

Spiritual - Die When Your Alive To Lead To Your Spiritual Awakening

Your 2nd birth to uncovering who you really are.

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How do you describe something that you can neither hear, see or smell? Well, I will do my best in this book to explain what action you can take to start benefiting from the “unseeable” as quickly as possible.

My whole life I have been seeking, not sure for exactly what, however, just in the last 10 years I started to become consciously aware. I have read from the gurus and experts out there and have also gone out to meet them to witness the magnificence of their presence.

Hearing many stories of the impossible being possible.

I do what I can to surround myself with the best in the world whatever the area of life it is. If I value it, I want to experience it. What I am offering here is taken from the best of my readings and experiences in order for you to implement my suggestions immediately. My intense work will save you a great deal of time and money helping you to work on habits and rituals that will just slot into your life and help ease any suffering, incessant thinking, self-sabotage and anything that has prevented you from having utter joy and bliss in your life. Well, at least take one step closer!

This is all based on my personal experience. I was there, and I thought to myself if I am going through self-torture, let it be worthwhile so I can help others!

If I was going through this, I knew others would be also. On my journey from utter hopelessness to speaking on stages around the world, I have seen that I was not the only one.

There are people suffering and I need to do all I can to help prevent this suffering to the best of my abilities. Now, for me, I wanted that “thing” quickly. My pain was so real, that I was becoming desperate. It was like my thoughts were pulling me to past pains. Of what I had lost and of a bleak future. I was missing out on life’s experiences. No matter where I was. This was utter torture.

I moved away from all distractions, such as TV, alcohol, drugs, films, transitioning to vegan and cutting any and all "stimulants" from my life. I had to face this headfirst and I must say it was terrifying.

What I have compiled here is what I believe will give you the tools right now, giving you what you need.

Just make time for each activity every day until it becomes a habit, however, be conscious of each activity that you do. We want to avoid you slipping away from doing habits unconsciously. Being aware of what you do every day means you are already there. Taking responsibility for everything that is happening in your life will also liberate you. And when you truly do, you can then truly create the life you want.

You can find further resources on www.alexroseman.com

I've got your back! Now, let's start your journey together.

Chapter one - Be aware of the 5 Elements

When I hear about the 5 elements, it takes me back to the Fifth Element - The blockbuster starring Bruce Willis. Very spiritual indeed!

Life is simplified to these 5 ingredients - Water, Earth, Fire, Air and Ether (space).

With these 5 elements, you can access what the spiritually enlightened have by simplifying the complexity of life. We seem to overcomplicate everything. When we go to our mind, we are limited with this capacity. Yet, when you touch the chasm that is the self you can connect to the very consciousness that runs through all species, planets and the universe itself. This is limitless which means (as cliché as it sounds) you have all the answers within!

It does mean putting aside your beliefs, values and other limitations in order to be a blank canvas to allow this to happen.

Action Steps

I would like you to make this a practice, where you observe that which is happening around you based on these 5 elements.

The water you drink, wash with, feel as it falls from the skies above.

The earth you walk on, the sand between your feet.

The air you breathe, the wind that passes through you.

The fire that you feel from the food you cook, the candles you burn or the fire within.

The Ether that is constantly around you, between you and your loved ones.

Do this for 24 hours and take the focus from yourself to appreciate the simplicity of our existence in these 5 elements. Do not try to comprehend it or intellectualise it. Go with it and observe with an open heart.

Make your own conclusions!

Chapter two - Desire is the root of suffering (yet we all desire...what to do?)

What is it that drives every life force on this planet?

If you didn't have it what would you do instead?

Desire is the root of all actions, the desire to live.

I have gone through my times of suffering, more than I would like.

What is suffering?

I was desiring something at that time and when I wasn't able to get it, the feeling intensified in me. I felt as if I was never going to get it, I was missing something for not having it.

However, without desire, I would not be driven to take that specific action. You would have no desire to read this book unless there was a desire to attain something you needed.

The whole cosmos is built on desire, desire to expand and without this, the universe would collapse in on itself and there would be nothing.

So, if we must desire and we suffer because desire means not having that which we want to attain then we are in trouble.

How can you desire and not suffer?

