So much so that I will put it on a pedestal, and if I can't touch it, I will suffer."

This beacon gets picked up by your surrounding

variables, which latch onto your doubts and fears. This is why we always get what we actively do not want.

When we foster Importance, we tell our world not that we will have something but that we will suffer if we cannot have it. See the difference? It's subtle but revolutionary for the mind.

I recall a horrible cheating event with Frank. We wound up in a therapist's office after I found out he had been secretly sleeping with his ex-wife for the duration of our relationship (see a pattern here?)

I pounded my fists and cried and demanded to be loved and respected. Foaming at the mouth, I beligerently protested such shitty behavior. Looking up, I saw the therapist bewildered, just staring at me. My Importance levels were so high that it was virtually impossible for me to gain what I asked, and she saw it.

It took me a long time to understand the destructive habit of acting out of self-importance and demanding respect instead of loving and respecting myself and living in that love and respect. That is what I choose now. There are people who do not respect me - that's okay. They don't need to respect me because I've got my back. This liberating autonomy is far more powerful than anything could ever be and frees me up from waiting to experience a state of being I can access purely on my own.

I live the Transurfing decree. *I allow others to be themselves, and I do me.*

Those that do respect me are invited in closer. I do not demand; I choose. The last thing I need is to desperately grab from a place of overinflated self-importance.

Once I stopped demanding respect from my external world or any of the people in it, I gained infinite respect. Funny how that works!

This formula also holds true for my wealth, the love I give and receive, and almost all that I experience in the various aspects of my current layer of reality.

I choose things that bring me what I want and turn away from variables that create distance from it. I refrain from fighting with my world, attempting to extract what I want.

When I first found Reality Transurfing, after I

jumped ship on the life I had created in LA; it all became clear. I was solely responsible for the implosion.

Because my Importance levels were through the roof in every aspect of life, my world accordingly showed me my worst fears. I had gripped my reality by the throat, and in turn, it choked me right back, almost to the point of blacking out. My world wasn't toying with me. It was simply giving me what I was signaling for. It was also successfully restoring balance.

When I realized this, the potential power was comforting but alarming at the same time. On the one hand, Transurfing revealed to me that I had the power to change my world by adjusting Importance. On the other, I had the power to destroy it if I let things get out of hand again. What a double-edged sword a powerful mind is.

Self-awareness and self-development can be tricky for the overthinker. I had freed myself from the trap this time but knew I could return quickly if my Importance levels went unchecked for an extended period.

In that moment, with eyes wide open, it was clear that I was the root of all the suffering I had just left behind. Now, I just had to integrate and truly live the practice of managing my Importance levels and maintaining balance.

Reality Transurfing is an art form, a collection of physics-based movements in the material world and thought organization in your inner world.

If there is one thing that will throw your world entirely out of whack, it's Importance.

Creating the reality of your choice and maintaining it long-term, with consistently high Importance levels, is energetically exhausting and not only doesn't work, it also often gets you the opposite of what you want.

To boot, once we have set sight and deemed something 'important', we tune out of the grandeur of the Alternatives Space, which is where solutions present themselves, desires can actually materialize, and the magic happens.

As I've demonstrated with my own life (e.g., my recent experience moving to a new country, buying not just a home, but a magnificent home, and all of my related adventures), when you reduce Importance and open up to what the Alternatives

Space has to offer – apples indeed do fall to the sky.

Conversely, when you tune in to a mere singular variation of reality and then load up that variation with expectations, no Alternatives Flow for you.

The reason that most people struggle with the concept of Importance is a clear display of the rigidity of the human mind.

We become convinced over time that to have something, we must desire it, and that there is only one way to get it, or at best, our options are limited.

For some, that means working extra hard for long hours. For others, it may mean begging, endless trying, or manipulation.

This immutable stance wreaks havoc on our mind-set and ability to obtain our highest Lifetrack and truest Potential. Ultimately, we don't get what we want... or we get a watered-down, unsatisfying version that has drained us in the making.

Essentially, Importance closes off all other avenues in which the outcome may come to us, focusing on one option only and putting pressure on this one way to obtain it. This closes the door to the Alternatives Space and the many ways we could connect to ideal scenarios which would materialize our Intention.

This faulty signaling sends funky images to the world mirror, and you get back more of the same: limited options, lack, and resistance.

Here's the thing, if the desire and focus on the absence of something created more of it, everyone on this planet would be as rich as royalty.

Again, so many are so focused on the single way they can conceive the thing can be achieved that they often blind themselves to the infinite ways in which it can come to fruition.

We get what we want when we work in conjunction with our world and allow our world to assist us in materialization; more to come on this in the chapters on Heart and Mind Coordination and Outer Intention.

Again, when we harbor importance, our minds and the external environment go off the rails. First, our mind sends inconsistent thought waves that connect us to variables that most likely do not help us in our endeavors: pressure, force, and doubt.

Second, we confine ourselves to a singular method to obtain our desire rather than being open to the limitless options the Alternatives Space has available to us.

*Read those paragraphs again. There's gold in them.*

Many say they are open to the Alternatives Space and are willing to follow the unfolding script. But are they? Are you?

When I was focused on "nailing down Don," as I mentioned previously, I had a poorly constructed plan, which involved confronting him, whining, and manipulating him. But I was also dictating energetically to my world.

Remember the tearful snot-fest with Danny? The emotions and feelings that swirled through my body and world were exploding with Importance.

I wasn't sitting there 'thinking' about "nailing Don down". I wasn't attempting to manipulate him at the moment. He wasn't even there. But... I sure told my world, "Hey, this is massively important to me. I have to have this!"... and my world ran screaming from the room.

Okay, not really, but here's what happened.

Your world – my world - does not judge. It delivers. Period. It's not merely a matter of keeping your thoughts and behavior under rigid control. You must be aware of the order you're placing with the cosmic waiter.

My fear-inspired thoughts that I'm unworthy, unlovable, and I will never have what I want were sent to my world like a meal order. The head chef in the Alternative Space read it and said, "Table 10 wants a double order of heartache and a side of fear and self-doubt."

My world, the Alternatives Space, which has every option imaginable, ignored all the high-frequency options and gave me the one my heart and mind had unconsciously chosen. I got exactly what I was asking for, even though I didn't realize it then.

The Heart and Mind Coordination and Outer Intention chapters will show you exactly how I resolved this in my own life and how you can do it too.

Here's another example of how it works. Take the East Indian method of catching monkeys who come to the villages to steal food.

