



[G U I D E 0 2 . F R E E]

living in the end

the exact protocol for occupying the version of reality where what you want is already done, before the evidence arrives.

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// 0 1 f o u n d a t i o n

living in the end is a decision, not a hope

living in the end is not visualization. it is not hoping. it is the decision to live the version of reality where it is already done. your desired self is not someone you are becoming - it's someone you are **choosing to be now**, in this body, in this moment.

the end is not a future state. it is a **frequency you choose to inhabit** before the evidence arrives.

// 0 2 f i r s t p e r s o n

envision it from first person

do this while walking or sitting: envision a very small scene where what you want is already yours, and feel it immensely whilst **living from it**, not of it.

// 0 3 d e t a c h m e n t

feel calm and regulated

you can't just live in this excitement about the vision forever. even if you try to, putting more importance on it will repel it away from you. so, you must feel **detached**.

detachment begins when you genuinely feel the same way, with or without the desire. there's no technique besides just realizing that **your desire is just a desire**, and you

don't need it.

// 04 integration

take that energy with you

don't consciously try to feel that vision again and again. once you've set a clear imprint and it's aligned with your heart - something you actually know is meant to be yours - it will come. there's no way it doesn't.

now, all you must do is live your life with this new frequency, subtly. no need to force yourself that you are a new person. know that you already are.

// 05 the block

the only block you might face: not feeling worthy

due to some internal reason, you believe what you want isn't something you're worthy of. you may not even consciously think this, but if there's any resistance you feel thinking of your desire, then it's real, and your nervous system feels it.

// 06 wholeness

feeling whole from within

you need to know that you aren't any different from the people who have what you want. live by the version of yourself who feels whole and complete from within.

the more safe you feel within, the easier your desires will come to you.

// 07 the root

get to the root of the feeling

sometimes, what you're desiring isn't a true desire coming from your heart. in this case, you will feel heavy resistance. that isn't the universe denying anything - it's just telling you it has better plans for you.

"resistance = false desire."

// 08 real desire

what's a real desire?

a few signs to tell the difference:

- 01 it feels light for you to think of it.
- 02 you'd want it without anyone even knowing you have it.
- 03 your soul enjoys the process of getting there.
- 04 the desire never ends, even after years.
- 05 you don't feel like forcing it - you want it to flow naturally.

the initiation

most people who read this go back to waiting. don't be most people. the initiation is free to begin - week one is fully open to everyone, videos and all, no card required.

BEGIN FREE — [SKOOL.COM/THE-INITIATION-6142](https://skool.com/the-initiation-6142)

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