

New Human Living ... *Pure Authentic You!*

New Human Living™ teaches individuals how to understand, refine and apply their own Personal Power to make their lives easier, more exciting and fun. Living a life you Love!

- *Purify your Energy* ~ Purify your Energy. Energy is the language of the Universe.
- *Amplify your Power* ~ Raise your Power Level. Your Power decides what happens.
- *Clarify your Dreams* ~ Connect with your Soul's Vision for your life. Live wide open.

Think of it as making a P.A.C. with yourself: *Purify, Amplify, Clarify.*

When these three arenas are mastered, your life becomes easier and elegant again. You tend to experience a deep sense of inner peace, better health, and higher performance in the physical, mental and emotional arenas. You have better clarity and thus clearer effect. You gain more control over the energy you send out, that the Law of Attraction then reflects back to you. As you purify your energy, you are helping raise the collective consciousness of humanity. This produces Peace, Prosperity and Love for you and the Human experience. You become the writer of your life script. Like a boss. Daring to dream so bold, and then being delighted in your dream's fulfillment. Rockstars among us. Could it be YOU?

Of Course it is! We are all hardwired for the most incredible life we can possibly imagine. New Human Living teaches you the Power tools, and the understanding of how they work, so that you can raise your Personal Power level, dream your best dream, and go for the ride of your life to fulfill it. Pure Authentic You™! And that honors you and your potential, with more effect on what's going on in your own life. When you honor your potential, by purifying your own personal energy persona, then you give more control of your life over to your Heart and Soul. That's when your dreams start to get really big. And you start feeling BOLD enough to engage their fulfillment with passion and excitement. When the ego can surrender its path over to your Soul, then really big changes can happen in very short periods of time. It's like the character you are playing, in this game of life, has the script written for your particular life story, which becomes more agile across a much broader arena of expression. This allows a karmic transformation. And when you shift THAT MUCH energy off your plate, the universe reflects back to you a totally different outcome, becoming a grand adventure of joy, exploration, and fun.

Cleansing Your Karma

The way to achieve maximum effect from using the New Human Living principles is to consciously be aware of the full spectrum of Karma's influence and effect in your life. Allowing more of a total personal alignment. Allowing bigger and bigger karmic patterns to resolve from your subconscious. By staying in alignment with your own Heart and Soul, you are able to transform your life, and spread a sense of joy, compassion and happiness to everyone you meet. This raises the collective consciousness, and transforms the karmic momentum of the collective human story. Thank you for honoring your own personal part in this human play.

The basic HED principles are based on your Personal Power level. A level that indicates how much of your Power is located in your subconscious as Karma, and how much is available to your Heart and Soul. The more Power you have available, the more fun life becomes. Living a life you truly enjoy. When your Personal Power is low, you tend to stay in repetitive patterns that have been prominent your whole life. As you restore your Personal Power, you resolve the old subconscious patterns in your Karma, and create the role and genres you want to live out in your life.

It's like you're playing the role of an actor/actress in a movie, and your role is portraying a couple of prominent archetypes of sorts, and the role doesn't change much at all. Time passes, and the role is identical. Because the Power level isn't changing. The archetypal role is just repeating itself. Over and over. In your subconscious. But you can go in there and break it up and root it out, restoring more and more of your Personal Power. By engaging the New Human Living principles, you release the archetypes you don't want, and install the ones you do. At New Human Living, we honor the choices that are always yours. We don't tell you what to think or choose, just how to optimally use more and more of your Personal Power to live the life you love. Pure Authentic You™.

If you imagine the storyline you have been playing out in your life, there is an equivalent amount of energy in the subconscious as your Personal Karma that promotes more and more of the same. New Human Living teaches how you can start dissolving it. As you release the old, completely new genres or roles become available from which to choose. Then there is no energy within you that is contrary to your dreams. You can actually live the life you want to live. When you have reached that Pure Authentic You, your wand works, and a smile comes over your Heart and Soul. And those are the days themselves. The story of you living in your authentic flow.

