

Totally Alive

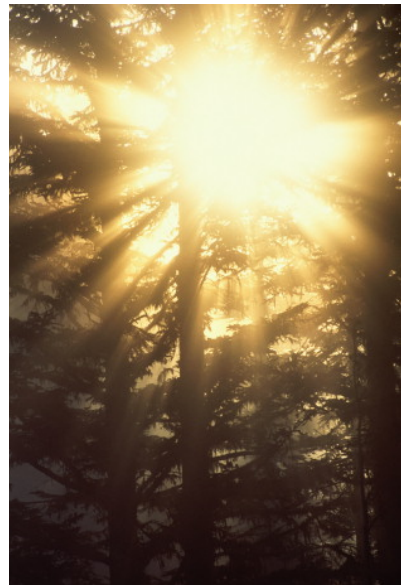
*To be **totally alive** means that you spontaneously,
without any effort at all:*

- experience life directly through the five senses, and not through the spectacles of the mind or ego
- live fully in the now, as no other time is real
- accept and love life, your destiny, yourself and others as they are
- are one with your limitless self, whose nature is eternal love
- think life is incredibly interesting – anything can give you joy
- feel reverence and gratitude for everything
- live in the "peace beyond words" and in oneness with all life

The greatest of all miracles

Life is amazingly beautiful; has there ever been a wonder that can be compared to *life itself*?

It is not rare that people, at least from time to time, get so-called peak-experiences, where the mind gets speechless and you experience oneness with everything; you see the vibrating beauty of eternity.



In these moments your senses arouse from their slumber. Your inner energy is no more bound and everything sort of falls into place. During these unforgettable moments you experience reality and life without distortions, as it actually is and always has been. When you "wake up", you see how everything suddenly becomes magically alive and limitlessly

beautiful. You now have "eyes that see, ears that hear".

Many probably wonder if it's possible to live in and keep this peace and love in everyday life, all the time, whatever happens. Of course! It is your soul's natural state, just like to be perfectly healthy is the natural state of your body.

"My identity merged with the divine in a manner I never experienced before. I experienced total peace and ecstatic joy".

- Michael Peter Langevin, USA, Publisher/Editor Magical Blend Magazine



The Universe loves your dream

The Universe supports your dreams, particularly the ones burning intensely. It can be getting an interesting and well paid job, to get well, to buy a house, to get the dream partner, to get out of debts etc.

Some have discovered that nothing can satisfy them deeply if they don't have peace and love within. What they most of all wish is a very high quality of life, maybe even to become wholly alive. This is described by a famous Swedish poet: "remove all the earth, I want to own what no one, no one has".

So the question is rather *if* you really and *sincerely* want to realize your natural state, your limitless self, and if you are willing to do something to make it happen! The journey towards getting totally alive may require a lot of courage – it's often a journey against the stream. And patience, as it can take time; and there is usually no lack of obstacles. And humility, as your ego on your return home is your truest enemy.

Who do you allow to make your choices?

We have the possibility to create the life we want. Our physical, psychological and spiritual well-being lies mainly in our own hands. For the limited self, the ego, there can very well be advantages not to feel well, physically or emotionally. Your life can become heavenly, a nightmare or anything in between – all depending on which part of yourself you allow to choose.

There are different parts of us that we identify with, thereby getting a right to vote. The body, the limited self (fear, bitterness, anger, the judge in the head, various blocks) and the unlimited self (love, hope, intuition, enthusiasm, trust, wisdom).

Signs and warning signals that life sends

When our life is based on fear, when life feels boring or meaningless: when unpleasant feelings dominate you more than for a short while – these are all warning signals from the boundlessly intelligent life that we're getting quite un-alive. It always hurts not to be *fully* alive. If only the first gear is working in your new five geared car, that's not always fun too.

For many years I did all sorts of "spiritual" courses, but never before I had this wonderful feeling of "coming home". The way you were just telling about life, in combination with a deep love energy, has made my soul awaken. I feel, this is what I was searching for all these years!

- Helga, Belgium (after a one day course, 2007)

Friend with life

It is an art to be alive. If we live according to the laws of health and the physical body, we'll be healthy. The more we live our lives according to the mental and spiritual "laws of nature", the better we'll feel. If you want to experience the ultimate well-being, to be entirely alive, there are certain things you need to do and not do. It's all up to you. You reap what you sow.

The Light School



Freddy has realized that it doesn't necessarily have to be extremely difficult and require very long time to get *far* more harmonious and alive. The result depends rather on the quality than the quantity of our inner work. Moreover, Freddy *knows* that it's possible to become totally alive, even permanently.

Due to several reasons, Freddy has so far only given parts of what he wished to give in the courses. As the Light School now starts (May 2008), there will be no more holding back. The School is an education for those who deeply value the quality of their life and who want to be really alive.

The other courses, the short ones that require no preparation, will continue. The Light School consists of several steps, where each step is a separate course; 7-10 evenings or a retreat for approx. 3 days.

We are all very different, and the Light School cannot suit everybody. To get optimal results, intensive participation and passion is needed. It's recommended to participate in the Light School only if you feel really good about it.

Reaching beyond the dreams

Freddy is an incurable optimist and overflows with enthusiasm. He loves to spread everything incredible life is offering. From his own experience he knows that if one reaches for the stars, one can sometimes reach even higher. At the same time, he tries to give a realistic picture of the homeward journey and offers no magical pills or copyrighted short-cuts.

On the courses he follows his intuition and the guidance from the infinite Source; no prepared programs are followed.

Last year after your course, I met the divine directly. Nowadays I feel the Light is holding my hands every moment. I feel Its care and love. The divine generates love, joy and the state of silence. Knowledge constantly comes by itself. My state is that Everything is the Light.

- Elena, Russia (after a one day course, 2007)

What the Light School consists of

The Light School is spontaneous, but is expected to be a mixture of: practical exercises, liberating wisdom, meditations, sharing, contemplation, questions and answers, rest, being with nature, dance, lectures, lighthealing, moments of silence

Examples of themes in the Light School

Why we have no inner peace ✧ Remove the root cause of hardship and problems ✧ Total humility, acceptance and trust ✧ Go beyond inner suffering ✧ Friend with yourself and the Source ✧ Masks, self-deceit, hypocrisy ✧ Cleanse your aura and your family feels better ✧ Mind's chatter ✧ Attached and full of expectations? ✧ True forgiveness and compassion ✧ What can be understood? ✧ Miracle-thinking ✧ Heal your relationships ✧ Satisfied = unselfish ✧ Inner harmony attracts outer harmony ✧ Release the energy within ✧ Lack of love – the root cause of all problems ✧ How food influences us ✧ The truth sets free ✧ What is meditation? ✧ The magical child ✧ Letting go of blocks ✧ The miracle of life ✧ Oneness with the Source

Freddy Nielsen – author, workshop leader, coach

Freddy has for more than 20 years made an intense full-time research into the possibilities and potential of life and man; to find effective ways to get beyond limitations, suffering and problems.

He has reached more than he dreamt of and is therefore willing to share, to support others on their journey to deep and lasting transformation.

Since 1992 he has conducted countless workshops and lectures in more than 15 countries for hundreds of thousands of people. For many years he gave free courses and healing in poorer countries.

His courses and lectures has often been for spiritual seekers, but also in: schools, orphanages, hospitals, prisons, the army, offices and factories, villages and churches in Africa; for pop and film stars, priests and mullahs, royal members and rulers of nations etc.

Several international authors and course leaders have attended or organized his courses (incl. some of the teachers from the movie/book “The Secret”).



*

+46 73 742 33 61

totallyalive@gmail.com

www.livinginjoy.com