The villagers set up monkey traps which consist of a coconut with a carefully measured hole carved







out and rice placed inside the coconut. The coconut is attached to a chain connected to a pole in the ground. The villagers set these traps up and wait.

The hungry monkey enters the scenario and sees some tasty rice in a coconut. He puts his paw in and clutches onto the rice, but when he attempts to remove the rice from the coconut, his clenched fist is too large to pull it through the hole.

The monkey, unwilling to let go, plays right into the trap. His over-evaluation of the rice prevents him from seeing objective reality in his present circumstances and thus leads to poor decisions.

His over-evaluation of the rice and his narrowed view on how to obtain it becomes his fate. He doesn't end up with the rice and loses everything else in his inability to let go. Little does the monkey know there is near infinite rice beyond the village in unprotected rice paddies.

So, where in your life are you being the monkey and denying yourself the sweetness of your life?

And, where does heightened Importance come from, and why do we hold on to what we desire so strongly in circumstances that clearly aren't benefiting us?

Like the monkey that clutches onto the sweet rice, our everyday thoughts and actions are often influenced and constrained by Pendulums, which convince us of the limited nature of things.

We then develop a desire and a scarcity mentality based on mere illusions rather than reality. We respect these limitations as if they are both real and outside our control.

What's worse, this system of self-design prevents us from seeing objective reality. We rob ourselves of our freedom and deny ourselves the opportunity to fulfill our true Potential.

This *modus operandi* can send our little boats off course in catastrophic ways. We become lost at sea, getting battered around by waves that are merely mirages.

As we expand into our realities, founded on illusions from childhood, we form potent attachments to standards, expectations, and "shoulds," which are also the workings of Pendulums.

We look to our world to show us what we should be doing and what we should value rather than

what is meant for us, and then the ego gets involved. It causes us to create our lives based on what others and their pendulums have said we 'should' want and have.

We build sandcastles in our minds that are nothing more than an improperly built illusion that is ultimately washed away by the tide of Balancing Forces.

**Wake Up!**

The person who wakes up to their elevated Importance levels and manages them, transforming their reality into what they want, rather than what the pendulums direct, is very fortunate; they are few and far between.

Unchecked Importance levels are almost like a curse you put on yourself, and the result is a rollercoaster of undesirable outcomes unless you can gain control which is achieved by lessening your grip of control.

**Excess Potential**

Excess Potential is the uneven distribution of energy which is the product that our elevated Importance creates. Excess Potential is what our environment responds to in a negative manner.

Excess Potential is the imbalance our world sets to neutralize.

Excess Potential might appear like this; you receive a call back for a resume you submitted for a much-desired job, your dream job. Before the job interview, your stomach is in knots, your anxiety over the outcome is through the roof, and all your emotional eggs are in a single basket.

You **MUST** get this job. Your credit cards are maxed out, you are behind on a mortgage payment, and your self-worth is in the dumps being unemployed for so long.

You enter the interview loaded with Excess Potential, and your world can see it. You appear rattled and desperate because you have placed high Importance on being hired. You stumble over your words and lose yourself in your answers.

You do not come across as calm and confident *simply taking what is yours*, instead you are grabbing at it, showing the world your fears and desperation. And let's face it; this is a significant turn-off to reality and people.

So, you don't get the job after all and suffer the

emotional fallout.

When you fantasized about getting the job, you took out an energetic loan (more on this in a moment). You rode high on the possibility of landing your dream job. You considered how you would spend the money and the prestige the position offered.

You lived in the possible outcome but not in a balanced or harmonious way. You desired but doubted, feared, and even catastrophized. "If I don't get this job, I'm DOOMED."

This also plays out endlessly in the dating world and within our relationships. We fall for someone and envision a relationship that doesn't match reality. We plan the wedding and name the babies before dessert comes. We act in desperation, trying to get the love or commitment we feel we deserve\*, and the situation devolves from there.

\*NOTE: Remember when we were on the topic of Inner Importance and were discussing that often our demand for what we say we "deserve" is because, on the inside, we don't really believe we truly deserve it? I wanted respect and love from Don because it was what I told myself I deserved. And that's true. Everyone deserves love and respect merely because they are a person on the planet.

But Inner Importance rears its ugly head when we don't really believe we deserve it. When we think ourselves unworthy. This causes us to desperately demand. And because we don't embody worthiness or deservingness, we're demanding what we think we can't have, Excess Potential calls in Balancing Forces to come in and swat us around even more. More on Balancing Forces in a minute.

Desperation is never good when playing with love, money, or expectations of others or in planning out how we feel reality should unfold.

This also includes political scenarios, health, friendships, and creative endeavors.

When our reality falls short of our expectations, we blame ourselves, reality, others, or all the above. We wholeheartedly believe that our world should conform to our exact specifications and what we're demanding at that very moment.

While you're attempting to get your world to fall in love with you and fulfill your every whim, you are suffocating it with a pillow. It, in turn, does its best

to regain the upper hand. And it will!

This may seem contradictory to the Transurfing modality because aren't we told we create our realities? Aren't we here to get the things we want? Can't we do or have ANYTHING? Yes.

But our desires only materialize if and when we turn the volume down on Importance and up on knowingness, Intention, and flexibility in both mind and experience of reality.

Expecting your reality to deliver on your timeframe and consequently being let down or suffering dissatisfaction when it doesn't is not commanding reality. This is how your reality becomes mere collateral damage to your expectations and desires.

So HOW do you do it? Let's break it down.

### **Step 1 - Knowingness**

'Knowingness' simply implies that you acknowledge your world will deliver to you, with ease, exactly what is explicitly intended for you. You will not need to fight for anything.

What's yours is yours, and you will succeed in materializing your desire without trudging through hell. Are you trudging through hell just to achieve or have something? This is a definite sign of mistrusting your world to deliver your order, and trust and "knowingness" instead are replaced with Importance.

All of those gross feelings should have been my first clue that I was going about things in all the wrong ways. I felt like shit. Yet, I wasn't being honest with myself or taking even a second to try to understand my role.

I was suppressing it all instead and blaming everyone and everything. Don was merely the outer focal point of my out-of-control Importance, and my lack of self-respect, self-love, and self-esteem had me blown up into one big ball of Inner Importance. I didn't trust anything would play out to my benefit and simply applied force instead.

"Knowingness" implies trusting the process and moving through reality, confident it will all play out to your order. You don't need to try to do anything.

### **Step 2 - Intention**

Are you demanding, or are you intending? No one, including your world, responds well to demands.

