



GUIDEBOOK

*How to become  
a sunshine?*

ALINA ANANDA KUMMER

# About me



## Shaman of Joy, Visionary, Radical Forgiveness Coach

I activate in you the primal energy of love, so you can enjoy life and share love with others. Through the insight from the Heart Space, connecting to your Heart Space, I can see the source of your suffering. I channel the information which is leaving your system for good. I affirm this process, deepen it with meditation and the sound vibration of 528Hz - the vibration of Love and regeneration of the entire system.



# *How to become a sunshine?*

**This guide will make you illuminate your inner rays, so you begin to shine with your inner radiance. Read it as often as you want and watch your life transform for good.**

**I wish you a pleasant and radiant reading!**

*Alina Ananda Kummer*



Light has always been within us. And so has darkness. Only when it's dark enough can you see the light. The darkness is a reference point so we can recognise the light. These elements combined make the whole. The entire Universe is complete, and so is every star in the galaxy, every blade of grass, and so are you and I. Alas, our minds tend to separate, differentiate and complicate it all. Trapped in the everyday merry-go-round we end up losing our self and start looking for some external help. What happens next is that, being taken off-guard, we slip into all sorts of addictions and become dependent on: substances, media or other people. In the end it eventually manifests in our body and mind as a disease and suffering. We deserve better than that. We came to live on Earth to enjoy every single moment, regardless of what is going on around here. We have completely forgotten our origins and our true nature. But life is actually much easier than that.

*We are the Sun for  
ourselves, for our fellow beings  
and for the entire Universe.*

# Four Fundamental Rays



## 1 *Gratitude*

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Gratitude is the baseline for the ability to unconditionally love yourself and others. There is no love without gratitude, so go for it and feel it in all its abundance. Express your gratitude for being here on Earth, say “Thank you” to your ancestors, your mother and father for giving you life. Say “Thank you” to your significant other and to your children. Express your gratitude to every single person who has ever crossed your path, to every flower, plant or animal. Express your gratitude to the Universe for constantly supporting you. Be grateful for every event or situation that happened in your life, for every lesson. Be grateful for the food on your table and running water, and for the air filling your lungs with such an ease. Just be grateful.

Gratitude makes you learn the nature of true love.  
It is the shortest path to true happiness.

*So say: Thank you, Thank  
you, Thank you*



# 2 *Love*

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When you have love, you can share it with anyone who crosses your life path.

You breathe love in and out. You are filled with love.

Love flows into you directly through your heart.

Your love is pure and crystal clear.

Your love has no boundaries or conditions.

Your love is freedom for you and me.

*Step into the Path of Love  
and embrace its  
everyday lessons*



# 3 Joy

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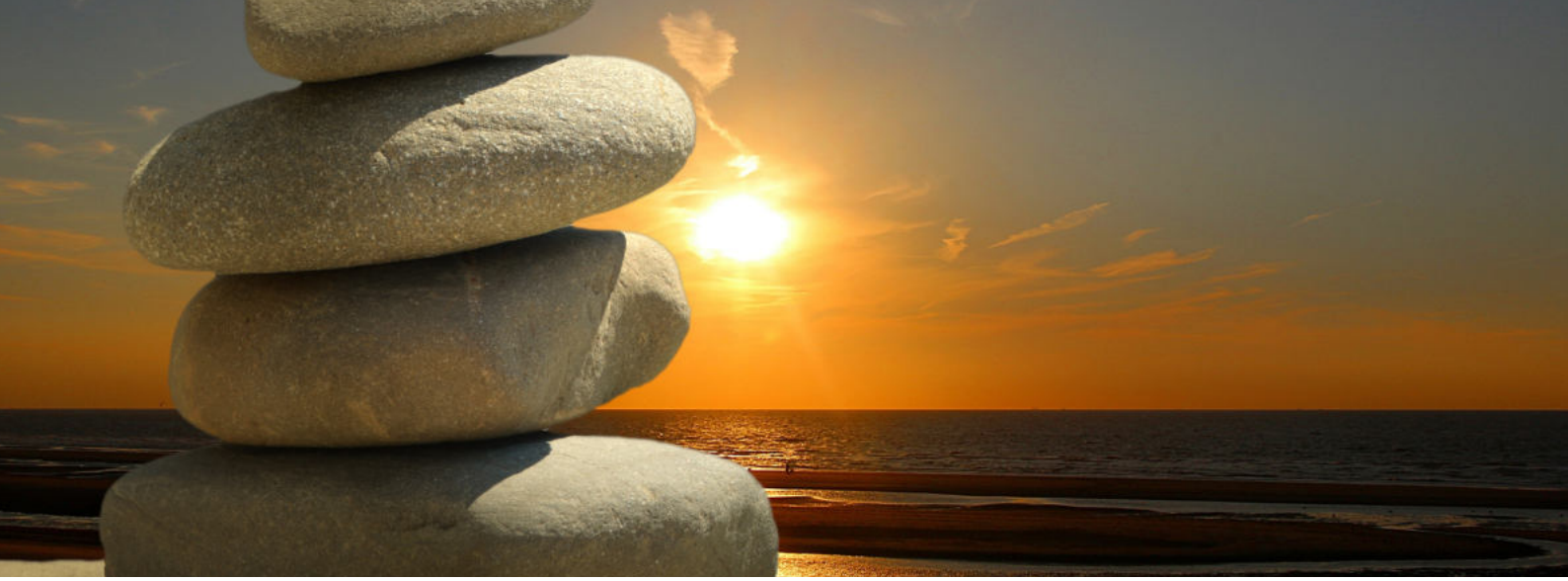
Joy is a state of mind that instantly raises your vibrations so you can act with natural grace and ease. When you feel joy in your heart, you feel strong and the true self-empowerment awakens within.

