

# BEING

By

Amanda Goldston

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First published in the UK in 2011 by Amanda Goldston,  
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Music on BEING meditation - ©James Twyman - The Moses Code 2008 P  
Hay House 2008

ISBN-10: 0-9548703-8-7

ISBN-13: 978-09548703-8-6

A CIP catalogue record for this book is available from the British Library

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## **Your Natural state of BEING**

### **What is your state of BEING and why is it crucially important to your Success?**

Your natural state of BEING is Joy, Love, Peace, Happiness, Fun, Well-Being and Abundance. For many people that natural state has been covered over or forgotten through the stress of daily living. As you look around, you probably don't know many people who live like that.

No doubt you know people who seem to radiate happiness and joy and who seem to flow along through life with a big smile on their face and who seem to be genuinely at peace with themselves and enthusiastic about their lives. You tend to feel very uplifted in their presence.

You probably also know people who seem to have their own personal rain cloud of miserable, negative depression that follows them around, where everything in their lives goes wrong and it is usually of fault of someone else. When you spend any time in their company, you feel as unhappy as they are.

BEING is who you are at your core; it is the essence of you that you radiate out into the world. BEING comes from the Inside Out. It is often characterised by the words I AM, however this often work accurately reflects a state of DOING, such as I am a wife, I am a mother, I am a teacher, I am a swimmer, I am an artist and so on.

In that moment, you are the DOING the actions of a wife, mother, friend, teacher etc. and those actions may or may not feel good to you. However these actions are not who you are as a living, breathing human soul.

A state of BEING can be positive or negative. It is not about positive thinking, although that is part of it. There is more to a state of BEING. It is the way you live and the way you experience yourself in your world.

Accessing those powerful states on a regular basis is important for your well-being and your success. You could describe it as FEELING GOOD or WONDERFUL and that is a start, although it does not really explain the idea of BEING.

## **Manifesting your Heart's Desires**

Everything has an energetic vibration, including people, material things such as cars and houses, money, as well as feeling states, such as Love or Well-Being.

As a Human Being, you are like a transmitter. You are giving out your own energetic vibration, which is your state of BEING and you are receiving back things, which are an energetic match.

In simple terms, if your state of BEING is low or negative and you are feeling very down on yourself and life in general, it is likely that what shows up in your life, will be problems or challenges and more things that cause you to feel miserable.

If state of BEING is one of Joy and Abundance, it is likely that you will find it easier to manifest the things you desire.

Everything has an energetic vibration, so if, for example, you desire a new car, it is important that your energetic vibration matches that of the car's energetic vibration, so that it can easily come into your space.

## **BEING a Lottery Winner?**

I started to investigate the ideas of BEING when I was wondering how I could raise my energetic vibration, so that I could be more in alignment with the things I wanted to draw into my life and in particular how I could win more competitions, with bigger and better prizes or even millions on the lottery.

I had noticed from past experience that my manifesting abilities seemed to be greatly improved when I felt good about life and myself and I was in a positive and optimistic frame of mind.

I had also observed that things were more likely to go right for when I was in a good feeling place. On the opposite side, when I was in a bad mood or feeling low or unhappy, things were more likely to go wrong for me.

This manifested itself in ways such as equipment breaks or be money being delayed.

This may make more sense if you can understand that we are all composed of energy and everything has an energetic vibration.

The more we can raise our energy levels so that we not only feel the higher vibrations of love, joy, peace and well-being, but that we also live and BE them, the more we attract those things into our lives and the easier it becomes to manifest or attract or create the things we desire.

## **Ghandi**

You may have heard the phrase, “BE the change you wish to happen,” said by Ghandi. I am just now beginning to understand the concept of BEING. Ghandi got the British government to give up their rule of India without a drop of blood being shed.

He was a peaceful man and everything he did came from his BEING of peace and love.

## **James Twyman – The Moses Code**

I first read this fabulous book a couple of years ago because it is subtitled “*The Most Powerful Manifestation Tool in the World.*” The idea is that the powerful phrase in existence is “*I AM that, I AM*,” which is found in the story of Moses and the Burning Bush in the Old Testament of the Bible.

This is actually the name of God, or the Creator or whatever you wish to call the Universal Power.

Anything that follows the phrase, I AM has huge power. You are becoming a co-creator with the Divine.

You are BEING that which you wish to create in your life, whether that is an experience state such as love or peace or whether it is a material thing that you wish to attract, such as a house or car.

