



## E-BOOK „ONENESS FEELING COURSE

ONENESS FEELING WILL CHANGE THE PERCEPTION OF YOUR LIFE

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## Welcome to the "Oneness Feeling" course.

I will begin by explaining a few things that are important for understanding this unique method of "Oneness Feeling"

First of all, I would like to say a few words about my background.

I have been on the spiritual inner path for about 40 years and had the ongoing experience of being one with all that is in 2001.

My main interest is the collective of humanity to change towards peace.

However, the beginning of this change is the change in the way each individual person sees and acts. That is why I am offering this course on "Oneness Feeling", because "Oneness Feeling" is peace.

### Let's start by understanding the connections between our universe and the model of our world.

A chair serves as an example.

The chair consists of molecules, atoms, subatomic particles and waves.

The deeper our perception goes, the more we can perceive.

### What does this tell us?

Behind the world that we see and call matter, there is another world, a vibrational world that remains closed to most people. It is an invisible world, which also includes our thoughts, emotions and energies.



In truth, we do not live in a material universe. As early as 1956, quantum physics established that only a very small amount of matter can be found in our universe, namely in the region of 0.003% (percentages may vary). This means that we live in a vibrational universe.

This realization is not new, but was already experienced by the ancient Greeks – **everything is vibration!** It is a paradigm shift that can take place collectively as a result of this realization.

In this context, we now want to turn our attention to these three areas of thoughts, emotions and energy. I would like to start with energy.

Our body, which we usually define as matter, is also made up of molecules, atoms, atomic particles and waves. Our body is therefore not material either, but is an energetic frequency of vibration that is subject to change.

We can follow up this statement with an experience.

### **Meditation "Inner body"**

So sit down on a chair, relaxed and upright, as best as you can.

Your feet are flat on the floor and if you cross your legs, that's okay too.

Sit down comfortably. The way that suits you.

Close your eyes. Take a deep breath. Exhale with a sigh and let go of the day.

Take another deep breath and exhale, let it all go and relax.

As you sit here, you notice... You notice that you are sitting.

You are aware of your feet on the floor. And if you are in a different position, then you just notice it. The floor beneath you.

And now notice your breath. Try not to change your breath. Just notice it. Your breath in this moment. And now allow yourself to become even more aware of your breath.

If thoughts arise, notice them briefly and let them continue to flow. Bring your attention back to your breath.

With your eyes closed, you can ask yourself: How do I know that I have hands?

And simply feel. Let go of all labels and just feel.

How does it feel? Do you feel a tingling sensation? Does it feel numb? As soon as you want to name it, let go of all the terms and just feel. Leave your hands where they are. Feel your hands. Now become aware of our arms.

And when you are ready, connect your hands, your arms, your back, your belly, your hips, your pelvis and your legs. Become aware of your feet. Your ankles and your heels. The arch of your foot, your toes. Feel each toe. How do you know you have feet?

Drop the labels. And just leave the sensation there. The feeling of the inner body. Feel the body now.

From the shoulders. Connect your hands to your arms, to your shoulders. Your shoulders with your back. Your belly with your hips and your pelvis. Your legs, your feet and your toes. Become aware of your neck. Up to your head. Your ears. Your cheeks, your lips and your nose. Your eyes and your eyebrows. The back of your head. How do you know you have a head? And a neck?

Relax your face. Relax your body and just feel.

And remember, if you cannot feel it, then go back to what you can feel.

Connect your neck and head to the rest of your body and feel the whole body.

Be aware and feel. The inner body is an energy field. Consciousness is there.

A form of breathing, a form of feeling your body as such. Tension, tightness or pain. Forms of thought. Forms of feeling. Sounds. Even the shape of your inner body.

Be aware of these forms. And stay in touch with your inner body. Allow your consciousness to go deeper into itself. Allow your consciousness to become aware of itself.

The dimension of stillness. Formlessness. Emptiness. This is where the potential for abundance lies. Go in here. Formless dimension. This stillness.

It is this peace that cannot be grasped by the mind.

The peace before the emergence of form. Awake into this stillness. Into this formless dimension, which we also call the level of the I AM. Your true nature.

