



© 2020 Jennier Engel

### *The Seven Layers:*

Shrek and Donkey weren't kidding when they said people were like onions and/or parfaits. We have layers. Often these layers are walls we build around ourselves unknowingly. These walls become obstacles that prevent us from reaching our Highest Possibility States: fear, guilt, insecurity, anger, jealousy, lies, and misperception (otherwise known as self-projection). In each section of this book we'll be dealing with how to overcome each of these obstacles, which in general, is giving these illnesses their cure: courage, acceptance, self-confidence, compassion, truth, and correct perception. We will do this by practicing mindfulness, meditation, and (this is more where this book comes in) by doing specific and strategic guided visualizations.

*A quick Review on the difference between mindfulness, meditation, and visualization:*

The following excerpt is taken from my book Highest Possibility States: Habit 1 - Take Back Your Own Personal Power.

**Mindfulness:**

**What it is:** The ability to let your thoughts come and go like clouds passing by in the sky in order to stop perseverating upon just one thought, which could get you caught in a loop and take you away from being able to live in the present moment.

**When to Practice it:** Throughout the day, as much as possible.

**When you find yourself getting stuck hanging onto on thought:**

1. Picture it like a kite, and let go of the string.
2. If that doesn't work Google or Youtube search:  
3 Minute Mindfulness Meditation.  
Listen and try going about your day again.

## **Meditation :**

**What it is:** There are many definitions for mediation. For me, it is the next step beyond mindfulness. If mindfulness is the ability to let thoughts come and go like clouds in the sky, meditation is the ability to let as many thoughts go as possible. I also have come to see and experience it like tuning an instrument. Our bodies are anywhere from 60-70% water, and when we take in sounds and vibrations into our ears, that water creates certain patterns. Just Google Water Sound Experiment, or Resonance Experiment to see exactly what I'm talking about. Therefore to me, the easiest form of meditation has been to find a certain hertz sound frequency mediation and listen to it while falling asleep in order to tune my body.

**When to Practice it:** Throughout the day while you are working and/or at night just before you go to bed.

1. Look at the Vibration States Reference Guide on the next page.
2. Find what you are feeling, and how you want to feel instead.
3. Choose the color and sound frequency that matches the desired state.
4. Google or Youtube that sound frequency with the word "mediation."
5. Listen as long as you like.

## **Visualization:**

**What it is:** The ability to experience your thoughts as an imagined character or movie that is playing in your mind, and then changing out characters, editing the movie, and flipping the script in your mind in order to create a new more positive story in your mind.

**Purpose:** To literally rewire your brain. Similar to practicing a specific exercise routine, or diet in order to improve physical health. Practice rewiring your brain leads to improved mental and emotional health.

**When to Practice it:** Whenever you experience a negative interaction, or as you go to sleep each night.

## *The Subconscious Shed:*

Before we begin, I'd like to talk about something I call the subconscious shed. A shed is a simple structure used to store things.

*(insert picture of shed here)*

We have something located more than just in our minds called the subconscious, which is responsible for about 95% of how we behave and interact with the world around us. Therefore, taking a look at what it is (and what we put in there) is a key for getting past obstacles of fear, guilt, insecurity, anger, jealousy, etc. Basically, anything that we take into our eyes, our ears, our sensory goes into our subconscious shed, which is as vast as space itself. Neurons (think of them as electrical pictures) stored in our brains, hearts, and stomach hold onto memories and judgements about every experience we've ever had. And unless we take some time (once in a while) to open up the subconscious shed to see what we've placed in there, it can become just as overcrowded and dirty as a junk closet or drawer, or any other real physical place and space. And just like being in crowded, dirty, unkempt places can take a toll on our mental and physical health, so too can what we put into our subconscious shed.

## *The Subconscious Scripts:*

A huge part of the Rainbow Bridge, will be looking into our subconscious sheds, and we will do this by listening to subconscious scripts. The stories we keep in our sheds about who we are and how things in this physical world make us feel about who we are. Like buying things we don't need, or storing things away we don't want to deal with at the time into some junk drawer or closet, so many people never think about (or know that they should be thinking about) what they are taking into their eyes and ears and other sensory organs. They just take it in and shove it into their subconscious shed. This book will be broken down into ten parts: Introduction, Crimson Courage, Clementine Creativity, Saffron Self-confidence, Emerald Empathy, Cool Blue Communication, Violet Vision, Cosmic Crown, Creating Your Own Story, and Conclusion. And within many these chapters, there will also be a description of what it is as well as a script for how to go into your subconscious and flip the script of Fear to Crimson Courage, Guilt into Clementine Creativity, Insecurity into Saffron Self-Confidence, Anger and Jealousy into Emerald Empathy, Lies into Cool-Blue Communication, Misperception into Violet Vision, Going Beyond the Vail and into the Cosmic Crown, as well as how to flip the script for any story that may be holding you back by rewriting a new one for yourself.