When you enter a restaurant, do you loudly, petulantly, and angrily demand that the waiter bring you food? Or do you look at the menu, choose, and ask for what you want... maybe even with a friendly smile?

If it's the first, you might get what you demand... with a bit of spit in the mix. But if you choose, i.e., intend to have, the waiter will bring you precisely what you ask for, with no funny stuff in the mix.

Set your Intention. What is it that you want? Decide. Be specific and clear. Then put in your order with the cosmic waiter.

Instead of demanding a relationship with a married man who was just playing around, what if I'd gotten really clear? I want a relationship with someone who is mentally, emotionally, and physically available. Who loves to laugh, dance, and play as much as I do. Who adores and treats me with the respect and love I'm learning to have for myself?

Then, I imagine and "feel" what that would feel like.

Perhaps Don would have disappeared even sooner,

clearing the table of my life for a loving, nurturing, committed relationship.

### Step 3 - Flexibility

When you intend to have something, be flexible.

I thought I wanted Don and demanded my world give him to me. I demanded that he choose me. But did I really want Don? Hell no.

I wanted the essence of what I thought Don could deliver to me; love, respect, validation, etc. Don couldn't deliver that, nor was it what he wanted. But I wanted that, so I went into skull-crush mode to get it, hell or high water. So gross.

Had I been flexible and understood what I really wanted, the essence of what I wanted; had I placed my order with Intention and lived the feelings of having what I wanted, my world would have said, "Yes, ma'am!" Here you go.

I could not tell you how many people have contacted me over the years, upset, disappointed, and demanding answers on why these concepts have not worked for them.

They say, "I read the entire Reality Transurfing



series! I activate my Plait daily and run my Slides. Why have I not received my true love, down on one knee and a million dollars!?"

All I can do is laugh. I know the pain. They come to this modality unwilling to relinquish their desire, simply overlaying a few cherry-picked concepts to their faulty formula, and expecting results. It's all in rebalancing Importance levels y'all.

### **Balancing Forces --**

Balancing Forces are the metaphysical motherfuckers of our reality.

Think of the bad haircut the day before your 'important' photoshoot, the screaming infant on your 'important' Valentine's Day dinner date, or the endless rain on your 'important' tropical vacation.

These forces only appear when you have a preconceived image of how the thing should unfold.

Those circumstances would still be present regardless, but your Excess Potential and Importance highlight them perfectly. This phenomenon is dually responsible for leveling us out when we get too big for our britches and deliver the opposite of our desires if they are birthed via elevated Importance.

My ridiculous \$200 white t-shirt made me feel like such hot shit; well, not 10 minutes after putting it on, I spilled my mineral concoction on it, staining it permanently. This is Balancing Forces.

Me wanting so desperately to feel loved and respected that if I didn't get it, I would come undone at the seams, then, subsequently, my world delivered to me a steady stream of philandering men who held negative respect for me. This is Balancing Forces.

When I overvalued money to the extent that I would tolerate someone literally throwing it in my face and then gathering it from the ground on all fours, only to lose it all hours later, posting Lisa's bail. This is Balancing Forces.

If you overvalue something to the extent that it creates an imbalance in your environment, it will be taken away, or you will never receive it at all. You can count on it.

**Imagine it like this, there is a pot of gold in a cave behind a dragon. The dragon is fierce and quick to respond to any provocation. The only way you see to get the gold is to slay the**

**dragon. Yet every time you engage him, he responds in rage and breathes an epic gust of flames in your direction, throwing you off balance and knocking you down. The dragon represents your elevated Importance levels, and his fire is the Balancing Forces. Your desire to access the gold via the only way you see viable, Excess Potential.**

Why the hell is it like this, though?

As Einstein told us, the universe is 100% energy. Excess Potential is just unstable, chaotic energy that attracts at the same frequency brought in by Balancing Forces.

It's pretty simple, really. Once you see exactly how your thoughts and actions influence reality, reality becomes malleable and fluid.

Learning to lower Importance and extinguish excess Potential, you are no longer a little boat getting tossed around by the sea. You are in control.

So, balancing Forces blew in in the examples above (The \$200 tee, losing my hard-earned money, and my train wrecked love life) because of the imbalance I had created energetically.

Balancing forces gave me matching variables that slapped me around, shredding the sails of my little boat and causing me to lose sight of land. No, I wasn't being punished by my world. It was simply responding.

**Example 1:** When I looked in the mirror after donning the white shirt, I felt immense pride in obtaining such luxury. I may have admired my reflection, but I didn't honestly believe in my value. I valued the shirt above myself.

I was using and needing the shirt to give me value. I lived steeped in fear that I wasn't worthy, so I loaded up the shirt with pure, uncut Excess Potential in an attempt to feel worthy. Of course, Balancing Forces swiftly and without pause blew in to eradicate the imbalance I had created. It all played out perfectly when you think about it.

**Example 2:** I desperately (note the word desperately) wanted love and respect from Don. No, I didn't really believe I deserved it or was worthy of it, thus my intense need for it. A need so strong that it pushed my object of desire away and drew in a whole string of men who would disrespect me and reaffirm my bottom shelf thoughts about myself. Damn.

**Example 3:** My fear that I wasn't good enough and my lack of belief in my personal value caused me to translate this sentiment into one that is big in our culture... money. Even though I appeared to have plenty of money, as demonstrated by a \$200 t-shirt, I lived my childhood story of poor trailer trash in my heart and mind.

Under the façade I portrayed, I secretly suppressed the terrifying question: when would I return to who I really was? When would I be exposed as the pretend rich girl and stripped back down to the broke person, raised by broke people, destined to lose everything, and end up back in the trailer park, desperate for cash just to get by? Of course, this sort of thinking would have me crawling around on hands and knees, picking up money in shame.

At these moments, I didn't have the awareness to realize what was going on. If anyone had asked, I would have said, "Of course I'm worthy! I deserve! I have plenty of money! Hell no, I'm not afraid!"

In my head, I would have told myself that those statements were factual. But the universe always knows the truth.

In my heart, I was a scared little girl with a \$200 t-shirt on, demanding respect and affection. Along with my pile of hoarded cash, my hot-shit lifestyle, and every other variable in my environment, I was the epitome of Importance.

Balancing Forces came in that day and demanded that I WAKE UP.

I just didn't get it yet. I had some more suffering to do.

My previous layers of reality were not a pleasant place to operate. I would apply myself to my tasks and endeavors with the utmost seriousness. It was do or die, accomplish or fail, succeed or suffer, feast or famine.

