



LESSON 3 'BALANCE'

SUPPORT MATERIAL: EXCESS POTENCIAL, BALANCE.

In the last lesson we learned about pendulums and their destructive nature. In this lesson we will discuss how exactly to defeat a pendulum by what Transurfing refers to, as “renting yourself out.” We will also learn about ‘excess potential’, ‘equilibrium forces’, and ‘dropping importance’.

So, have you ever asked yourself why you were so happy and carefree as a child or young adult? That happiness and carefree nature being a distant memory now.... Where did the happiness you once knew as a child go? That happiness was a life track negative energy forces have moved you away from. It is still there, you just need to learn how to tap back into it.

You will be able to utilize Transurfing to overcome pendulums and return to a place where life is peaceful and enjoyable. You will learn to use YOUR energy to further YOUR happiness not maintain pendulums that do not serve you.

Take back your power for things that truly matter in your life; Do not give away your energy to pendulums that do not care about you or your happiness. Focus only on objectives that are beneficial and further your progress towards freedom of choice. Stop submitting to the will of outside forces and put your choices first.

READ:
REALITY TRANSURFING STEPS I-V
CHAPTER II THE FALL THROUGH OF A PENDULUM

SUMMARY

- *If you vigorously do not want something, it will surely be in your life.*
- *To free yourself from a pendulum means to ignore it out of your life.*
- *To ignore something means not to avoid it, but to let it past as if it didn't exist.*

[Type here]

Q & A

- **Q:** Why is it important to not unconsciously engage with a pendulum?
- **A:** Because you will be feeding it your precious energy.
- **Q:** What are some examples of ignoring a pendulum?
- **A:** By not identifying with a situation that is not beneficial to you. Consciously find a way to remove yourself from the situation, go out of a room when pendulums start to battle one another. Simply be at peace (neutral) with the pendulum and not feed it any energy in whatever context it is prodding you into reaction.

READ:

REALITY TRANSURFING STEPS I-V

CHAPTER II SIMPLE SOLUTIONS TO COMPLEX PROBLEMS

SUMMARY

- *When putting yourself “out to rent”, activate your inner observer to look after you, so that you do everything impeccably.*

Q & A

- **Q:** Why is worrying about an event or straining to find the right answer to a problem not beneficial to you?
- **A:** because the answer to the problem is more difficult to see if you are focused on the negative.
- **Q:** What would it look like from the outside to others if you are ‘renting yourself out’?
- **A:** nothing, you act as you normally would.
- **Q:** What will it feel like on the inside?
- **A:** You will feel calmer, at peace and in control with the turmoil around you.
- **Q:** What does it mean to be impeccable?
- **A:** To pay attention to even the smallest of interactions, to pay attention to detail, to maintain awareness in every moment of daily life and act with due consideration to everything. Do not act mindlessly! With practice this will become a habit.

Next we will be speaking about **Importance**, **Balancing Forces** and **Excess Potential**. Importance is excess potential in its purest form. Dropping importance is a fundamental key of Transurfing, but first we must learn about excess potential and equilibrium forces

[Type here]

DEFINITION OF EXCESS POTENTIAL

Excess potential is a tension, a local disturbance in a uniform energetic field. Such an irregularity is created by thought/feeling energy, when great importance is given to an object, situation or event. For example, to wish is excess potential because it strives to attract the desired object to a different place than where it is actually located.

The wearisome desire to want what you do not have creates a pressure drop in energy, which gives rise to the wind of equilibrium forces. Other examples of excess potential are: discontent, condemnation, admiration, worship, idealization, overestimation, contempt and vanity, also feelings of superiority, guilt, and inferiority.

SUMMARY

- *An excess potential is created only if significance is attributed to an evaluation.*
- *The magnitude of excess potential will grow if an evaluation is distorting reality.*

Q & A

- **Q:** Why is excess potential not desirable?
- **A:** it eventually leads to disappointment. You are creating a scenario that must follow your rules in order for you to be 'happy' with the outcome, which most likely will not happen.
- **Q:** What are some common examples of creating excess potential?
- **A:** expecting people to act or behave in a certain way, expecting an event to play out in a specific way, expecting something of yourself that you may not be capable of, expecting life to deliver something specific to you based on your terms and conditions, etc.