Conscious Body Scan™

The Conscious Body Scan™ addresses the Emotional Energy Body. This process connects you to your subconscious feelings. And provides you with a broader set of emotional tools. And the ability to feel your feelings, and then move on. When our Emotional Energy Bodies are laden with Karma, we tend to stay in more of a state of emotional re-action. Which always creates the *same* re-sults. A karmic stalemate. So by cleaning our Emotional Energy Bodies, we shift bigger and bigger amounts of energy out of our Emotional Energy Body. This allows our Power levels to rise. Which is always to our benefit. A more Powerful you. Our emotions are just messengers. They are only REPORTING the status of the moment. The only time they have a bigger negative effect is when we don't *allow* ourselves to feel them. That is how they got into our subconscious in the first place. Every moment from all of our lives, past and present. It's like our own karmic book of remembrance. Like your old shoe box, with the pictures of when you were a kid. Moments in our past, when we were not able to accept what was happening in the moment. A recorded history of everything we didn't allow ourselves to feel in the moment. There is nothing to worry about here. It is always OK. Whatever you have accumulated is fine. That IS the story, the journey of life itself. Once you resolve that old energy, you become free again. The universe has no bias of its own. We are given unconditional approval for whatever we want. In the form of unconditional Love from source consciousness. When you allow the perfect expression of your Heart's Desire, mountains move. You will live in your joy. Loving the divinity of what your authentic expression is in the moment. And fulfilling your most authentic desires and dreams. Talk about Heaven on Earth. Wow. Pure Authentic YOU. Thank you for showing up for yourself.

No Thought Meditation

The 10-minute No Thought Meditation focuses on your Mental Energy Body. In this practice, you are able to reel in your subconscious thinking by taking away what every thought needs. Consciousness. By getting a handle on your subconscious mental momentum, you become more aware of the thoughts that have been previously operating in your subconscious mind. And it also allows you to become better at catching your thoughts changing. You notice when your thinking shifts due to external triggers. So over time, you become able to focus your thoughts in a more direct way. Not influenced by external events. This increases your ability to accomplish the inspiration of your Heart. You might imagine a microphone at a podium. Where each of your thoughts must go, to be thought.

In No Thought Meditation, you are effectively taking the microphone away. So every thought becomes detectable once it shows up out of the silence. You will find so much of your thinking has been running in the background. Hidden in your subconscious thinking all day long. Making up the vast majority of your thoughts

without you even becoming aware of them. Getting those in alignment with your Heart and Soul moves a vast amount of karmic energy back into alignment with your authentic desires and dreams. That is the raw power of the No Thought Meditation. Imagine a pulpit in your head. And any thought that you are having in any one moment, is always the one standing at the microphone. So then you take the microphone away. And for 10 minutes, if any thought pops out, you simply say, "thank you". The thank you is like the period at the end of a sentence. It means we stop here. By thanking it. You release it and go back to no thought. If you find this a difficult task at first, you can take your attention and focus it on your breathing. Not verbally describing your breathing. Just paying attention to how your breathing feels. You are just feeling your breathing in the moment. As you inhale and exhale, you focus on how your body feels while you breathe.

The 10-minute No Thought Meditation is a prominent tool to clear your mental energy space. It allows a much bigger version of you to show up. Bigger in the sense that your Heart and your Soul are the owners that are writing your human story. By taking the time to purify your karmic Mental Energy Body, you are allowing a much bigger thought pattern to set itself up within your own Mental Energy Body. This allows a more powerful mental arena in which to bring your personal inspiration. When this gets well-refined, you don't struggle with anything. No attachment is the only place of total freedom. It doesn't mean you stop caring. Quite the contrary. It's more like your efforts become more intentional, to creating an effect that raises the current story up a notch or two. Not into a more specific genre, but into a more authentic storyline for your personality. If you like your music LOUD, play it that way. If you want to write a racy novel, go do it. You have the freedom to choose everything about your life. No judgment. Pure Authentic You.

The universe itself is unbiased in any way. In other words, you can choose whatever you want, and it will respond exactly the same. It has always been that way. You have total freedom in every moment. A fresh start in each moment. It is our Karma that keeps us in repetitive patterns. Like how we see ourselves and how we see others. To free ourselves up in how we see ourselves is to allow ourselves to paint any picture we want for our future. Letting go of all attachments to the past. It doesn't mean you don't love the people in your life. It's just that you let go of how you thought it would look. So everyone has the freedom to be their own Authentic Selves. The universe has always just reflected your own image back to you. And so much of what your life has looked like has been mostly decided by your subconscious karmic energy.