How do we invite this amazing joy into our space?

The easiest way is a simple smile and awareness that you choose to live in joy. You make up your mind to walk the Path of Joy and keep being mindful about this choice you made. You keep smiling to yourself and to your inner joy. Your smile shall always lead you to a greater joy and to the beautiful light within you.

*As you begin to shine your joy,  
you shall become a Sun of Joy  
for yourself and for others*





# 4 *Peace*

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Peace is the highest vibration, because it encompasses gratitude, joy and love.

Peace is your happiness within you and around you.

Peace is the best version of your dignity.

When you have peace, you can share it with others.

Peace makes room for creativity.

When you are at peace, you can create and manifest anything that your intuition reveals to you.

When you have peace within, you also have confidence and don't need to look for answers externally.

You just know and you act, and this knowledge and actions come from the heart. You allow this feeling into your space and peacefully accept the gifts coming to you directly from the heart.

*Your inner Sun illuminates  
everything around you and  
shimmers with the most  
stunning light.*



I made ready for you some additional rays that will lead you to your inner light, so you can fully and completely step into your Sunhood.

**There are 37 additional rays, and every one of them is equally important as the others.** While you are reading this, focus on them and feel all of them within you. Read them as often as you can to reprogram your mind and make it adopt and encode every one of them into its operating system. Breathe deeply while you are reading. If any of the additional rays resonates with you stronger than the others, breathe into it as deep as you can. With time and practice you will start noticing changes that occur within you.

*And you, without even noticing will become  
a beautiful Sun.*

*This is my heartfelt wish for you!*



# Auxiliary Rays



## 1 *Faith*

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You deeply believe that the Universe is taking good care of you, and you feel absolutely safe. You are certain that the Highest Power is with you and within you. Trust is a powerful energy that is guiding your way on. What you notice on your path is a string of seemingly coincidental events, but when you give them a closer look, you feel an immediate recognition. You are in trust with yourself as well as with the entire Universe, and it feels right in your heart. You thrive when you trust and believe. All of your rays awaken to life, illuminating you and everything around you.

*Even if you forget for a while that you trust, the first conscious breath you take will immediately bring you back. And you will return to your faith and trust.*



## 2 *Respect*

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An essential element of your journey towards happy life is respect in all of its aspects: self-respect is as important as respect for every single creature crossing your path. Respect yourself when you are happy and respect yourself when you are sad. Respect yourself when you are strong and respect yourself when you are weak. You are respectful and full of respect for yourself in every aspect of your life. And you also respect and support me just the same way. Sometimes you take me by the hand and show me a new path. In your respect you are mindful that I am the one who decides about my life, the same way you decide about yours.

Sometimes we walk together and sometimes our paths part. You respect my choices, and I respect yours. As simple as that.