[Type here]

DEFINITION OF EQUILIBRIUM FORCES

Anywhere where there is an excess potential, equilibrium forces appear, aimed at eliminating the imbalance. The potential is created by human thought/feeling energy, when a person gives excessive importance to an object or event.

For instance, let's compare two situations: One you're standing on the floor in your house, the other on the edge of an abyss. In the first case you aren't worried one bit. In the second, the situation is of great importance to you: make one wrong move and the outcome will be fatal.

On the energy level, the fact that you're standing is of the same significance in the first and the second case. But, when standing on the edge of the abyss, you build up tension through your fear, and thereby create an irregularity in the energy field. As a result, equilibrium forces arise, aimed at eliminating this, your irregularity.

You may even get a physical sensation of this activity: from one side, an inexplicable force is pulling you down, and from the opposite side it draws you back, away from the edge.

After all, in order to eliminate an excess potential of your fear, equilibrium forces will either have to pull you away from the edge, or throw you down into the abyss and get it over with.

The actions of equilibrium forces aimed at eliminating excess potentials create the lion's share of your problems.

The insidiousness of equilibrium forces lies in the fact that people often get what they do not wish to have. At the same time, it's totally unclear to them what is actually happening. This is where one gets the feeling that there is some inexplicable, "evil" force at work, "Murphy's Law"

SUMMARY

- *The action of balancing forces is directed at eliminating excess potential.*
- *The action of balancing forces is often opposite to the situation that created the excess potential in the first place.*
- *Discontentment and condemnation will always activate balancing forces.*
- *It is necessary to replace the habitual negative reactions with a positive.*

[Type here]

Q & A

- **Q:** Why the actions of equilibrium forces are vital to be correctly managed?
A: Because, if you actively do not want something and have created excess potential regarding what you do not want, that unwanted something will be brought into your life through the law of balance therefore activating the equilibrium forces.
- **Q:** What is the technique used by Reality Transurfing teaching in regards to the standing next to the abyss or in your home scenario?
- **A:** The only effective approach you can use is to have some kind of alternative safety route set up. Whatever form this takes it will be unique to each situation. If it is not possible not to feel fear, then feel the fear, followed by action as best you can in the circumstances, do not fight the fear. Being aware respond to both situations in the same neutral manner.

DEFINITION OF IMPORTANCE

Importance occurs when something is given excessive significance. It is excess potential in its purest form, during the elimination of which the equilibrium forces create problems for the individual responsible for creating the potential. There are two kinds of importance: Internal and External. Here we will be talking about External Importance.

External importance is artificially created by a person when he attaches too great a significance to an object or an event. Its formula is: "This is of large significance to me" or "It is very important that I do this." An excess potential is created and the whole thing goes to ruin.

SUMMARY

- *Having said no to importance, you get the freedom of choice.*
- *Only importance that is specifically yours will provide your evaluation with your energy.*
- *Importance is the only obstacle on the path to fulfilling desire.*
- *Do not solve problems - instead reduce importance.*
- *Care without worrying*

[Type here]

Q & A

- **Q:** How exactly is dropping importance necessary for defeating pendulums and returning to a more pleasant life?
- **A:** Pendulums cannot adhere to you if the hot topics they create are of no importance to you.
- **Q:** How does 'freedom of choice' come into play in regards to dropping importance?
- **A:** You have absolute choice over where you direct focus intention instead of internal importance. You obtain the beauty of free will and do not have to subscribe to pendulums broadcasting opinions about importance.

CONCLUSION

So, I hope it is clear to you now, why that childhood happiness no longer exists in the same way it once did.

As a child you were living your life and had yet to place importance on anything, therefore not creating excess potential.

In addition, pendulums have interfered with this childhood life track, as you were simply unaware of their destructive nature and how they would divert you from this joyous path you were on.

In our next lesson we will discuss the flow of fortunate events that will come to you, once you have knowledge on the art and science of neutralizing pendulums, dropping importance and living without creating excess potential. We will call this lesson of Reality Transurfing "The Wave of Fortune".

HOMEWORK

Be Awake, when situations arise put into practice the techniques of keeping the scales of internal and external importance from going off of balance.

READ:

REALITY TRANSURFING STEPS I-V CHAPTER IV BALANCE