For me, I have come to the place of desiring the vision I have, yet not getting attached to attaining it. I practice the art of presence and tapping into a universal source that is available to everyone. We have so much noise around us, distractions of the next best thing that we can carry around in our pockets. Our smart phone can keep us dumb!

We must practice to listen more intently of what is happening within us, our instincts, our inner voice and free ourselves from the bombardment of outside influences.

I am still learning, and it isn't easy, especially as you grow and expand your reach. You suddenly become more dependent on the things that distract you and others.

This book is intended for you to find the answers you already have, from within, so you have this resource for the rest of your life.

Action Steps

Explore and practice at least one of these as often as you can:

Yoga - Means Unity with Mind, Body and Spirit. Practice this so you can have energy flow through you. You will notice any ailments, lack of energy will be replaced with vibrancy, and pain will be alleviated.

Meditation - This is the workout for the mind and in turn, affects your reality. This also has a knock-on effect on your body and spirit. Practice sitting in the lotus position (or as close as you can) for up to an hour a day. With the intention of what you want from it. I suggest separating from your body and observing that which is happening within you.

Breathing - Breathing deep from the gut and breath out rather quickly up to 10 times, pump oxygen into the body and then hold your breath as you take your last breath in. You should be able to hold for 2 minutes, then breathe out and hold and repeat. Be sure to do this sitting down and let this be your only focus.

Observation - Observing the YOU who is reading this. You have constructed the character you are living out. If you were to observe yourself as a character in this game of life, you will not be so attached to what is happening around you but as a character having an experience that you get to observe and experience too. You will have a bird's eye view rather than being in it. You need to redo this and try to simplify it.

The secret to success is to live life fully involved though not be attached to what happens. Being blissful is the ultimate attainment, not peace. Watch a pet eat from their bowl.

They look peaceful when they finish their meal!

These practices don't get you results over night, everything takes a level of commitment. You may not notice now, in 10 days, or 20 days time, but with consistency and the practices compounding, the difference will be undeniable.

Chapter three - Meditate with intention

I sit each morning either 5 am or 6 am, depending on which country I am in.

I will get up, go straight to a spot and sit in the lotus position (as lotus as I can do!) With a cushion under my bum, back elevated and I put my hands on my knees and a finger touching the thumb. I will then set my intention, I want to detach from the character I have constructed - Me = Alex! I will then observe in silence for 30 Minutes to 1 hour (timed) and do my best to stay present and not get lost with thought.

Before, I said meditation doesn't work for me. I would sit and not know what I was doing. No intention and not sitting in the correct posture. Usually, I would fall asleep and call that meditation.

I'd wake up later, yawn, stretch and say pretty good med!

After the second or third time I had the most incredible experience. I suddenly caught myself saying I and me and realised that I was neither. I saw that this was not the case. As I could observe the body and the mind I cannot be either. Though I know this intellectually I had never really experienced it at this depth before.

I suddenly had this space between the life I had created, the attachments to everything, to then letting go of all of this in one moment. As if all these cords that were attached to me and connected to everything else just fell away.

I felt this freedom and beauty that I had never really experienced before. I had tears of gratitude rolling down my face. I was no longer in my body, no suffering, no anxiety. In fact, I needed nothing. I could have sat there forever. No food or sex could have taken me higher than what I felt at that moment. Utter bliss.

This I believe is the highest form someone can get to, from my experience, and I have gone out there to experience most things. To be blissed out and not needing anything. And you wouldn't want to, as you are in a place where nothing outside of yourself could give that to you.

When you have experienced this yourself, you will know. Whatever you are chasing (and you will likely continue to the day you die) this will stop in that brief moment when you reach bliss. This joy can't be met anywhere else.

It is incredible that we are able to create that bliss within ourselves, without going anywhere. You can be in a little room in the middle of nowhere and be blissful whilst a gazillionaire on his private island is miserable!

Action Steps

Set a time tomorrow morning. If you get up early anyway, great, make it one hour earlier. Get as comfortable as you can and set yourself up in the Lotus position.

Just sit silently with your head raised slightly to help focus between your eyebrows. Imagine a ring around your head that is bright white and as it goes around your ears, mouth, neck, shoulders down towards your feet, it is healing every part it touches. Then sit with yourself and stay with your breath or focus on a part of your body and move your focus to different areas to feel the sensation you generally wouldn't have had before.