*Walking the path of mutual respect is  
walking the path of love and light,  
which ultimately leads  
to the freedom of mind.*

# 3 *Truth*

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Truth is guiding you towards your true integrity so you can always be who you naturally are. It gives you peace and relief. Our individuality is the greatest strength. You are who you are. You are absolutely unique, there is no one like you in the world and in the entire Universe. Everything in the Universe is full and complete, the same way as I am or you are full and complete. That means that we cannot be someone other than who we truly are.

When you are trying to become better and better, you can easily fall into a trap of unrealistic expectations. By doing so you may create a gap between you and your true self. When you compare yourself to others, you search for people whom you consider to be smarter than yourself. You don't really need this.

You are the one who knows what is your highest good. Do not stifle your inner truth of who you really are. And no one is greater or lesser than you. We are different, but it doesn't mean that any of us is better or worse. You are who you are. Your persona as well as my persona is an integral part of the puzzle called the Universe. I am a Miracle and you are a Miracle, and the World is made of such Miracles joined together. From now on we don't need to pretend anymore.

*Step into your truth and be fully yourself. From now on you will walk the path of truth and integrity.*





# 4 *Lightness*

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Try to recall the last time when you felt so light as if you were a feather carried by a warm wind. When was the last time you felt as a bird soaring high, enjoying freedom?

The strongest power is in lightness. The highest strength is in joy. For, where is lightness, there is joy, and where is joy, there is inner strength and self-empowerment. Fears and sadness go away. The lightness brings you high and makes your heart sing. When you are doing something effortlessly, with grace and ease, you are carried by the current of your river of life. So let yourself soar, fill your every breath with joy, smile to yourself, to people, to animals and even to the smallest blade of grass. Because when you become the embodiment of joy, everything around you starts reverberating with joy. Look around and feel it within. Your rays shine even brighter whenever you feel lightness within. You are shining brightly, guided by your inner light.

*Your true power arises from  
this lightness..*



# 5 *Vulnerability*

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If you acknowledge it and face it, vulnerability can become your strength. Say it to yourself: **yes, I am vulnerable.**

Accepting yourself in all your vulnerability gives relief and makes your self-respect grow. You are done with cheating yourself or hiding the truth.

*And this is the source of your strength,  
Even if you feel vulnerable  
at this moment.*



# 6 *Power*

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Every one of us wants to be empowered and stable in their strength. This is the inner power that makes you stand unshakeably by your truth, just knowing. This knowledge comes to you naturally because your power is connected to your heart. It gives you confidence and trust - so you are certain that your decisions are right. You are absolutely sure that you are going in the right direction. Even at the times when vulnerability comes upon you, you don't need to resist it, go into denial or pretend that it isn't there.

*And this is your greatest strength,  
And this is your power.*





# 7 *Humility*

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In the face of the power of the Universe you are just a tiny speck. You have humility within you. And yet, you know for sure that the Universe would be the same without you. You bow in reverence to the power of the Universe just the same way you bow to yourself. You have humility by your side when you walk through your life and when you reach peaks. Whenever your humility levels are low, an experience comes to bring more humility back into your space. This teaches you to be open to humility at every moment of your life, especially when you are reaching the peak of your life's journey. Whenever the greatest joy and happiness comes your way, you welcome it into your space with humility and profound gratitude.

*And this is what gives  
you fulfillment.*



# 8 *Non-attachment*

Sometimes you may feel caught up, stuck, lost, entangled and confused. You keep holding onto your past and past experiences. That would only kindle your fears and keep you stuck in your current life situation. Your bonds and attachments are clouding your inner Sun, not letting it shine through and you, disconnected from this source, eventually get weaker. Attachment to your loved ones, attachment to all your possessions, attachment to your habits and beliefs - all those attachments make a wall separating you from your freedom. When you let go of all these attachments, you will feel pure unobstructed joy in your heart. You will start doing things for yourself and others and act out of unconditional love coming directly from your heart. Remember that you came to this world all by yourself and you will leave it by yourself.

Remember that all power comes from within and you are the one who can create the best relationship with yourself. Focus all your attention on your center, breathe consciously, meditate and enjoy your Self. Every moment like this brings you into higher awareness of yourself, it shifts your perception so you can easily tap into your inner power and eventually, without even noticing, you begin to let go of everything you were so desperately holding on to.

*Anyway, this too shall pass.*



# 9 *Acceptance*

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When you have acceptance within you, your soul is at peace. You accept because you understand that whatever comes your way is good for you. And at the times when you are questioning yourself and your reality, just trust, that regardless of appearances, it all has a deeper meaning and purpose.

