

Now for the very essence of the Book

- *An Introduction to the ancient Secrets and Rules*
- *How to internalize them through Spaced-Repetition and Self-Hypnosis*

What is most important of all, it will be you personally, as opposed to other people or situations, taking control of your life for you.

This first book in the Soul Secret series is a step-by-step handbook for everyday living. The ultimate objective is to take you level-by-level, and book-by-book ever deeper into the secrets of life. Embedded within every chapter in this book is the ultimate foundation to find meaning in life, and deepen relationships in so many situations.

You will probably be wondering what kind of experience to expect from a handbook designed to help you find meaning, deepen relationships and handle situations, challenges and the people in your life.

Everyone you meet, from all walks of life, has a Soul. You have a Soul. Your family members have a Soul. A new baby born only seconds ago has a Soul ⁽¹⁾. No matter what religion, creed or color of skin you have, whether you are rich or poor, stupid or clever, you have a Soul. You may ask what is a Soul? How is it relevant to this handbook of life?

Everyone and I mean everyone, puts on a façade – as part of their personality many times during their lifetime.

They hide behind that façade, obscuring their realness and their Soul.

It is interesting to note that the synonyms for the word façade, are face, the outer layer of something; related to ‘putting up a front’ Etc.

The face that you see is really a façade covering up what is inside the Soul of the person standing in front of you.

With a good part of the world’s population, their façade covers up the real character and potential of the Soul lurking under the surface.

***‘Don’t walk in front of me;
I may not follow.
Don’t walk behind me;
I may not lead.
Just walk beside me and be my friend’.***

Albert Camus and others

As you settle into this book, you will soon realize that the form of the narrative is a ‘one-on-one’. with me as your guide. As you read, I want you to imagine that you are really listening to my voice as if I were in the same room with you. The way that I will ‘talk’ you, through the book will be a different style of English from what you would usually expect in such a book.

The Soul Secret Series is an on-going meditation in the form of Self-Hypnosis, to help you to Internalize the rules and

Secrets embedded within these pages. This unique way of applying a Self-Hypnosis process is really an exercise in **Spaced-Repetition**, repeating everything that you read and learn, again-and-again in your mind. Eventually this will bring about a state of Osmosis.

Repetition is important in everything we do in life, whether it be learning a new dance, studying a new subject, converting our bodies into super fit machines – all these activities and more require repetition. We learn by repetition and Self-Hypnosis and that is something that we must all learn to do.

Spaced-Repetition is in fact a manner of learning, one taught in many schools and universities all over the world. In particular, when learning a new language, one can use the **Spaced-Repetition** method, which will greatly help us, due to the sheer volume of new words to be taken in and retained. If you think about a baby beginning to learn, not only a new language but their first language, the parents will repeat words and actions to them constantly but with spaces or gaps in between. This is a form of **Spaced-Repetition**.

Now, combine that with meditation, which often involves the repeating of a mantra or sound. By repeating certain words, certain phrases and picturing certain images or scenery within your meditation, you are essentially practising **Spaced-Repetition**. This is Self-Hypnosis, available to be used at any time or place when you feel the need to ‘walk away’ from the pressures of everyday life on the **Default Mode**, as we will refer to it from now on. (See the next chapter for more on the **Default Mode**).

At the end of each chapter, take time to work through what you have learnt so far; repeating over and over again, until all of this becomes a part of your actual being.

The title and book cover were chosen in order to ‘drive home’ the very strong messages that I feel are necessary and need to be instilled in you; the readers’ mind.

Think... Stand-Up.. Walk Tall

And this is exactly what I want you to achieve by the end of the book series.

Everyone is like a tree in the forest⁽²⁾ with their roots deeply embedded into the ground. What are those roots? They are the DNA of your Soul, together with all of the Souls that are family and friends, or with whom you have interacted in the recent or distant past. The bigger the tree, the deeper the roots and the greater the hidden potential for the Soul to grow and develop, utilizing the gift of ‘freedom of choice’ for good or bad; success or failure; for creativity; for inventiveness; for building or destruction; and for controversy or calm.

What we see in the forest is the tree, all of its branches and leaves open to the world, but nothing of what is really hidden underneath. Similarly, like the tree, each and every person’s mission in life is to grow, flourish and make it to maturity.

That is why we chose the title of this book as **Think... Stand-Up.. & Walk Tall**. Again, it is our intention to achieve just that, a way of thinking, reacting and living, just like the tree in the forest Standing Tall with Certainty – Absolute Certainty.

The Osmosis
we are all aiming for
is to reach up for the sky
and access all the knowledge
waiting for us on the
Divine Mode

Eliyahu Kelman

As we move through the chapters, we will be discussing the effects of breathing together. We will see how to sense danger, pleasure, opportunity, solutions and to understand the reality of the people we interact with on a day-to-day basis.

You will find many powerful secrets that will open up and reveal that which is hidden inside the forest and these will help you to reach down to the real roots of life.

Finally, we come to the ‘background music’ of everything written in this book. The very secret for deepening the connection and commitment between you and the people you are dealing with.

This is one of the most powerful secret tools that you can take into your life. Look around you. Don't you find that this is really the key to all relationships, commitments, friendships, loyalties and beliefs in society? You see its effect in schools, universities, the military, hospitals and in many other places where people congregate.

***'Those who Breathe Together
Bond and Stay Together'***

We have a lot of work to do on this voyage of discovery. This is the reason why I am recommending that you try to keep me in your minds-eye and imagine the echo of my voice, whilst I am taking you through this journey, with all of the challenges and pleasures that will lead us to the ultimate destination of each person and every Soul.