If a big sale fell through, I would be devastated. I would view the money I didn't make as a loss and focus on that loss to the extent that it would damage me mentally and cast a shadow on my layer of reality. This perspective is what poverty mentality is—focusing on loss, lack, and not having.

Regarding money, poverty mentality is Importance and Excess Potential in its purest form. Every cent out is perceived as lost, and every cent in is over-inflated.

This thinking was precisely how I operated in my

jewelry business. Every time I made a sale, I would become overly elated. It was time to party and take friends out for expensive prime rib dinners and drinks. I would buy myself something fancy or take a vacation.

I realized after finding Reality Transurfing just how destructive this sort of living is.

It was the same with love. I would fall in love and soar like an eagle through my reality. Having no love for myself, the Importance of love from others was crucial. When I got it, I was on top of the world. When I didn't have it, I was in that bottom layer of reality, suffering, focusing on all that wasn't there, and hating myself. I would deem myself unlovable.

This mode of operation is precisely how elevated Importance levels with love and money can fuck you up in both directions. When you don't have it, you're devastated; when you do and overvalue it, you're setting yourself up for the inevitable fall via Balancing Forces.

I lived a hellish roller coaster of highs and lows that I couldn't control. It was indeed feast or famine, but suffering was always around the corner regardless of which.

I had an amount of money that I attempted to bring in monthly. If I made that amount, I was riding high; the next month, if I didn't, I was gutted.

If I made the amount of money I had set as my goal one week, I would feel even more desperate to maintain the momentum the following week.

This desperation would come through in my layer of reality, sending those unstable signals and cues that would manifest as a business associate sensing desperation, assuming something must be wrong with the deal.

They would either retract the deal or see it as an opportunity to hammer down the price so low that there was barely any profit.

See? My results were the opposite of my intended ones. Balancing Forces would rush in to neutralize the Excess Potential I had created due to my high Importance levels surrounding my goal—causing the dragon to breathe fire right into my face... and no pot of gold for me.

How about you? Can you name some examples where you are doing something similar in your life?



The more you take these concepts home and view them through the lens of your own life and behavior, my experiences may become more than just an interesting story... they will set you on the path of transforming your life and your reality. That's part of the work.

Are you up for it? Do you really want it, or are you just here to entertain yourself? Do you want to evolve yet remain unwilling to let go?

Back to the repayment of the energetic loan -

Returning to Chapter 1 and my practical visual representation of the Alternatives Space, let's say you have 10 probable versions of reality available to you on any given day. Level 10 is the top and best, and level 1 is the lowest and worst. Level 10 is being on top of the world and living your best life, and level 1 is being bottom-out depressed, unable to get out of bed, and wishing you were never born.

For this example, let's say you are at level 5, doing okay, but could be doing better too.

Then, at the prospect of getting your dream job or those initial stages of dating, you mentally and emotionally take off. You begin living like you are on level 10, with one critical problem. You will be devastated if reality doesn't play out like the scenario in your head.

That's pure Excess Potential. You create an imbalance, and if your reality delivers the opposite of your desire, you tumble from your precarious position. However, you don't just return to the level you came from. It's much worse than that; you plunge down to the dungeon of reality, ruined.

So, what is the solution? Just stop caring or even trying? Heavens no. Lowering your levels of Importance is not about stopping your attempts to move in a particular direction. Lowering your levels of Importance is about lessening your emotional expectations of a desired outcome.

You can aim for more money and the fun toys and experiences that money will provide. Then trust.

Trust that as long as you fulfill specific requirements and know that the version of reality where you have the thing or experience exists and you align your thoughts, feelings, actions, and frequency with your intended desire, it becomes immutable law.

It undoubtedly will happen. You will receive it.

Period.

It's not a matter of "if" and then desperately trying to make it happen; it's a matter of "when." It's about keeping Importance levels in check and moving forward with knowingness, Intention, and calm, smooth movements forward. It's about developing trust and allowing your reality to deliver.

I receive emails and messages daily expressing confusion about dropping Importance. Many sound like this:

"So, if I drop the Importance of making money, how will the money come to me if I don't do anything? How will I pay my bills just sitting on the couch watching TV?"

Lowering your levels of Importance surrounding money is not about giving up on making money and resigning yourself to laziness. It's about releasing yourself emotionally to the outcome and doing what you need to do without an emotional charge.

Lowering Importance confuses people because they focus on the means to the end, the "how" and "when," all the time lost in the sea of Importance and Excess Potential.

When Transurfing reality, the directive is to always be in the present moment, maintaining Heart and Mind Coordination and staying connected to the Alternatives Space and the Alternatives Flow. This means finding happiness and fulfillment on the path to the goal so that you become an energetic match to the outcome, attracting it with ease.

Someone recently messaged me asking if I could tell him how to make a million dollars using this knowledge. I asked, "Have you read Reality Transurfing Steps I-V?"

"No, I don't have time to read. Can you just tell me the quick way?"

I laughed and responded, "If you don't have time to read, then you don't have time to make a million dollars."

Some people want to experience the product of a larger equation but would rather spend time and energy on other things or try to get around the equation itself than do what is necessary. This is pure Importance on the outcome and will never result in success.

I spend many more hours working on my Reality

Transurfing endeavor than I did even in the jewelry business, but I work from an entirely different place.

I focus on what I am doing and why I am doing it. One million subscribers and all the accouterments would be great, but this is not my focus. My focus is on what I can do to be as effective as I can in my endeavor and why I am doing it:

I feel Heart and Mind Coordination.

I feel dialed into my Soul Fraile.

I feel alive, creative, and energetic.

Life offers me infinite value when I operate in this mode.

What I am doing has nothing to do with the outcome. The outcome happens of its own accord, the effect of my cause. Having lower levels of Importance on the outcome helps me focus on “what I am doing” and “why I am doing it,” ultimately creating a positive outcome.

Most human beings are lost to this idea right now. Many want to know how to quickly get a million dollars, yet they primarily focus on the need for a million dollars or lack of a million dollars rather than how to create value worth a million dollars. They're immersed in the feelings of need and lack, which vibrate lower than their other option... feeling the joy of creation.

That is precisely why most people don't have a million dollars.

Suppose people lowered their levels of Importance on the actual million dollars and just focused on the “what and why” and the joy, wonder, or excitement they will feel when the what and why show up? The likelihood of that version of reality materializing is much higher because it's fueled by high frequencies rather than the lower energies of frustration, need, and lack.