Allow yourself to be carried by the river of your life.  
Allow yourself to take action, and accept everything that is happening around you.  
Accept yourself and your life fully and completely.

*Now, with every fiber of your being,  
feel all the tensions go away,  
and watch your Inner Sun light up  
and shine brightly.*





# 10 *Mindfulness*

Paying mindful attention is very important. According to the ancient Hawaiian philosophy, attention is love. Young children are the most receptive to it, they would do everything to be the center of attention. They want to get full, undivided attention of people around them. Children are the best at getting people's attention - love. They do it naturally and authentically.

And you, are you attentive and mindful? Do you give yourself full attention whenever you look at yourself? Are you fully mindful and focused on the things you are doing? Do you pay attention when you look at others and the world around you? Are you attentive and mindful when you are falling asleep and dreaming?

**When you are attentive and mindful of every single thing you are doing, you are on the right path to joy and happiness.** Your inner Sun shall illuminate any path of your choice, and when you are attentive, you can easily recognise the signs left there for you. You love yourself wholeheartedly and you care for yourself the best way you can.

**And this is your wisdom. And this is your lightness. And this is your power.** In every choice, every decision you make, you know exactly what to do and which path to take. Your sunny path now becomes easy. And you, illuminated by your Inner Sun, shimmer and shine your beauty to the world.



# 11 *Feeling*

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Your senses give you an idea of what you want to do and who you want to be in your life and at this given moment. Your mind, however, often strays carrying you away from your intuitive power. Every now and then you come to a realisation that some things in your life situation are totally out of key, but in your daily merry-go-round you don't even have the time to give yourself a break and think those things through.

At these moments you stray further and further away from your integrity and your inner truth. Whenever you feel such inner confusion, stop, and take a couple of deep conscious breaths.

*Now go within and focus on what you feel.  
Feel your feelings fully, own them.  
Stay with them as long as you need  
to return to your inner truth.*



# 12 *Compassion*

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I can feel your pain and you can feel mine. I am with you when you are feeling down and I am with you when you are feeling well. I can feel your sadness and I believe that you will be well. I know that everything comes and goes, and I know that your sadness will go away the same way as mine did. Everything in life has a deeper meaning.

My sadness and your sadness have a deeper meaning too. When you feel compassion, your senses become sharper, you become more sensitive and you notice solutions.

*This way you can be helpful and available to other Beings, animals, birds, plants and by doing so - always at service of yourself*





# 13 *Intention*

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Intention comes first, it flashes through your mind even before the process of creation begins. This is why your intention is so important. When your intention is clear, jump into action. Follow your intention because your heart speaks through it. When your intention is to spread kindness in the world, focus on nothing else. Because kindness generates more kindness. And even if your intention is pure, and still, some things do not go your way, don't blame yourself. Keep trusting, maybe it wasn't so important after all. Walking the path of your life sometimes you come to a turn. At these times you may feel discomfort and confusion. And it may be difficult to understand what's going on around you. But the answers always come at the right time. Sooner or later you find out that all this was for your best.

*This is why the intention that drives you into action is so important.*



# 14 *Habits and beliefs*

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You can always change your habits and beliefs. You can be reborn at any moment of your life. If your behaviours and actions haven't brought you desired effects, why do you stick to them so badly? It would be much better if you let them go and left the past behind.

Why don't you open yourself up and make room for new challenges? For all those things that are yet to be discovered, explore them with the certitude that you can make it. When you have an openness within, it becomes easier to allow and accept changes.

*And when you open up and start  
your process of transformation,  
your entire universe will be  
transforming with you.*



# 15 *Thoughts and actions*

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Everything begins with your thoughts. You think, then you take action. The quality of your thoughts affects all of your actions. This is how you create your universe. Be mindful of your thoughts, nourish them carefully and water them with your good intentions. We are living in an accelerated time space where your thoughts have the power of rapid manifestation. Be careful in your thinking, select your words diligently, because by speaking them out loud, you empower them to come into life. When you carry an intention of love, joy and peace within you, you are able to act with grace and ease.

Your actions will always bring the desired outcome and you will create and manifest your reality on the strong foundation of joy and happiness. And when it happens your Inner Sun will shine upon you, illuminating any path of your choice.