When your mind takes you on another journey, just become aware and bring yourself back. It is the awareness you are picking up on. You will get better at this and when you are in your waking life you will notice the effects rather drastically, but with everything, it takes commitment and time to develop.

Always be kind to yourself and stay as still as you can, if your body aches, observe where it aches and breath into that space. Even that itch on your face can be avoided with focus and breathing.

Chapter four - Self-realisation (Once you get it you can check in on yourself anytime)

Up to my 20's I wouldn't share my thoughts, because I really felt others used to know what I knew, so it would be pointless.

Learning is just remembering - Socrates

Then I speak and realise that others are on a different part of their journey. Some people are brand new to the concept of the mind and body being separate to us and that there is a voice in our head that talks to us, you know the voice that is saying what voice is he referring to, erm yep that's the one...!

My experience of self-realisation is having complete awareness of self as separate to who you have constructed from birth.

We have constructed ourselves based on the environment, from birth. We have been influenced by our parents, siblings, friends, teachers, TV...it goes on!

What are we exactly? An accumulation of others values and beliefs projected onto us?

Do you think you are actually you if you have been influenced from birth?

Let's look at what is surely not us.

You can't be that which you can observe! If I looked at the laptop I am writing on and said this laptop is me...!, I would be taken away and given medication.

So my realisation is that I am not this body and I am not this mind so what the heck am I!?

When you see that we come from one source which began from the big bang, we all started from one point of singularity and from that you can see that everything is linkable because everything, and I mean everything, is connected (maybe I am my laptop...pills please!). With this realisation, you can then see that everything that is happening in your reality is really down to you and no one else.

It's down to how we perceive things. I can change my perception to what is painful to me to something else that isn't.

If you are going through heartbreak and are finding it hard to move on, what is it you think you are missing? What did you lose? What is it that is so painful?

We choose to suffer as we have no control of our mind and body. Our 5 senses, over the period of time we have been in this relationship, have anchored particular sensations and can be triggered any time with a certain smell, taste, sound, feeling etc.

The body as I have read from many sources, doesn't forget a thing and so stores all the experiences from birth. You are carrying these feelings without even knowing it. The body then sends signals to the brain, no matter how unpleasant because of familiarity and conditioning, to be without it would be stepping into the unknown.

Once we shift our focus from having lost anything, to seeing that everything is in balance, that actually nothing is missing.

I experiment with many rituals and one that really helps is meditating each morning and reading and attending events that move me to becoming more of my authentic self, and letting go of who I thought I needed to be to fit the views of others.

My self-realisation is that everything is meant to be the way it is, and all I need to do is accept what is. If I feel pain, to be appreciative of it, as any more is suffering which means I am in resistance to something. I can observe, accept and shift my perspective and empower myself to feel the way I want to feel as my reality is happening within me which then becomes my reality outside of me.

One more explanation on perception and how your reality can change on the outside by what happens on the inside.

You are going about your business as usual, and you get this new information that transforms the way you see yourself. Suddenly the usual things you have been doing seem different as if everything has changed. Nothing has really changed, only your perception of a new realisation based on new information. A self-realisation will transform everything.

Everyone is on their own journey, once you are aware of that, then your journey begins.

Chapter five - Observe self like a scientist

When I first read the book, "The Power of Now", it was the first moment I fully realised that I had this voice in my head. I knew the voice was there, like a little stone in your shoe, you know it's there but it doesn't stop you from walking. You only really do something about it when it causes more inconvenience than you had initially put up with. Well this is what was going on with that voice, it became clear when I put more focus on it. It then quickly became an inconvenience as this voice was not so supporting.

The more I observed it the more I was bombarded by this voice. It was a revelation and also frustrating and I was beginning to get pretty desperate to shut the bloody thing up!

I now impart this knowledge on to you! You're welcome!

I was reacting to life throughout my 20's and I was left to the destruction of this little voice that was fearful, angry and rather sporadic. It explains the trouble I got into.

Even though I had discovered the voice that was now bombarding me. It has taken me a long time to get this wild horse under control, and I am still practising as it seems the horse gets more and more wild.