Unburdened by any thoughts, by any identities, by nothing.

In this exercise you stay connected to your inner body and to your I AM...

This exercise is there for you to incorporate into your everyday life.

Find a way to apply it in your everyday life. In your life that is constantly running behind your constant demands. Be your true self to be one with life. To be at peace in this world.

Find the inner peace within you. You can stay connected to your body, the connection remains after this exercise.

You can slowly open your eyes.

Arrive in the world of forms, which is another dimension that adds.

Spiritual awakening means going into yourself. We have to go back to find this balance between the inner and outer life.

## Thoughts and emotions have a binding connection.

Every emotion that arises is based on a specific thought.

Scientifically speaking, a thought generates a reaction in a specific part of the brain called the hypothalamus. The hypothalamus creates a chemical hormonal cocktail that we experience in the body as the corresponding emotion to the thought or expressed thought.

In our Western society, this connection is usually not recognized because most thoughts and emotions occur unconsciously. Mental and emotional habits and beliefs are so deeply rooted that they can no longer be consciously perceived. According to scientific research, only 10 - 15% of our actions are conscious, 85% remain unconscious.



Many people in our culture define the world they see and experience as their life. This is a very unconscious view of life and the universe.

What about the 85% of the unconscious parts of life?

What about the 99.007% of the invisible parts of our lives?

An expanded view is that behind the visible world there is a deeper level that is invisible and spiritual. In this mind we find all conscious and unconscious attitudes and beliefs about life. Depending on what we think and feel about a certain situation, we experience that situation.

This means that our lives are dependent on our own mind and its concepts.

"Life is hard" lets us experience exactly that.

"I am not good enough" makes us experience exactly that.

These beliefs are also not always conscious, but they always have an unconscious effect and unconsciously attract corresponding situations (Law of Resonance).

**The resulting realization is that we are responsible for our own lives.** We can no longer shift responsibility to our fate, nor to other people or God. This is the next paradigm shift.

## **Where does the mind and its concepts come from?**

The home of our spirit is non-duality, being one. Non-duality is the source of everything that exists before it manifests. The forms in our lives, which are realized as polarities in time and space, arise from formless non-duality.

The mind itself is fundamentally empty until it adopts certain concepts and beliefs. These are adopted from parents, schools, religious communities or from our own experiences.

This is called a conditioned mind.

This conditioned mind projects itself into the world and forgets its home, the non-duality with the feeling of being one.

Most people experience their own lives as the projection of their conditioned mind and do so completely unconsciously. This is where the problems in the different areas of life first arise.

Then the mind is used to solve the problems. Life is no longer experienced in a real and authentic way, but only takes place in the mind.

[Life in the head is not real life.](#)

[It is the projection of the conditioned mind.](#)

**The "Oneness Feeling" course** reopens us to the truthfulness of life by bringing us into feeling. So away from the head cinema, into the feeling level of essences.

## **What do I mean by essences?**

Deep peace, causeless joy, unconditional love, absolute freedom and wholeness, qualities of the level of non-duality, of being one.

In every human being, regardless of race, skin color, social status or religious beliefs, the level of feeling with the non-dual essences is present. It just needs to be uncovered.

This is exactly what the **course in "Oneness Feeling"** does.

When we live the non-dual essences, we not only change our lives, but also change the collective of humanity.

## **A key area of the "Oneness Feeling" course is tapping into heart intelligence.**

In 1994, science discovered that we have 40,000 sensory neurites in our heart that think independently of our mind. Thinking about the neurites in the heart happens without judgment, without stories, without prejudice and without doubt. It is an independent intelligence that is only present in humans, in no other living being on this earth.

## **We call it the heart intelligence.**

We can create essences with the heart intelligence, such as gratitude, peace and many more, which the heart intelligence sends to our brain to be transformed into hormonal

cocktails via the hypothalamus. This means that we experience the essences in our body and can therefore decide at any time how we want to live.

This is exactly what we make use of in "Oneness Feeling".

### **Exercise 1 in "Oneness Feeling"**

Close your eyes and go inwards

This changes the focus of your attention, which is normally directed outwards.....