*You will carry on your life journey  
as a beautiful Sun shining  
with the light of divine love.*



# 16 *Will*

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I have a gift of free will, and you have a gift of free will.  
I respect your will, and you respect my will.  
My will and my wish for you is happiness and freedom.  
I shall not use my will to withhold you, but to give you freedom  
and love.

*My will, my wish for us all and  
for our earthly plane is:*

*“Thy will be done on earth  
as it is in heaven.”*





# 17

## *Request*

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Jesus said: “Ask and it shall be given to you”. These words hold a great power. When you don’t ask, how would I know what it is that you need? When you suffer in silence, the entire Universe keeps its silence and no one comes your way to give you a helping hand. You remain stuck within your problem, separated from anything or anyone who could possibly give you some advice. Ask, and at the same time relinquish all expectations. You have the right to ask and I have the right to be unable to help you.

But maybe, one of these days, I get an insight on how I could be of service to you, and maybe it will be the best moment for you to accept my assistance.

*Have the courage to request, and the rays of your Inner Sun will light up and shine through your radiant - rainbow aura.*



# 18 Questions

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You ask because you want to know. You want to know yourself, you want to know me and everything around you. You ask questions because you want to get answers to everything that you still don't know. And if something unpleasant happens to you, you ask yourself series of questions:

- Where did it come from?
- What message does it carry for me?
- What should I learn from this experience?

And last but not least: What is the added value? What positive conclusions can I draw from this experience?

*The mind likes questions. By asking them we get closer to our true nature and our inner light.*



# 19 *Stillness*

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When you are still and quiet within, you get closer to yourself. Nothing distracts your attention and nothing carries you away. You just stay in your silence, centred in your truth. Nothing that comes from the outside can affect your inner stillness. This is your Stillness. Your Emptiness. Your NOTHING and your EVERYTHING.

Meditate, feel, explore your world with your senses. Dance, sing, laugh, do some physical activity of your choice and anything else that feels good for you. Enjoy yourself in your light-spiritedness, in your ease, in your awareness of your inner power. When you get there, you will always stay connected to your inner centredness and stillness.

*And this will light up your divine inner world. And you will rejoice and begin to shine your light.*



# 20 *Giving and receiving*

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Whenever you give from the heart, you receive from the heart. And when you do so, you create balance between giving and receiving. You don't even think in terms of how much you are giving and how much receiving, because you are in the state of flow and harmony of hearts. This means that you are authentic in everything you do. And you do not need to force yourself to do anything just because you are supposed to meet some expectations. You can feel it within. You feel it with every fiber of your being, and you know exactly what you are willing to give, and nothing else matters. You don't have to wait for special occasions.

Every day can be a birthday. You receive unexpected gifts and accept them light-heartedly, because your heart is joyful and pure.

*Your Inner Sun shines at its brightest  
when you have harmony within.*





# 21 *Nonexpectation*

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You dream and at the same time you let go of expectations. And even if you are doing your best and actively pursuing the fulfillment of your dream, you expect nothing. You trust that your dreams will get fulfilled at the perfect time. When you give, you ask nothing in return. And when you receive, you accept it in just the same way. And at the times when you feel that you terribly miss the outcome of your dream, take some deep conscious breaths and smile to yourself, trusting that the Universe always knows what is your highest good at any given moment. Give your gratitude and feel gratitude, knowing that with the attitude of gratitude the path to fulfillment of your heartfelt desire will get shorter and lighter. And your dreams will eventually become your reality.

*This way nonexpectation leads you to the fulfillment of your heartfelt desires with grace and ease.*



# 22 *Sadness*

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Sometimes the Sun is hidden behind clouds. When sadness comes upon you, don't turn away from it, but rather allow yourself to feel it fully. At this very moment you become sadness, you become a cloud that has shadowed your inner joy. And it is good because by doing so, you are stepping into your truth without cheating yourself or others. Observe this sadness, embrace it, let it run its course, and it will eventually disappear like a cloud from the blue sky. And when it does, you will value your Inner Sun and appreciate it even more than before. Sometimes the cloud is heavy and dark, and there are times when it is light and fluffy. Sometimes it just comes and goes, and there are times when it lingers awhile. Just feel it, fully and without judgement.

It is important to give your sadness as much time as it needs.

*Accept this sadness with openness  
and faith that this too shall pass.*



# 23 *Change*

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Change is the only constant thing in life. At every moment you may lose everything or gain everything. When you open yourself to change, you unlock the door to your inner wealth, safety and peace. You are not exactly the same person as you were yesterday. You are changing and these changes occur every day and even every moment of your life.