And not to digress too much here, but even if I were to tell someone exactly how to get the million, they would likely not even do it anyway. A pendulum has convinced the person of the Importance of the million.

Also, many other pendulums have them convinced that “money doesn't grow on trees,” “money is

the root of all evil,” “you have to struggle,” “what doesn't kill you makes you stronger,” the list of lies (pendulums) that most of us grew up with goes on and on...

Think of the pot of gold in the cave. Do you genuinely want that pot of gold, or does your Soul Fraile value a walk in the forest more?

Also, it's not hard to make a million dollars; it just takes focused heart and mind coordination, but again, Pendulums do a good job convincing humans that it takes much more. So, most succumb to desiring instead of intending and taking balanced action (physically and energetically) and creating value.

Importance is the primary obstacle in fulfilling desire (and the second is laziness). It clouds our judgment, creates obstacles, and fosters worry and discontent.

You have an absolute choice over where you place Importance. You obtain the beauty of free will and do not have to subscribe to the general standards that pendulums broadcast to us in their opinions of “how and when.”

I love nihilistic philosophy, more specifically, Cosmic Nihilism.

Cosmic Nihilism is dead-end for Importance. It is the belief that nothing in the cosmos matters.

Materialism suggests that the universe is evolving, gaining order, and heading toward a higher good.

Cosmic Nihilists look at it all: earth, animals, even human life and say: “Whatever.” Nothing is “important” because nothing has true meaning. It's all objective.

Reality is simply a vast pool of variables where the objective observer gets to assign meaning. Why overdo it, though? Why assign anything excessive meaning?

Excessive meaning = Importance

Importance = suffering

Suffering = DOOM

Did you catch the meme circulating a while back that showed a vast galaxy with an arrow pointing to a random spot saying, “This is you crying in the shower before work”? This meme sums up Cosmic Nihilism.

Suppose I notice myself overly focused on an



objective. In that case, I wake up and zoom out on my objective and imagine that I am looking at myself and my layer of reality from space, my awareness beyond the ozone layer up in the galaxies looking back in the direction of my life, my human life, on earth.

When I see myself or experience myself from this distance, I can easily sense and feel the insignificance of it all. My life is a mere blip in a grand, never-ending, infinite cosmic event.

My life is virtually meaningless in space and time. The sun will still shine the next day.

Works of art, all the riches in the world, and any life left may last forever or may one day be gone. Impermanent. My life and experience of reality are impermanent. Why would I waste time being zoomed in on a singular?

Cosmic Nihilism is zooming out, lessening the importance of virtually everything in this world.

This philosophy allows me to move throughout my day in a state that embodies impermanence and devalues it all to the extent that I get to create new standards and rules. Every day could be my last. Why would I waste it being overtly zoomed in on a particular outcome?

It's a philosophical extreme and a practice that is only for some but allows me to enjoy the path because the outcome may never come to pass.

This thinking helps me to embody the Comic Nihilist rockstar hero role, which aligns with the Frailé of my Soul. I've created my own game and freed myself from many bindings. I move around reality liberated, taking what is mine with ease.

Do it because you love it, not because you will suffer if you can't have it.

Let's return to the example of me pounding my fists at the therapist's office, demanding respect from Frank. This was not done with ease. This was me zooming in like a MF and placing the entirety of my self-worth on the actions of someone I had no control over.

I was acting in a manner that did not coincide with respect and pressuring my world to the extent that it was nearly impossible for me to gain what I was demanding. The only thing present was Importance, and the scenario lacked all the vital components to achieve the Intention.

With ease, you set yourself up for the desired experience without expecting it.

In my case, it meant learning to love and honor myself first. It also meant choosing others who align with my intentions. I had to become love for myself. I had to become everlasting wealth.

In learning this, I set myself up to easily receive these things. When you begin to act as a person that has it all and feels love and wealth, this sets you up to have this within your world. It's all about the setup.

Stop being concerned with your experience of reality and turn your concern to where it is you can be infinitely effective; yourself. Elevated Importance has nothing to do with the equation. Period.

At the end of this chapter, I will offer my two most powerful tools for eliminating Importance and transmuting it. It's simple if you choose for it to be.

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My eyes opened, and a sense of well-being washed over me. I acknowledge the cacophony of birds chirping outside. I turn to my side and am met with Ruby and Baba, my two standard dachshunds, staring at me, and they begin to wag their tails.

"Hello, my beautiful weenie kids," I state in my childlike doggy-talk voice.

I lay there for a moment longer, enjoying the extraordinary view outside my bedroom windows.

The Tbilisi television tower on the hill directly in front of me, past the Soviet housing blocks, is my favorite color, magenta. It shifts to purple and then blue, and the Ferris wheel goes from vivid teal to green and yellow. I'm obsessed with these ethereal objects and wait to hit the kaleidoscope jackpot when both simultaneously project the same color.

I reach for my phone and see several texts from my jewelry business partner back in the US.

"You are not going to believe what those earrings went for at auction," it reads.

"What earrings?" I text back, slightly disoriented but curious.

"The earrings we put into the Sotheby's auction at the end of last year, remember?"

"Lol, oh yeah, I totally forgot. What did they sell





for?” my curiosity further engaged.

“\$24,000! Can you believe it?”

“Well, that’s good news,” feeling satisfied with our investment.

“What are you going to do today? Go buy yourself something nice?” he asks.

“Probably not. I’ve got a full day of hiking with my dogs and finishing my chapter on Importance planned,” I tell him.

“Well, enjoy, Renee. You deserve it,”

“Thanks, Evangelos. Enjoy your evening.”

My feet hit the floor, and I put on my oversized jammies and slipped into my slippers.

“How lucky am I?” I think.

I walk into the kitchen, where my partner is already in full morning swing. He hands me my glass of warm lemon water and pours me some coffee.

“How did you sleep?” he asks.

“Man, I slept like a rock last night and had a lucid dream too.”

“Oh yeah? What was it about?”

“Well, we were here in Tbilisi, and a bunch of peo-

ple we know here decided to go for a walk, and that’s when the lucid part kicked in. In the dream, I was trying to figure out where to take everyone, and then suddenly I realized I was dreaming and acknowledged I could take them anywhere and do anything.”

“Sounds like actual reality,” Eric said, and we laughed.

“Then we just went around the city all day eating the most amazing things, petting street dogs, and then hiked up to the television tower and Ferris wheel on the mountain.”

“Sounds fun. Still want to go on the hike this morning?” Eric asks.

