How the Foundational Videos of the Two Worlds series work together

Participate in the profound change of state currently taking place on earth by discovering how the Foundational Videos of the Two Worlds series work together.

Along with the Metaphysics video the Foundational videos of the Two Worlds series focus on:

- maintaining a positive emotional state;
- practising heart-coherence through the use of Mer Ka Bah visualisations;
- managing the negative beliefs that perpetuate the suffering of the Illusion
- caring for the physical body including healing disease and emotional reset through hard physical exercise.

These are the core themes I find indispensable for experiencing the kitchen of creation, the fifth dimensional state.

In the kitchen I create the life I want for myself and the planet, not so much through hard work but from the conditioning of space.

As you put these foundational themes into practise you are likely to find they work together like this:

Without an appreciation of how the universe is created it can be hard to figure out how to live a better life and indeed why the life most people live is no longer satisfying.

Affirmations to maintain a positive emotional state can become banal and mechanical without the depth of heart connection achieve by doing daily Mer Ka Bah visualisations, especially for others. The Power of Many app is a great way to do this.

The Mer Ka Bah visualisations gave me access into the Field (the kitchen, 5th dimension). Maintaining a positive emotional state enables me to be there more often.

A positive mental state and the Mer Ka Bah visualisations are hard to do if you feel flat or are caught in one of the negative emotions of the Illusion. There is a simple process you can use when this situation comes up.

Likewise, if the body is sick it is hard to enter the higher frequencies of 5th dimensional space. Men and women around the world are curing themselves of these diseases through a combination of high-tech, visualisation and return to nature.

On a daily level it is easy to get stuck in a negative framework that prevents the expression of the full joy of your being. Hard physical exercise such as weights or running is a simple and effective means of getting a fast reset.

What you can do now

- Watch the Two Worlds introductory video: https://www.troublesaway.net/two-worlds.html
- See what happens if you go around saying to yourself *it's a great day*.
- Download and start using the free Power of Many app.
- Subscribe to the Two Worlds series of videos and watch the Foundational videos first.