Do not judge yourself or others. And do not judge your life situation, for it can easily change within a blink of an eye. But if it happens to you, just stop where you are, and breathe to your centre, recollecting, with every subsequent breath, the truth of who you really are.

*Breathing, intentions, smiles, thoughts -  
these are the tools that can change the  
vibrations of your present moment.*





# 24 *Observation*

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You observe everything around you but you don't engage into these processes. You can see, hear, feel or act but you don't identify yourself as any of them. And when an important challenge comes your way, you just observe it without going into depths or judging it.

You feel this situation within you. Sometimes the pain gets stronger, but you know that the pain is not you and you are not the pain. Pain and suffering are states of our mind just the same way as joy or stillness. Observe your states of mind, acknowledge them and breathe into them.

*Freedom of mind is what  
we all strive for.*





# 25 *Passion*

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Where there is a passion, there is an action. Think about things that make you get up and run. Things that make you happy, excited. Things that ignite you and kick-start you into action.

- What are they?
- The things you really love to do?

Passion awakens your joy of living. Why don't you awaken your talents and start implementing them in your life?

*As soon as you start listening to your  
heart, you shall know fulfillment.  
Go for the goals set by your  
radiant Soul.*



# 26 *Simplicity*

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They say that the greatest force is in simplicity. And this is true because when you relinquish the need to complicate, your life becomes easier and healthier. Easy going people are happy in their ease and simplicity. They know what is important for them and this is exactly where their attention goes. They don't make things up or chase after some future projections, or force an outcome. Easy going people tend to focus on the present moment.

Practice simplicity daily and become a master of ease. By doing so you will ignite the light within and get closer to your Inner Sun.

*Soon you will begin to shine  
with the most beautiful light  
that comes from within.*



# 27 *Patience*

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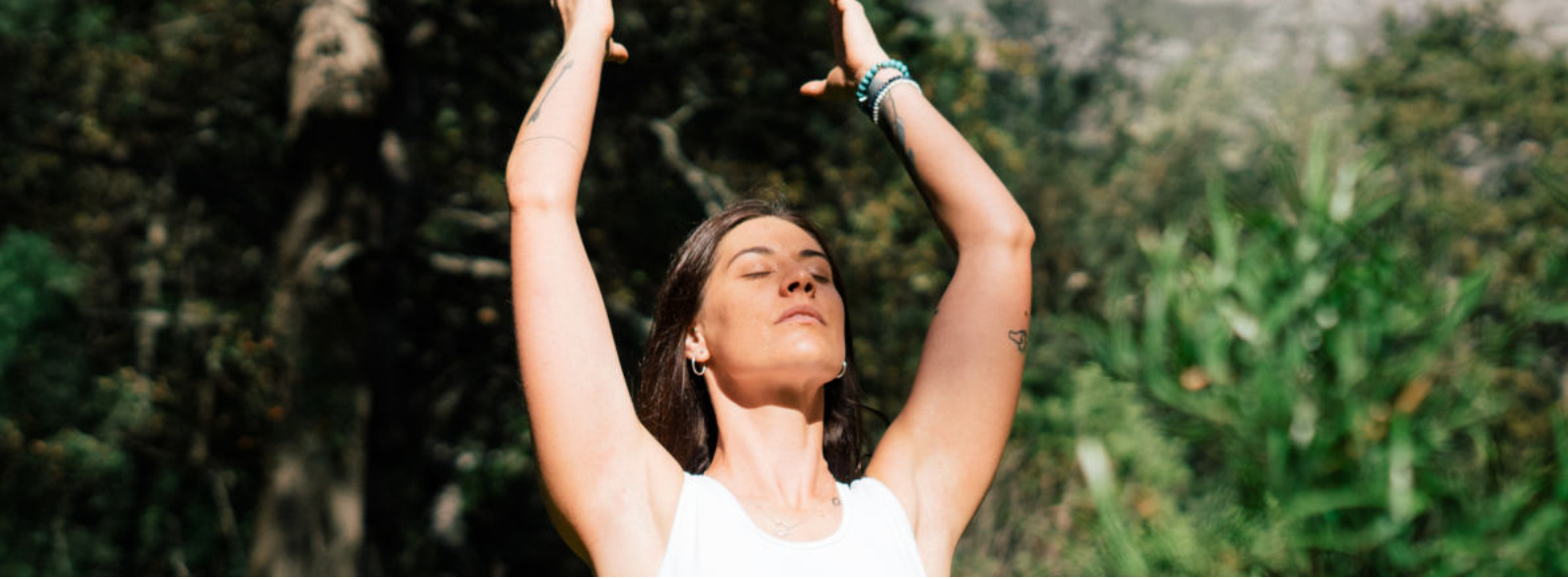
There must be a reason why older people say that patience always pays off.