- Now bring your mindfulness from your head to your heart space in the middle of your chest; you can also place a hand or finger here,

Every time you touch the body, the body consciousness reacts by directing attention to the touch.....

- Now begin to breathe slowly and consciously through the heart space.....

Breathing slowly tells the body that it is safe.....

- Now feel into your heart space.....what can you perceive?

Be aware of it without judging or doubting it.....

- Stay with your mindfulness in the heart space, no matter what shows up in it.

It may be that the heart space is completely empty, a nothingness.....or essences.....or emotions.....whatever arise up, be ok with it!

### **When we speak of non-duality, we very often simply experience an infinite nothingness.**

If we stay in nothingness for a while, we realize how pleasant this nothingness is.

#### **It is wellness for the mind.**

Sometimes it takes a lot of practice and patience before nothingness is allowed to be as it is.

It is usually judgmental thoughts that want to distract us from feeling and nothingness.

"That's no good", "What's the point of all this?", "Where is this going to lead?" and many more. Let the thoughts run, don't try to get rid of them, that doesn't work.

Instead, let them run and pay more and more attention to the gaps between the thoughts.

Whenever you find a gap, focus your attention on it. Over time, the gaps will become larger and more numerous.

Or you simply let the thoughts think and take a step back from the thoughts. Bring your attention more into the heart space. This also sometimes takes practice.

The easiest way is to breathe through the heart space and not worry about the thoughts.

Feel the heart space as it is right now.....and be with it.

This is an excellent exercise to get more and more away from the head and into feeling and being with it as it is right now.

Normally we evaluate the current situation through our mind and call the situation "good" and want to have it, or we evaluate it as "bad" and want it to go away. This means that we unconsciously react to the situation by evaluating it.

Our mind is used to reactivity and reels off the reactions to it like a program.

If we practice letting what is there be what it is, we let go of reactivity and become aware of what is really there now. This ability to let everything that is there right now be there is the basic prerequisite for living in the present moment, as Eckhart Tolle has been propagating for decades.

We should be aware that life can only really be experienced in the present moment. Only in the here and now. Everything else is memories from the past or ideas about the future. Both the past and the future are not real life. It is a life of thoughts in the head.

What can be so threatening in the present moment that we flee into the past or the future?

Answer: only the mental events in the mind!

Or what is missing in the present moment?

Apparently the emotionality that is created through thoughts can be missing as long as the essences are not yet perceptible. Nothing threatening exists in the present moment.

Here and now is the perceived paradise of oneness, peace and bliss.

## **Exercise 2 in Oneness Feeling**

Close your eyes and go inwards.

This changes the direction of your attention, which is normally directed outwards.....

- Now bring your mindfulness from your head to your heart space in the middle of your chest, you can also place a hand or finger here.

Every time you touch the body, the body consciousness reacts by directing attention to the touch.....

- Now begin to breathe slowly and consciously through the heart space.....

Breathing slowly tells the body that it is safe.....

- Now feel into your heart space.....what can you perceive?

Be aware of it without judging or doubting it.....



- Stay with your mindfulness in the heart space, no matter what shows up in it. It may be that the heart space is completely empty, a nothingness.....or essences.....  
or emotions..... whatever shows up, be ok with it!

- Now let gratitude arise in the heart space.....

Your heart intelligence will respond and transmit the vibration of gratitude to your brain, which will allow the hormone cocktail of gratitude to flow into your body via the hypothalamus.....  
be aware of this process.....

- Now let peace arise in the heart space.....

Your heart intelligence will react to this and transmit the vibration of peace to your brain, which will allow the hormone cocktail peace to flow into the body via the hypothalamus.....be aware of this process.....

- Now allow "nothingness" to rise in the heart space.....allow the nothingness to expand beyond the body until it has become infinite nothingness.....  
be the nothingness for a few minutes.....then open your eyes again.....

**These two exercises are part of the seminar "The Power of Oneness Feeling", and serve as preparation for the basic meditation of the power of oneness.**

The direct meditation for the Power of Oneness can only be passed on in the seminar or in the webinar "The Power of Oneness Feeling".

Website: [www.onenessfeeling.com](http://www.onenessfeeling.com)

Here you can find the seminar and webinar "**The Power of Oneness Feeling**":