James Twyman created a beautiful audio CD to accompany the book, The Moses Code. On it there are two meditations that were especially created as frequency meditations to resonate to the frequency of I AM that, I AM or to the name of the Creator.

I have created a powerful meditation to help you to connect to your BEING and to fill yourself with love, joy and high vibration energy. This is one of my personal favourite meditations, which I use almost every day.

I have combined this meditation with the beautiful music from James Twyman’s “*The Moses Code.*” The music is healing frequency music and it has been created to help you to resonate to the frequency of I AM or GOD or

the Divine. For more details on James Twyman and his work, please see the resources section.

James Twyman has very kindly allowed me to use these as music for the BEING meditation that accompanies this programme and I shall be making a donation to his Beloved Community for each audio that is purchased.

The word GOD is not used in any religious context. It is meant as the all-encompassing Divine and Universal energy

## **Neville Goddard – At Your Command**

I started by reading “*At Your Command*” by Neville Goddard, which is included as part of this course. He has probably one of the best explanations of BEING and becoming ONE with the feeling states and the things that you desire. At that place of BEING, everything is a part of you and you are a part of everything.

You start to recognise your divinity and to recognise that you and the Divine or God (or whatever you wish to call it) are in fact one. This means that you create what you choose in your life from a place of becoming one with it.

Your desires then feel so real to you that it is a natural progression that they have to manifest into your physical reality.

One of my favourite quotes is from Neville Goddard. When he talks about the idea of BEING the thing you desire, he said, “Assume the feeling of the wish fulfilled.” In other words, live, breathe and experience your desires in your mind, so that you know exactly how it would really feel to have them manifest in your life.

When they do, it is a totally natural process because you have already lived and experienced them.

## **Neville Goddard and an Understanding of what GOD really is**

I finally understood the message of “The Moses Code” when I read “*At Your Command*” by Neville Goddard. He wrote “*Instead of looking upon the Bible as the historical record of an ancient civilization or the biography of the unusual life of Jesus, see it as a great psychological drama taking place in the consciousness of man.*”

He goes on to state, “*Moses discovered God to be man’s Awareness of Being.*”

In the Bible, Jesus made it quite clear that “You shall decree a thing and it shall come to pass.” The only way you can do this is by taking your attention away from the situation in your life that seems very real to you and focus all your attention, feelings and emotions on what it is you truly desire.

You have to rise in consciousness and increase your energetic vibration, so that the thing you desire feels totally real and natural to you. At that point, there is a vacuum and it is almost as if the physical world has to rush in to catch up, so that your physical reality matches the vibration of your internal state of BEING.

To give you a better understanding of this concept, here is what Neville had to say about Praying.

*“Praying then is seen to be recognizing yourself to BE that which you now desire. So can’t you see why millions of prayers are unanswered? Men pray to a God that does not exist.*

*For instance: To be conscious of being poor and to pray to a God for riches is to be rewarded with that which you are conscious of being – which is poverty. Prayers to be successful must be claiming rather than begging – so if you would pray for riches, turn from your picture of poverty by denying the very evidence of your senses and assume the nature of being wealthy.”*

For a more detailed explanation of this concept, please read the Book “At Your Command.”

You may wish to read it a few times with a highlighter pen. It is only a short Book but the ideas are very profound.

## **FEELING is the SECRET**

The key to the state of BEING is your FEELINGS. When you are in a high vibration, high-energy place, you will often feel physical sensations in your body, such as tingling or vibration.

Again, Neville Goddard offers one of the best explanations of the importance of FEELINGS in your state of BEING and in manifesting. He gave a lecture called “*Feeling is the Secret.*”

## **How to access a state of BEING Joy**

### **FUN Activities**

You can start to access good feeling states by DOING activities that you love to do. Find things that are fun for you, where you feel joy, excitement, enthusiasm and passion. This can be anything at all that is personal to you.

It may also be spending time with a person or people that mean a lot to you or spending time with a pet or anything that you enjoy doing.

Try to do these activities as frequently as you can and really savour those moments. As you become aware of joyful, loving or positive feelings, try to increase them, so that you really intensify those positive feelings.

### **Laughter Book**

Keep a laughter book or a book of positive or funny things that have happened. You can use this as a trigger to feeling good.

This is a place where you are feeling joy and well-being because of someone or something that is external to you. A good belly laugh is another wonderful way to access these wonderful feelings.