When you are patient, you are mindful. You don't race, you don't make stupid mistakes. You are wholeheartedly within your mindfulness and inner wisdom. You are present in the present moment. You are just waiting, watching, listening.

And you get rewarded with signs. You are in harmony with yourself and the world around you. There is no chaos within you because you are peace-full and present. Because you are patient.

*And this is how, completely unexpectedly and effortlessly, your rewards come your way.*





# 28 *Awareness*

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You are aware that there are times when you stray, and you are also aware that you are getting closer and closer to your Inner Sun. Your awareness awakens you to live your truth. Your awareness makes you recognise your true nature with greater ease. You make a commitment to yourself to never let your mind silence it again. You give your thanks and choose the Path of Truth. You express your gratitude to every person who has shown you your hidden imperfections. You feel grateful because they make you face your shadow-self and take into the light those things in you, of which you were completely unaware.

When you begin to understand and feel it, you will notice that luminous healing comes your way. And your inner light will get even brighter.

*And this is how you will get closer  
and closer to your Inner Sun.*



# 29 *Breath*

Breath, like the wind of your soul brings you healing wherever you guide it to with your attention. With your first breath you came to the world, and you will draw your last breath just before you leave.

Breath is the most important of all, because you wouldn't be here without it. You can easily release your earthly tensions with conscious breathing. In conscious breathing you can find your peacefulness and stillness. Be fully aware of the present moment with every breath you take. Your breath is a carrier. You can use it to send an intention or a message to your loved ones - no matter whether or not they are still walking this earth. When you feel moved by something, breathe into it with the full awareness that by doing that you are releasing difficult emotions. And when something amazing happens in your life, do likewise - breathe into it and embrace this beautiful energy of joy. Inhale it and send it to every cell in your body. Feed your mind, your soul and your body with this radiant energy. **Just breathe.**

*Breathe consciously. Because every breath you take gets you closer and closer to your integrity.*



# 30 *Courage*

You had the courage to come to this world, you have the courage to live and you will have the courage to leave it behind when the right time comes. It takes courage to care for yourself and your wellbeing. I will be there for you to share my courage with you whenever you ask. And you will have the courage, and you will share it with me whenever I ask for your assistance. Courage is always a trigger for an action.

You live here on this earth, and you swim courageously with the current of your river of life. Courage helps you make your most difficult decisions. You have courage because you know that the entire Universe is with you and within you. You know that I am here for you, and I know that you are here for me.

*With our courageous hearts connected  
together in harmony, together  
we surf the waves of the  
great ocean of life.*





# 31 *Smile*

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Whenever you smile, your body, your mind and your soul smiles with you. And when you do this, the entire Universe smiles at you. When you smile, you light up and everything around lights up with you. So, how come you smile so rarely? What does it take to lift the corners of your mouth? And when you do this, your smile lets miracles happen. **Smile and keep smiling!**

This is the easiest way to become a Sun. Because smiling is the fastest way to lighten up and illuminate everything inside and around you. A smile has the power to awaken all of your joyful rays within a blink of an eye.

*When you smile, you begin  
to shimmer and shine.*





# 32 *Freedom*

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Freedom is the highest state of mind. Only a truly free mind can be independent and resilient to any factors that try to affect it. Freedom of mind leads to nirvana and absolute happiness. Only when you are free, you can find Ananda which is a pure state of bliss, joy and ecstasy. Freedom encompasses all the main and auxiliary rays of your inner Sun.

When you have freedom within, you want to share it with others. Everything and nothing dwells within freedom. Freedom opens us up and allows us to love ourselves and the entire world unconditionally.

*In freedom there is your stillness,  
your emptiness and your fullness.*



# 33 *Infinity*

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You are here and now at the present moment, as much as you were in the past and as much as you will always be. And you are infinite, just the same way as the Universe is infinite. Your lifetime here on earth is just a brief moment, and when it's over, your beautiful soul will travel elsewhere. Remember this, enjoy and be present at every single moment of this lifetime.