It is extremely powerful, and it is our stepping stone to having everything we want. Yet, looking at the state of the world as I write this, with all the comforts we have, we certainly live in the most comfortable civilisation that has ever existed. Right? Yet there is more pain and suffering now than there has ever been.

We are experiencing even more distractions that are taking us away from ourselves and leaving our happiness in the hands of gadgets, entertainment, food, drink etc.

We have this powerful machine within us that can achieve amazing things and we are so far from being blissful.

When was the last time you sat by yourself, to be still and not reach out for a crutch of some sort!?

We get instructions on how to use our phone, right? Even how to put a wardrobe together. Yet where are our instructions for the most powerful machine on this planet?

This mind and body!

School was certainly not our manual. It took us further away from who we are. It is like getting instructions to drive a jet-ski for the new dog we bought.

To get going right now, observe what is going on within you right now. Close your eyes and sit comfortably, raise your head slightly. This will help you focus on a spot between your eyebrows. Notice what comes up, thoughts, the talking that is continually going on. Observe it and do your best to not get stuck with each thought and picture that comes up. Rather observe it and stay with that point between your eyes.

As you breathe in repeat the mantra “I am not this body” and as you breathe out say “I am also not this mind”.

Say it with the inner voice, not out loud.

Do this for 5-10 minutes. I time myself and then I commit to this amount of time as the urge to stop happens very quickly and it can feel like a lifetime when only 3 minutes has passed.

As you practice this, just be aware of the thoughts and feelings that take over throughout the day.

Be fascinated and objective, like a scientist would be with something startling and unique as they gaze through their microscope.

Observe your mind and body under that conscious microscope and start to detach yourself from the body and mind and you will see that what used to have such an effect on you will dissipate over time. I am not saying to be detached from life, in fact, the more you do this the more involved with life you can be without attachment to everything.

As you detach from your own limitations, the body and mind, you will begin to have ultimate freedom of being fully involved with life.

As there is less of YOU to get in the way.

Chapter six - Past and future are fantasies! (the here and now is the only thing that is certain)

As human beings, we want familiarity and certainty, so we feel protected and safe. Our minds seek to find familiarity in anything. There are people who design algorithms in order to slide into our unconscious without us being aware of it. It is big business!

The hit song called “Hey Ya!” by the hip-hop group OutKast was one of those songs that a promotion office from Arista Records would certainly vouch for.

However, when it was played on the radio, people would hear it for a moment and switch over.

A company called Polyphonic HMI that has tests whether songs will be hits or not based on AI (Artificial Intelligence) and statistics, said this song broke all records to show it would be a hit.

So why did everyone hate it!?

When they discovered that people were switching off because the way it sounded was unfamiliar, they had to work out how to get it into our minds as if it was something we have heard before.

The songs that get played over and over are known as Sticky songs. They have a familiar sound, we know it, we can sing along to it. Even if we are bored with it.

To make the song familiar to our ears, they had to sandwich it between extra sticky songs so that it would slip into our subconscious and become familiar and they played it a few more times that day, the next day and the next...!

It took a couple of months to shift peoples listening habits and the song that the majority had switched off when they heard it, went on to win a Grammy and sell over 5millions albums.

To be convinced that if we stay doing XYZ we will get what we think we want (or is it someone else's projection of what we think we should have?).

We spend our lives chasing something outside of ourselves based on the illusion that when we get “it” we will be happy! Most people are not even conscious of the “chasing the carrot” game that we are playing. Happiness is always just outside our grasp, however, if we get the newest piece of technological kit, or that perfect person (the list goes on), we will then get the happiness we deserve. This deservedness is based on 2 questions that elicits a feeling

that is universal, Am I enough? Am I worthy? Yet, what actually creates happiness? Is it that thing you get? Or can we create that feeling anytime we want to?

We often give our lives to something we are not even sure is for us, and we very rarely stop to contemplate why we are doing what we are doing. We then don't question anything and we do things without any reason, only to find out it's all too late. Why wait till then!? Learn to get your head out of the stories you hypnotise yourself with and the stories you have bought into from others.

Where do these stories come from? From our past (and some say from our ancestors too, as if our own wasn't tough enough). From the decisions we made in our childhood and we then created stories around. This is our point of comparison. We know of nothing else except what we have experienced. Through experience we learn what we don't like, and we think we know what we want and so we move towards it. Though most people are left living out their stories on repeat, just reacting to life. Completely oblivious, and deeply frustrated why the same pain follows them around like a dark cloud. The 'why me' role is played out and that individual attracts more life scenarios to support this belief.