Once you change your subconscious karmic energy, the universe is right there with you. Just keep cleansing your Karma and increasing your own Personal Power. Remember, the universe will match your progress. Your reflection can turn on a dime, if you do. Which means there is no judgment day. We all have eternal

salvation. You are innocent now and always have been. Free in every moment to choose whatever you want. Just look at how crazy humanity has stretched that already. But now it is all changing. Your Heart is writing the script, and your ego is getting it done, which creates flow. Flow brings new information and more choices. And that allows for your Karma to be traversed. Like an actor on a stage, you're there for a reason. Follow your heart. So to get good at clearing your mental karmic energy, is to purify your mental energetic canvas, so that you can paint a more detailed picture. The more attachments you can let go of, the more choices you have to make in this moment and in every moment from now on. Total freedom. At the higher purity arenas, you start to see the visioning of your Soul. And that's when it gets big.

Mentally we get stuck in patterns. The ego is focused on choosing the predictable outcome. Because it is very vested in not stirring the unresolved emotions pot. When we get emotionally upset, our ego can feel threatened and fearful and do drastic things to stop the unsettledness. This happens each time we set off an emotional pattern, whether it is Mental, Emotional, or Spiritual. Or it might be ingrained in our cellular and muscular memories of our physical bodies. Until those patterns are cleared out, our Power will be lower, and our imagination will be more like an old black and white video, compared to the high-definition vision of our life that our Soul has for us. Mentally, to let go of attachments, and be able to stop the ingrained thought habits. And see yourself with fresh eyes again. Where the only thing that can be seen, is that innocent marvel. You. You are free to choose anything you want. You have always been able to do so. Mental karmic tsunamis in our culture are religions and institutions that have put judgments on choices. Karmically this is a collective tragedy. But it's all recoverable. Every Soul makes it out of the shadow, or darkness, just fine.

Spiritually, we open our intuitive channels. This allows an easier choice in the moment that the choice becomes available. We get released, off the hook, for what happens in our life. Our Heart and Soul drive the boat. Our ego is free to relax and enjoy life. It's not like you don't have an effect. Quite the contrary. It IS like you are taking actions in focused periods of time during your day. When you get good at that, things start happening. You have created flow. Karma cannot change, unless there is flow. This produces happiness and a deep sense of inner peace. You are enjoying life. And expressing your passion and purpose. So if you're a singer, you have your own perfect recording studio. Or if you feel compelled to help the poor, you create a powerful, supportive platform for that to happen. Your Heart will know what to do. You're off the hook.

Your Spiritual Energy Body is like a screen on which your Heart and Soul paint, to create your most authentic vibration. To paint the visions of your dreams for you. Vetted for just what you would enjoy in joy. When you have the purity in your four energy bodies, which includes the Physical Body, you allow that perfect vibration

to become the ONLY energy radiating from you. This is divine creation. God, source, prana, energy, whatever you want to call it. You are allowing the most natural expression of life to happen. Go look in nature. The tree is not wanting to be the deer. The sky does not want to be the water. You don't have to be anybody but you, to completely fulfill your purpose. You can't do it wrong. And you can never exhaust another opportunity to create again. A constant fountain of creation, for you to use as you choose. It has always been that way, and it will continue to be that way for many, many generations to come.

The process of creation is here for You!

We have a very long time. Sit back, and enjoy yourself. And give Love without regard. A constant point of Love flowing into our human experience, shifting the collective experience over to Peace on Earth. Your Spiritual Energy Body is a GREAT place to get good at operating. More intuitive information, bigger dreams. The No Thought Meditation can do excellent work on your Spiritual Energy Body. Spend time learning the nature of your own consciousness. See if you can become aware of deeper patterns of expression running in your subconscious.

As you open up your consciousness by purifying your own personal energy, you tap into a stream of endless inspiration. And if you are willing to let go and allow it to define your future, you will experience a fun, adventurous and exciting life. Dare you dream so BOLD? Dare you surrender to the vision of your Heart and Soul? What a most exciting adventure awaits you within your own Being.

I want to personally THANK YOU for showing up for yourself. Thank you for engaging the actions that will bring about your dreams. Thank You for loving yourself without condition. Blessings to you in THIS moment, and forever more.

Love and Light,

Les Jensen
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and Author of the Human Energy Dynamics™ material. All rights reserved.
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