You are everything and everything is within you.  
You are complete and full just the way you are.  
You are a Miracle and your infinity is a miracle.

As soon as you come to this realisation, you will be able to see yourself from a broader perspective and your life here on earth will become easier.

*Your life will lighten up and  
you will get to enjoy your life.*



# 34 *Here and Now*

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The present moment can be found only in the NOW. Look behind. Do you see your past standing there? Look forward. Do you see yourself in your future? There is nothing behind you and nothing in front of you, because the only reality is NOW. So, live and act mindfully. **Be fully present in your truth and in the NOW.** And make sure that no thoughts from the past distract you from living in the NOW. Sometimes you may get some prompts, but nothing should ever disperse your focus. May your dreams and plans have just one focal point. They are as important for you, as your unique moment which is in the NOW. Feel it and observe how this awareness makes every activity you do truly exceptional. When you are fully and completely in the NOW, your Inner Sun starts to shine through and reveals itself.

*Be in the NOW and make sure that your most beautiful brightness illuminates this unique and unforgettable moment.*





# 35 *High vibrations*

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When you are taking good care of yourself and your mindset, you are attuning yourself to higher vibrations. Make sure that your mind doesn't bring them down. You are the boss, you are responsible for all your decisions. So use your free will and make a decision to live in joy from now on. Choose high vibrations. Sometimes even a small act of will, an action, a sound, a word, a smell, someone's helping hand or silence can make a big change. And when it happens, just put your hands up in the air in celebration of this unique, amazing moment of your life. Forget about your overinflated ego, that tends to sabotage all of your best moments and tries to separate you from your fulfillment and bliss. An excessive ego is judgmental, comparing and differentiating. It literally takes your power away. Is this what are you looking for? **Choose freedom, attune yourself to the higher frequencies and celebrate life.**

*You will awaken happiness within  
and your entire world will  
change for the better.*





# 36 *Fulfillment*

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Now you have awakened all of your radiant rays and made them shine. This is a new beginning of your wonderful journey that you share with me and everyone around. May our radiant rays of Faith, Respect, Gratitude, Love, Joy and Stillness guide us on our path. You trust, and you allow yourself to act out of the state of harmony and undisturbed freedom. And you go with the flow of your river of life. You know that everything that comes your way on this path has its meanings. And you feel total acceptance and allowance for everything that crosses your path.

You feel blissful peace.

You feel joy and love in your heart.

And you know that nothing else matters.

You surrender to the guidance of the Highest Light within you.

*You give thanks. You love.  
You trust. You allow.*



# 37 *Light*

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I am Light and you are Light. When the rays of your Inner Sun shimmer with their sacred radiance, you illuminate everything and everyone around you. You connect to me in the light and you awaken the light within me. You feel the state of Nirvana, Enlightenment, the Ultimate Bliss. You heal all that still needs healing, you love all that feels unloved, and you embrace all of your deepest sorrows with your smile. Your vibration of the Highest Light guides you effortlessly. At this point there is no resistance or doubts, because there is total confidence and the highest knowledge. There is emptiness, blank slate, undisturbed by any confusion. **Gratitude, joy, love and stillness. Ananda.** Heaven on Earth. Connectedness to the Universe. Connectedness to me and every Being in this or any other world. Infinity. Oneness. Nothing and Everything. NOW. Here on Earth.

Our Inner Suns are connecting in the NOW, joining their radiant rays together and embracing every Being with their light. This is the beginning of the great awakening process also for other radiant Suns. In this shimmering connection of expanding light we are healing our Souls and the entire Being, **while Mother Earth is giving us her WONDERful smile.**

A person with long hair, wearing a blue jacket, is seen from the back, looking out over a vast landscape at sunset. The sky is filled with soft, golden clouds, and the sun is low on the horizon, casting a warm glow over the scene. In the distance, there is a body of water, possibly a lake or bay, and rolling hills or mountains. The foreground is a grassy field with some blurred vegetation.

**Be grateful. Love  
Trust. Allow.**



If you feel that this guide helped you to illuminate your Inner Sun and lighten your moods, you are welcome to share your energy and give a donation of your choice to the account below. Your donation will support a talented musician.

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**Thank you!**

*Alina Ananda Kummer*