Interwoven within the coming chapters are real-life stories, sometimes quite fantastical and living proof of the Rules and Secrets in action. Every time I dig into those memories, I think to myself 'I would never have believed that this really happened, had I not been there myself'.

***The short stories and ditties
spread throughout the book
are Spaced-Repetition
with hypnosis inside
To help Internalize and change your life
repeat each message again and again,
osmosis will happen
through the power of my pen***

*A symphony of sound
coming down through the ages
ever streaming into our minds*

*As we turn the pages
the music plays
and our destiny we find
the story of our life from Default to Divine
ancient secrets revealed
our lives we refine*

*Reach up, reach up to the sky
Walking Tall, with our Souls
upwards we fly*

Eliyahu Kelman

*Trees stand tall
and so should you
Reaching up to the sky
in the direction they grew
Take control of your life,
stand firm, stand strong
Realise your power,
you can't go wrong
Believe In yourself
know who you are
Be sure be strong,
just follow the secrets,
you'll never go wrong*

Eliyahu Kelman

A unique STAND UP MEDITATION

Think... Stand-Up.. & Walk Tall

- *Let me introduce you to our unique approach to meditation and Self-Hypnosis, by having our first short meditation together.*
- *Reach beyond yourself - Whenever you need courage; a boost to face up to tragedy or challenge, a task towering beyond your reach.*
- *This is the time to get your Adrenaline running and to draw down the energy from the Divine.*

Just Stand-Up and Meditate

Concentrate on the picture on the cover of this book, which is a quiet peaceful forest out in the countryside. You can feel, hear, and almost touch the silence. Now **Stand-Up**, close your eyes, and imagine that you are one of the trees out there in our very private forest. Why do we use the image of you as a tree, surrounded by other trees? Trees ‘Stand Tall’. forever reaching up to the sky and to the limitless space above the tops of their branches.

Now start swaying slowly back and forth, just like a tree in the wind. Pull your head back and push your mind higher and higher. Hold this position for a few minutes.

With concentration, you will actually start to feel the force of your Soul and mind standing ‘taller and taller’.

In the beginning, you will find it difficult to hold the ‘upward’ movement and will feel your mind slipping down. Keep focusing on the space high up above your head and concentrate on just pushing up. Repeating this exercise through **Spaced-Repetition**, you will gradually and automatically move up to this mode on demand.

Start swaying back and forth, back and forth ever so slowly like a tree in the wind. This will help you to connect with your Soul. Now you are ready to start drawing down energy from the Divine Mode. Open the palms of your hands and stretch them out from the sides of your body, with your palms facing upwards, ready to receive the energy forces generated from the Divine level.

Concentrate on receiving the energy and feel your hands start to get warmer. With complete concentration on the upward movement, the swaying, and receiving the downloaded energy into the palm of your hands, you will uplift your Soul towards the Divine Mode.

Let us repeat this exercise after relaxing for a few moments. This is our first step towards defragging and re-programming your mind. **Spaced-Repetition** will serve as the very foundation on which the Self-Hypnosis and meditation exercises will be built into future chapters.

This exercise is different from most of the systems of meditation that many of our readers will have been practising for years. I want to encourage you to continue with the form of meditation to which you have grown accustomed. This will help you think and Internalize the

messages that are being conveyed and highlighted in the Secrets and Rules, summed up in the different forms of Mantras'. centred on individual pages throughout the book.

The purpose of the Soul Secret series is to change your life, and of those close to you, linking up to the Divine Mode and enjoying all of its benefits. You need to delve into the secrets and rules in order to help you to move up to that level.

Meditation is an important tool that will help you to do just that.

Continuously repeat this exercise again and again, both throughout the book and in your daily lives. In addition to the other meditations, this will help you to reach the goals in life that we have set for ourselves.

Trigger this off through '**Spaced-Repetition**' and by repeating this special exercise again and again you will gradually open up the channels⁽³⁾ from your mind to the 'Big Brain' activating a continuous flow of downloaded messages. Repeated swaying back and forth, back and forth will help you to connect your mind to your Soul.

You are downloading the energy generated from the Divine Mode through the palms of your hands so fuelling a 'lift off' from the Default to the Divine. Standing Tall with your head back and pushing your mind ever upwards will generate a feeling of certainty and confidence.

Swaying back and forth whilst reading, studying, researching and problem solving has a powerful effect on your ability to connect your mind and your Soul to whatever the subject you are handling at that moment.

Whenever I research or study, I get a feeling of clarity and a deeper understanding if just I remember to keep on swaying.

Try it whilst reading this book.

*Man is like a tree ⁽²⁾, with the
mighty trunk of intellect, the
spreading branches of
imagination, and the roots of
the lower instincts that bind
him to the earth
The moral life, however,
is the fruit he bears; in it
his true nature is revealed.*

Felix Adler

*‘There is a vitality,
a life force, an energy,
a quickening that is translated through
you into action, and because there is
only one of you in all of time, this expression
is unique. And if you block it, it will never
exist through any other medium and it
will be lost. The world will not have it.
It is not your business to determine how
good it is nor how valuable nor how
it compares with other expressions.
It is your business to keep it yours clearly
and directly, to keep the channel open.
You do not even have to believe
in yourself or your work.
You have to keep yourself open and aware
to the urges that motivate you.
Keep the channel open’.*

Martha Graham