

## Who lives my life?

**Who is responsible for our happiness? Others? Or the circumstances? It is easy to say 'that is right', but the truth is that we are the creators of our own life - whether we are aware of this or not. But how can we consciously create a more harmonious, a more content life?**

According to spiritual approach, an invisible "place" exists hidden in the vicinity of our hearts that holds the omniscience of our own self and of our own entirety. Our creative power, true credo, the imprints of all previous lives, the universal love and knowledge as well as energetic laws that operate our lives all stem from here. This is the seed of our souls, our ancient reality, where we can find the reasons why certain events happen to us. Here, we can also learn how to let go of games and character roles blocking our happiness, character patterns, and how to release the reason of our suffering. Harmony is complete here, there is no pain, doubt, falsity, only unity, wholeness. We long here, we are truly home here, yet we are unaware of this "place".

### **Do you live or survive?**

On low energetic vibration, one's rational mind operating on the level of fear provides endurance to life to the individual through various survival mechanisms of one's ego. On this vibration, instinctive characteristics as shadow personalities - for instance thirst for power and weak-spiritedness, selfishness and guilt, envy, jealousy - come into play to secure one's survival. It may seem that one consists of these characteristics, however, harmony and contentment are inherent part of one's being. On a low level of consciousness, one may perceive their life as hopeless, in reality one is filled with fear and thus not living their life. This is how feuds, illnesses, and seemingly impossible

problems are created. **One may blame others or faith for their own hardship. Whereas one is no victim to the circumstances but “simply” to their own survival mechanisms that vitalize them and keep them going.** For instance, a child of divorced parents who thus experienced the loss of their father starts to develop inferiority complex towards their mother out of fear of losing her too. Thus, their rational mind finds self-surrender and inferiority to be the best solution for survival as to avoid another loss and the pain that comes with it. By time, however, this behaviour becomes automatic, thus, the child carries it forward to their adulthood and acts inferior to many different people whereas “danger” has long passed. As such, one can easily get “hardwired” to such games and character roles, identify themselves with these, and eventually, one completely forgets who they truly are.

### **The alchemy of the soul**

In order to free one of their own “trap” and find one’s way back to their own true self, one must open the seed of their soul. To this end, one must raise their energetic vibration. The technique of Divine Self-Awareness provides opportunity to do just that. This self-awareness method has been channelled by Enikő Sághy, medium, through her spiritual channel since 1997. Since then, thousands of people have learnt its independent use. What makes it special is that by learning the technique of raising one’s own energetic vibration, they can open their seeds of their soul to gain insight into their painful situations true cause, into the multitude of their own games and character roles. Once having faced these, the technique provides release and rewriting – the alchemy of the soul – that releases a new quality of energy in one. These new energetic qualities invite affectionate means for one to gain necessary experiences. As such, the level of energetic vibration on which we operate and create our lives makes a difference. For instance, on low energetic vibration, one may

“become a sacrifice” as in a victim to their own forces rooted in fear. Alternatively, one may “make a sacrifice” for their own self-awareness. This can happen through raising one's energetic vibration as in activating their own source of energy. Thus, one can recognize and let go of their masks. This releases new creative power that is more complete in love and respect. Using this new creative power enables one to create easier life events.

The Divine Self-Awareness both as a tool, and as our own inherent reality, supports one in becoming one's true reality once again through applying the alchemy of the soul regularly. Character roles, games, shadows of the light vanish as the path of conscious self-awareness transforms the darkness of ignorance into the light of self-awareness. The light of self-awareness is no other than universal love – forgiveness, acceptance and release – and universal knowing. The followings introduce real-life stories of people removing their blocks by using the method of Divine Self-Awareness.

### **Letting fears go**

“Once me and my partner decided to sell our apartments and buy a house together, his apartment was sold days after putting it on the market. Mine, however, did not move for a long while. My rational mind offered me “better than great” solutions: “Bring the price down!”, “Take better pictures!”. Finally, I decided to find the true reason why I could not sell the apartment before taking any action. On elevated energetic vibration, the memories of the years I spent in that apartment, parties of my single life, conversations, dinner parties and laughter with friends appeared in front of my “eyes”. The joy that I felt during these events opened up as I relived all these memories. Then the idea of having to hand my apartment over to someone else brought about anxiety and sadness. In the meanwhile, I became aware that I was clinging to the apartment because I was afraid

that I would be selling all the nice memories and feelings along with the apartment. I realized that my fear did not have any legitimacy to it as my memories and feelings live within me, they would never get lost. After this realization, I gave thanks for all the beautiful years I spent there, and I was able to let my apartment go with love. I sold it within a week.”