Standing at my armoire, I throw on my rattiest sweats and camo FORD hat. Over to my jewelry box, I load up my fingers and wrists and step into my hiking sneakers.

I excite my little doggies for our adventure, and we set off.

“Where do you want to hike?” I ask Eric.

“Let’s hike to the Television tower,” he says with a little smirk as we look at each other.

Once on the mountain, I quickly notice the rest of



the spring blooms are out. Everything is green and lush after a gentle evening rain. I take in a breath of fresh air and open myself to hear the Rustle of the Morning Stars.

As we walk, I tune out of my thoughts and into the nature around me and envision the window to the Alternative Space appearing through the trees. Just then, it hits me; a more profound way to write about my latest chapter, "Importance."

Something had felt initially off about the chapter, but I continued to its near completion anyway, knowing that all would fall into place naturally if it was meant to take a different shape.

My Heart and Mind coordinate over my newfound ideas, and I declare that the Transurfers of the International Transurfing Institute will benefit more from these fresh insights. I'm excited to get home and put pen to paper.

I feel strong as we climb nearly 500 meters to the top of the mountain. Over 20 pounds heavier than my lowest weight, I love myself physically more than ever and am grateful my body stuck it out with me through years of self-abuse and undeserved criticism.

We reach the top and try to find our house amongst the otherworldly cityscape nestled into the Caucasus mountains.

Once home, I "select all" on my previously written twelve thousand words and hit the backspace to delete, excited to start over. I have reserved the rest of the day for writing, taking breaks to play with my dogs, and catching up with a few friends over the phone.

The new chapter flows out of me with no resistance. It's as if the chapter practically writes itself.

In the evening, we walk down from the house and through narrow, winding, cobblestone streets to a restaurant we have yet to try. The place is filled with locals, and we enjoy a hearty meal of all our favorite classic Georgian dishes. Eric and I discuss our real estate projects and laugh about the day's cultural differences and mishaps.

We hold hands walking home through our working-class neighborhood, past the sleepy street dogs, fruit and vegetable stands exploding with color, and war propaganda graffitied on the walls. I remark on how good life feels.

"Isn't this the most amazing adventure ever?" I



ask.

"It really is," he says.

Once home, I tuck my doggies in, make some chamomile tea and do a little stretching before bed.

As I drift to sleep, I repeat my evening mantra to myself:

*My world is taking care of me. Everything is going according to plan. Things are working out beautifully and continue to do so with ease.*

Now for a couple of tools before we call this one a wrap. Let's do this.

### **TOOL #1 - THE NEGATIVE SLIDE**

In the original teachings, this is touched on briefly; however, this tool has been monumental for achieving my goals with ease and keeping Importance levels balanced, so I want to emphasize the value it has brought me.

The Negative Slide is a controversial tool in the Transurfing modality, and I've never heard of a variation in another reality creation or self-development modality. Yet, this tool is powerful, instant, and always works.

The Negative Slide is the polarized version of what you desire to materialize. It is a mental image of you failing to achieve your goal.

This concept suggests that you prematurely accept the defeat of your goal or intended version of reality. I know this sounds contradictory to the ideal of "visualization," but hear me out.

I will later recommend in the 'Slides' chapter to live in your POSITIVE Slide in nearly a permanent state. Periodically running the antithesis of your positive Slide helps neutralize any Importance and Excess Potential this practice creates.

To see true success, quickly and powerfully, I do both. I run my Positive Slide continuously while taking short breaks to accept defeat. It's savage and intense, but it works.

How to do it: you run your Slide (next chapter), and once in a while, when you begin to feel that you may be anticipating the outcome, you envision it all going to hell and you losing it all.

You do this for short periods only. You *do not* live in this negative Slide like you do your positive one. It could be for 5-10 minutes once a month only,

but this potent trick will begin to work its magic.

How it works: You eliminate Excess Potential and bring yourself energetically back to earth by balancing your expectations.

Our expectations often attract less-than-desirable variables because of the energetic vacuum we create, and things quickly get off balance. Accept that you do not achieve what you set out to and live in the aftermath of failing.

You will see, the sun still shines, you are still alive, full of vitality, and now you can choose something else and give yourself entirely to a new variation and goal. Sounds amazing right? Defeat is alright; it frees you.

When you do this, you level the playing field. You can walk into an interview, a sales pitch, or a date not loaded with expectations.

You can also neutralize Excess Potential surrounding the bigger stuff. You've accepted walking with nothing. You can be yourself, calm your nerves, and feel less pressure.

This method has made me extraordinary profits in my jewelry, real estate, and Campervan businesses.

I used to be shy when asking for meaty profits during negotiations. I feared being shot down and would often fold quickly. I began using this technique before I found Reality Transurfing, but I quickly realized after reading the book why I had succeeded in using this method.

You gain the upper hand when you go in with nothing to lose. If you can walk into a situation energetically neutral, you are more available to detect the Importance levels of others and use them to your advantage.

When your importance levels are low, any importance stands out in comparison. Once you recognize the importance levels of others, you can go in for the kill. If you fail, who cares? You try it again in the next round.

The Negative Slide makes relationships much more pleasurable as well.

Are you running a solid list of expectations for a romantic partner? Play your Negative Slide of your relationship ending without satisfaction, and you move on to greener pastures. See that it will be okay. You don't even have to tell your partner you are doing this. It's your secret. Release the pres-

sure and see what happens.

I'm sure you've gone on a vacation that disappointed you when you arrived. Travel photos always look better online when you are dreaming of and planning your next holiday.

Run the negative Slide of your hotel not only being *not* as expected but an all-out dump; Rainy weather, horrible food, and a bad case of traveler's diarrhea. Accept it! You're \$5,000 down the toilet. Once you arrive, you will be over the moon with the actuality of the situation.

You can do this with events; you fall down the stairs in front of everyone and feel the embarrassment of screwing up a high-stakes social function.

Do this on birthdays; your partner gives you a vacuum cleaner. When you receive the puppy, your head freaking explodes!

Get where I'm going? It works with pregnancy, marriage proposals, gambling, trying to buy a house, family visits, and exams. You name it.

I intended to fail my first shot at the California Real Estate Exam. I walked in cool as a cucumber because my expectations were abnormally low compared to others taking the test. I was the first to walk out and open my test results. I passed this most notorious test with ease on my first attempt! I know someone who has taken it eight times and to this day hasn't passed. My Negative Slide energetically balanced the situation, so I went in anxiety-free, just seeing what the test was about, expecting to fail. It worked.