The illusion is the past, a culmination of memories and feelings that the body and mind holds on too. As we experience things in the present moment, we compare to what we know from our experiences.

For people who feel hopeless and depressed, it's based on a future where they see more downsides than there are upsides.

This leads to a physiological change and comes up as stress, our imagination can lead us to hell or heaven.

It's all an illusion - FEAR = False Evidence Appearing Real!

What is certain and what really matters is what is happening right now. Not in the past or the future, but what is in the present. At this moment this is all that is happening and how you choose to interpret this moment is entirely up to you. No one else gets to choose what you decide to experience at this moment?

The power is truly in your hands, no one else's.

Once you start the journey of deconstructing this character you have built, the guilt, the expectations, just about everything, will be extremely freeing. This is the point of dying whilst alive. Your second birth! And the most painful spiritual experience they say you can go through!

It's in iconic films and stories, from NEO in the Matrix to Jesus in The Bible!

When I was an actor full time, I used to do a few extra jobs (the person in the background) and one of these films was for James Bond star Daniel Craig, it was a big scene and we were all standing to wait to shoot. Daniel Craig walks on and he stands with us. At this

moment I had a realisation. This was at a time when I was starting to get an understanding of self-development and human consciousness.

When you think of Daniel Craig, James Bond, what comes to mind? He is rich, he is famous, he is...! But whatever all that is, at that moment when he was standing with us, he was just like us. He was exactly like us, standing there waiting for a cue from Sam Mendez the Director to say action. He wasn't more than us, he wasn't less than us. At that moment he was just like us. Everything else except the current moment isn't real, so you are not missing anything when you are present. Become present and you have everything you need or want.

If you love yourself, then you will never stop being loved!

Chapter seven - Practice Mantra to tune you in!

There are times when you just stumble over people who are incredible and you wonder how you haven't heard of them before, and wished you had stumbled over them earlier in your life (once you are self-realised, wishing is lost from your vocabulary).

Sadhguru is one of those people who has done incredible work and continues to do so.

I met him in San Francisco through a program he called Inner Engineering, teaching you principles and awareness about life. Powerful rituals to do each morning, to help clear karma so you do not carry this on to your next life. As if life doesn't already have its challenges, we now have to be aware of what we do now, in order to not mess up the next life we may be stepping into.

And Breathe...!

Though I have heard about mantras and meditation, I just hadn't had the WHY to have a reason to do it. When I heard and read his work, I had the leverage needed to meditate regularly, then it became just as important to me as my fitness.

Mantras are extremely powerful and should not be practised unless under supervision. However, the mantras I will be showing you are safe to do but are none the less powerful.

Action Steps

When you make these noises, they reverberate through the body and have a transformational effect over time.

Everything is energy and it vibrates at a certain frequency.

(Examples can be found on www.alexroseman.com)

The first is to say aloud *ahhhh* as it comes from the gut and be conscious with each time you do it.

This signifies richness. Do this for 7 times.

Then move to ooooo that comes from your chest and be conscious again with each time you do it.

This signifies intelligence. Do this for 7 times.

Lastly is mmmmmm this will be around the throat area, as you do this again be conscious of the vibration you create

This is to keep negativity out, again do this for 7 times.

When you have done this, move to *AUM* - All of them together.

This is the safest mantra you can do without guidance as they are extremely powerful. If you do one part of the mantra more than another, your life could become a mess (as reminded by Sadghuru), this is what we want to avoid I am guessing.

Do the *AUM* sound 24 times.

Set the date and make sure you are not going to be disturbed, flight mode on your phone.

What I am writing here, don't believe it and do believe it. Sit with it loosely, never fully buy into someone's ideology. It's been filtered through their senses, but if it helps lead you to your truth, go with it.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

This book was inspired by my never-ending search for accessing my limitless knowledge once I am plugged into the highest level of source energy and it expands daily.

I can only thank you for creating me. You are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself, "Why did I create this?". You must take full responsibility for your actions. Right?

We are drowning in information but lacking action!

This book is to get you moving, no excuse!

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com