### **How my child teaches me**

“I was able to quit the addiction of my life, finger sucking at the age of 35. It immensely irritated me that I used to never been able to fall asleep without sucking on my finger. What is more, sometimes I caught my finger in my mouth in the daylight too. I tried to quit, sometimes with force, sometimes with joyful methods, but I did not succeed before. I did not expect my 14 month old son to help me in this. He was willing to sleep with only me since his birth. Additionally, he woke up frequently, which rendered us both tired. I was really looking forward to him sleeping in his cradle, but I also did not want to force him there. Thus, I took a look at whether it was time for separation using the method of the Divine Self-Awareness. I received a “yes” on an elevated vibrational level. However, when the time came in the evening, strong anxiety took over me. As the feeling did not pass the next day either, I took a pause in training my son for the cradle. Instead, I took a look at the true reason of my anxiety. On an elevated vibrational level, a memory opened up from my own infancy when my mother fed me according to the rules instead of my own needs: in every three hours during daytime, and not at all in the night even though I was very hungry. Initially, I cried a lot in my hunger. Since no one answered, I stopped crying after a while and I calmed myself down by sucking on my finger. This was how I could make it through the night. I also realized that this has happened because my mother did not believe in her own intuition and relied on rules instead. Even though she wanted the best for me. I also

noticed that all the wrath and the frustration got released by the energy of unconditional love. Then, I rewrote my past: I felt the presence of my mother next to me while I was on an elevated level of consciousness each evening for two weeks. Energy flow picked up between us that released me from the need of sucking on my finger. I gradually felt us drifting apart, when eventually we symbolically cut the umbilical cord. In the meanwhile, I received the love that only exists between mother and child and that I craved so much. As the old sense of absence was released from me, my compulsion to suck my finger was finally released. I realized that my child signalled me, through his sleeping problem, that it is time to clear the block from my own childhood and for me to grow up to the level adequate to my age. Since then, my son sleeps through the whole night in his own cradle.”

### **The law of attraction – what happens in practice**

The essence of the Divine Self-Awareness technique is raising our energetic vibration. One may reach it by quieting their mind, sustaining a meditative state, and connecting the energy of the Sun and the Earth in the seed of their soul. If one connects the golden thread of the Sun that is the energy of universal love, and the energy of the Earth, the magenta that is the energy of redeeming fears in the seed of their soul – in the point between the heart and the thymus, the energetic level rises. Thus, one lifts themselves up almost unnoticed from the locked-in world of the rational mind, of the hamster wheel of games and habits, of the empire of the mind, and reaches the seed of their soul. As this is the space of fearlessness, one bravely, without the fear of shame, can face their shadow personalities that otherwise create painful life experiences, sickness, and hold one back from experiencing true joy and contentment. Thus, one recognizes how their thoughts, low-vibration emotions and characteristics determine their every moment of their lives, how they invite the external world as a mirror on their own level of readiness. On the level of

all-accepting, all-releasing, all-forgiving universal love, one lets go of their games release, and ones' character roles and formerly blocking energies transform into new creative power. Thus, one's suffering gains reason. This is the power that used to work against one's own self on the energetic vibrational level of fear and now it has transformed into a new creative power, the faith in ones' own lovability. The new creative power having freshly transformed within one – in accordance with the law of attraction – invites instruments to their life filled with love, respect and contentment. As such, one may become who they truly are.

*Sághy Enikő*

Medium

Mediator of the

Divine Self-Awareness

*Translated by: Vivien Karácsonyi*

*Source: [www.divineselfawareness.com](http://www.divineselfawareness.com)*

*Original place of publication: Anita Denkinger:*

*"Ki éli az életemet?", Családi Lap Magazin,*

*2023 April*



*Divine Self-Awareness*

*- The way, the means and the purpose I was born for. -*