Imagine the worst, whatever it is, and live in the aftermath for a few moments as sensually as you can experience it. Whatever happens after is a cakewalk. You've balanced it out.

And don't worry! This won't screw up your Reality Transurfing practice at all. You do not necessarily materialize the negative version of reality because you do the other stuff much more abundantly. You act toward success, aligning most of your thoughts with success and resonating with success.

Balancing your intentions, goals, and expectations is like metaphysically greasing yourself up. Pendulums have nothing to hook onto; you're in stealth mode. You fly under the radar.

My life has become infinitely more pleasurable and rewarding since developing my craft at neutralizing Importance; I have turned life into a game. I am

more carefree, energetic, and open to other possibilities and new information than ever before. It is the greatest thing I have ever done for myself and my reality.

## **TOOL #2 - LEVELS OF IMPORTANCE & LAYERS OF WHY**

Understanding the various types of Importance we form and why we hold Importance is pertinent to minimizing it in our lives.

Pendulums hook us via our Importance levels, and we get tangled up with Pendulums and Importance for various reasons, some more severe than others.

This tool will help you pinpoint Importance and create clarity around the attachments which cause imbalance. This tool will then help take you a step further in your reality creation practice by using your understanding of why you hold Importance in a specific area of your life to navigate to a higher Life track.

Sounds complicated? I promise you it's not; it just takes a little practice.

Some pendulums are slight annoyances that engage your Importance - like something that irritates you - say a family member with the news on all the time or an annoying person at work.

Let's take the example of disruptive noise at home. You may have deemed this noise "unacceptable" and created Importance around a peaceful and quiet house that doesn't match the reality you are actually experiencing. This gap between your desired environment and reality creates suffering and the culprit. You guessed it, Importance.

This is where humans can turn lead into gold, address the crux of the suffering, and use it to get to the deeper issue. We can neutralize the Importance by dissecting it, arriving at the true source.

Using this tool to pinpoint the annoyances in your everyday reality will be the practice preparing you for the bigger stuff; deep-level Importance.

This could be an attachment to environmental or societal programming or, even more, significant Importance surrounding familial stuff:

"I must have money to be deemed successful." Or "If I'm not in a romantic relationship, I'm unlovable."

This could also be biological programming:

"If I can't get pregnant, life is meaningless."

The Pendulums of environmental, societal, and biological programming are the mother of all pendulums and trigger the highest levels of Importance.

Although we may not recognize it, our minds often run on these background programs, creating the same discord as the example of the noise above.

This deep level of Importance could be the culprit behind never genuinely feeling satisfied or that no matter what you do, something always feels off.

When we compare what we feel "needs to be" and "what is," we suffer. We are caught in the Pendulum's web, shrouded in our Importance.

While we work to "fix" things in our lives, we remain distracted, losing sight of what will help us connect to the joyful meaning we long for, finely tuned to the Soul Fraile.

So, consider everything in your life right now and pinpoint the one thing you have the most Importance.

Is it the mildly irritating Pendulum or the giant elephant-in-the-room Pendulum, such as needing to follow someone else's conventional script of life? Then the solution is as simple as running through the "Layers of Why," revealing where this elevated sense of Importance is rooted.

## **SMALL STUFF**

Let's use slight annoyances as an example; someone who has the television on loud in your home and is out of your control.

First: Why does this bother me?

"It bothers me because I can't think straight."

Next: Why does it bother me when I can't think straight?

"Because I feel as though I can't get anything done."

Then: Why does it bother me when I feel I can't get anything done?

"Because I can't ever seem to get anything done! My life seems to pass me by, and I'm accomplishing nothing!"

Why does it bother me when I feel I never get anything done, and my life seems to pass me by, and I'm accomplishing nothing?

"Because I want to do something with my life!

Start that business I've always dreamed of or build that gadget I've always wanted to build!"

Often, mild irritants only catalyze much bigger issues under the surface.

The annoying coworker is another example. The coworker may constantly be annoying you because, deep down, they put you in deeper contact with the fact that you don't want to be at that particular job anymore. Addressing this stuff and peeling back the *Layers of Why* is crucial in understanding where the actual imbalance lies.

This is slaying the dragon.

Then addressing the issue's root can inspire growth and much-needed change, propelling you to higher variations.

It's about getting to the core of why Importance is generated and why the Pendulum can prod you, as in the example of the out-of-control noisy home, the need to feel productive or live a life with new-found meaning.

The unaddressed conditions manifest in high levels of Importance for a calm environment where the Intention can flourish.

This "Layers of Why" technique works on the small, the big, and everything in between. I'll illustrate this with a personal example.

I'll use the Importance of a sale falling through in the jewelry business in my past reality.

Why does it bother me when I lose a sale?

Because I am scared that without income, I won't survive.

Why does it bother me when I am scared that I won't survive?

Because I feel alone in this world with no one to count on but me.

Why does it bother me to feel alone in this world with no one to count on but me?

Because I just really want to feel loved!

Wow. That was almost too easy. It was right on the surface!

I had such elevated Importance levels about my performance at work because I didn't feel loved.

Once I arrived at this conclusion, I noticed other areas in my life that I was working with elevated Importance because of the same perceived defi-

ciency. Ultimately, I dove into the world of deep self-love and self-care and spent several years genuinely learning to love myself. And guess what? I don't give a rip if a sale falls through these days.

One, I do not depend on the sale to compensate for an imbalance I have created and suffer from, and two, I know it will sell anyway, so who cares?

I started practicing this "Layers of Why" technique about a year before I found Dr. David Hawkins' book *Letting Go*. He more or less suggests the same strategy, but in his book, the technique is much more advanced. (I highly recommend this book and its process. It is essentially an entire book on dropping Importance and peeling back the layers of the onion.)

When I first read Reality Transurfing, I quickly realized the error of my ways and started down a path of self-correction. If I am suffering, I find the root quickly and do my best to pull it out like a weed.

When I do this successfully, I am surfing, my energy reserved for my creative endeavors and focusing on what I love, what is working, and what I am doing to be effective. I am balanced up on my board.

## BIG STUFF

Suppose a relationship or professional endeavor has bled you dry; Importance levels out of whack in all directions, yet still you struggle to free yourself.

"I can't quit. They will think I'm a failure."

"I've got too much in. What a waste of time, energy, and money."

You've gone through the typical Transurfing steps - with no success.

Trying to Transurf a relationship or unpleasant professional position long-term is incredibly exhausting. It takes tremendous energy because energetic connections are tightly in place, and the negative outward flow is established.

Importance over simply trying to make the situation tolerable may be in vain. Doing stuff like *renting yourself out* long term can still cause a lot of energetic loss simply because of the task of remembering. You can try this until you don't want to do it anymore or realize it is an uphill battle. Your attempts at renegotiating the deal may end, and you may determine it's time to call it quits.

Calling it quits sometimes is the only way to defeat the Pendulum, removing yourself from the Pendulum's presence, changing your environment, choosing to spare your energetic resources, and moving to an environment free of the Pendulum.

This approach is a big step and where true physical detachment from deep-rooted Importance comes in. If other stuff hasn't worked, maybe it's time to break up, quit your job, or move.

Reality Transurfing is about taking the path of least resistance, and the path of least resistance creates balance. It's about you making valuable calls when something has proven toxic, or all other efforts have been ineffective.

There may be no obvious path to finding balance there, and you are the theoretical fly banging on the window when there is another open window next to it that you could fly through.

## MASSIVE STUFF

Now for the heavy lifting. Want to go deeper than merely managing your environment or physical detachment from the Pendulum to restore balance?

The next level of detachment addresses deeply embedded Importance. This is arriving at a coordinate in the Alternatives Space where you begin to break down reality as you are experiencing it and make *massive* calls.

If you are powerful enough and aware enough to conclude that you need a complete reality revolution, the only answer may be to detach physically, but still, this is only half the equation.

The more valuable aspect of detachment is to ask yourself why you allowed whatever to happen in the first place.

Maybe you married young, and 20 years in, your eyes opened to your spouse's toxic and abusive nature. If you only address the *effect* and remove yourself from there, you pay no attention to the *cause* and will likely find yourself back in the same position later.

Maybe you got married because of fears of surviving alone, like I did. Maybe your parents wanted you to marry, you fell in love, and it seemed like the natural next step. You just jumped in because that's the thing that people do. It could be the same with your profession or something else massive in your life. Get deeply into it and ask yourself, "How did I arrive at this point and why?"



If this situation has become unmanageable, it's time to start questioning what drives you so you don't do the same thing to yourself again.

I've seen this play out a few times with people in the Transurfing community. People use the concepts to detach from the Pendulum and restore the balance in their lives, only to find themselves in a similar situation months after the fact.

They slay the dragon but don't get to the deeper issue and end up in front of another dragon-protected cave and pot of gold. You can run, but you can't hide from your Importance levels. That Importance will recreate similar scenarios until it is dealt with.

If you are not satisfied with your experience of reality, are you willing to dissect it all and take a deeper look? Most people aren't. Most would instead continue to mildly or severely suffer than have to get to the core of the issue and rework it, which is often our programming.

Confronting your deeply embedded programming is when you begin questioning the nature of everything. I have done this in many areas of my life, but I will be the first to proclaim this isn't for everyone. Going this deep can engage miracles but also send one spiraling down the rabbit hole. Take it easy on yourself.

A woman came into the group last year desperate to get pregnant. She had suffered several miscarriages, one being in the final term. She was extremely distraught. She was having difficulty focusing on anything other than having a baby. She asked me how Transurfing could help her conceive.

"Transurfing could help in two ways." I replied. "First, it can put you in an optimal headspace that will lessen the stress you're creating in your body, thus making things a little more "inviting," so you could see a successful pregnancy occur. But if it doesn't, Transurfing is about learning to be okay with that too."

When she asked me how that works, I replied: "Much of your Importance is automatic because of a biological program running in the background. The more you feed into it, the more it spins, eventually causing distress."

Surprisingly, she got it and checked herself. She dove into the concepts and later came back into the group to declare that she and her husband decided to let go of the idea of a baby, and short-

ly after that, she found herself pregnant again. If the pregnancy stuck, I'm not sure. High importance levels could have recreated the same effect as before, as I suggested above.

Many people come to Transurfing wanting something.

"Oh, I'm not getting this thing I want badly. Can Transurfing help?"

They view reality as incomplete because of not having the million dollars, the pregnancy, the partner, the this, the that, and they want to use these concepts to get it.

I suggest that anyone challenged by not getting what they want or who does not like their version of reality, or who is longing for something and has been long-term, take a look at the programming behind the drive. Again, this is not for the faint-hearted.

Much of people's unhappiness stems from Importance attached to programming that does not suit them as an individual. The more you detach, the more you will create an optimal environment to obtain what is intended for you.

The less I care about all the conventional gains, the more I receive. It's the most otherworldly magic trick I've ever seen. *The less I care, the more I win.*

If you're struggling with something massive in your life, there is undoubtedly an unhealthy level of Importance, your own or via others in your life. Often, the Importance levels you hold are tangled up with others' Importance levels too.

Let's say you're in an unhappy marriage, and you don't believe in divorce. The idea of divorce goes against all your beliefs. You don't know what else to do. You're suffering and in turmoil.

What a fantastic opportunity to start questioning deeply embedded familial or societal programs and begin to untie the knot in your reality, if there is one. Just keep peeling back the layers of why. Try to get down to the source of *exactly* why you are following this theory or script. Acknowledge the root of the Importance. You can do it.

Are you ready to check yourself deep within and ask, "Is this really what I want? Is this really what's good for me? Is this one of my goals? Is it one of my intentions?"

Or

“Do I foster Importance on a deeply embedded program? Do I have unhealthy attachment levels to something I don't know if I necessarily want it or why? Is a deeper message trying to come through?”

Challenge yourself! Ask yourself *why*.

When you get that answer, ask why again, and keep going down your levels of understanding until you arrive at the root of your Importance. You may realize it's probably just some bullshit script or programming you've been running on and didn't even realize it.

Adhering to external scripts that do not serve you and following faulty programming that is not in line with who you are as an individual is like tying cement weights to your legs. These weights keep you firmly planted on whatever layer of reality corresponds to said programming and script. Cut it loose, and you have some higher variations available to you. There is no limit.

Okay! That was an earful for you, I'm sure. Digest all that while mama whips up the next round. Prepare yourself! I'm holding nothing back in the chapter to come. The next lesson will be given from an unlikely classroom, the strip club and lifestyles of the rich and famous! It's going to get real. It's going to be spicy. But most valuably the next chapter will depict practically that you can create your own reality anytime, anywhere and exactly to your order.

Until next time y'all... chiggity check yourself before you wreck yourself because living with elevated Importance is bad for your mental health.

Peace.