### **Feelings Inside You**

Those feelings are actually coming from inside you. They are not there because of the external person or thing. That means you can access them yourself at any time and you don't then need a reason to feel good.

Author Marci Schimoff writes about this process in her book "Love for No Reason."

Think about someone or something that you truly love and appreciate in your life. Really, get into the feeling of how wonderful you feel because of that person or thing.

The next step is to focus on the feelings of joy and well-being rather than the person or the situation and allow yourself to feel a sense of love, joy and wellbeing. This is likely to stem from your heart area.

As you experience these positive feelings, you may well have sensations of tingling in your body. This occurs when your energetic vibration is starting to rise.

Once you can recognise the feelings of love, joy, happiness and well-being, you can start to access these on a more regular basis, so that they become your habitual way of thinking, acting and BEING.

## **Letting go of blaming other people**

One of the biggest factors in allowing yourself to live in your true state of BEING joy and love is to let go of blaming other people for the circumstances in your life and how you feel. Only you can make that choice.

It can be quite hard to take total responsibility for your life, as it is far easier to blame things on parents, the school system, the economy, the government, your boss, your spouse, your ex-partner, your children or anybody or anything else. Whilst any or all of these may have done things that were not pleasant, how you feel about those people and situations is your choice. It can be hard to realise that only you can determine how you feel and the actions you take.

It is very important to let go of blaming other people and circumstances and to let go of feelings of guilt that might be associated with blaming yourself for things that have happened in the past.

Remember, you cannot create in someone else's life or experience and likewise people cannot create in your life or experience, unless you allow them to.

In blaming situations, there are three aspects to every argument. There is Your Point, the Other Person's point and the Truth.

The Truth will be generally be a hybrid of both points because in every argument, at least in my experience, both sides are right and both sides are wrong.

The worst moment in any argument, when you are staunchly defending your side, is when you realise that the other person just might have a point- even though it is only a very small one – where they might just be right!

A while ago, I came across a quote that said, "Do you want to be RIGHT or to be HAPPY? " For a long time I did not understand this quote and it is only as

I have done a lot of work on releasing my feelings about my mortgage company that I have begun to understand this.

So often, you hear people say, “I feel like this because so-and-so made me or because so-and-so did this terrible thing to me.” Alternatively, you will hear people say “It’s your fault that I feel like this.”

The person concerned is probably blissfully unaware that they are allegedly causing so much distress.

Notice when you find yourself blaming other people for things that are you experiencing and make a point of changing those words and feelings so it becomes a choice that you are making.

In any moment, you can choose to reach for a better feeling and it really has nothing to do with anyone else.

Changing the habit of blaming is a process of watching what you say and making a deliberate point to change what you say and how you feel.

Try to change blame around to saying something like “I am choosing to feel angry or upset or whatever emotion because of the actions of xyz and, although their actions have not changed, I can choose to react differently and feel something different.”

## **Ho'oponopono**

In the Hawaiian system of Ho'oponopono, Dr Hew Len maintains that everything that shows up in your reality is because you have co-created it in some way. At some level, your energy vibration and state of BEING was a perfect vibrational match for what is now present.

This is a huge thing to take on board and he offers much more explanation in the book “Zero Limits” that he co-authored with Joe Vitale.

Once you can accept the responsibility for the things that show up in your life, you can then heal that and release it. There are four phrases, which form part of the Ho'oponopono system. They are, I am sorry, Please Forgive Me, Thank You, and I love You.

You are essentially having a conversation with the Divine, where you are saying you are sorry for all the programmes that you have created, probably

unconsciously. These may be drawn from an unpleasant event or person into your life.

You then ask, "Please Forgive me for continuing to allow them to run," again probably unconsciously, "for continuing to attract similar unwanted situations and people into your life." "Thank You" is when you are thanking the Divine for taking care of the clearing and releasing for you. "I love You," is the ultimate way to reconnect yourself to your Divine source.

When you feel the inclination to blame someone else, pause for a moment and look at what part you might have played in creating that situation. Once you stop blaming other people and take responsibility for yourself, you start to feel more empowered in your life.

## **Detachment**

Detachment is an important part of BEING. When something happens, you tend to have a reaction of some sort and your reactions and feelings determine how you move forward or not.

What makes situations stressful or fearful is rarely the situation itself. That just is what has happened. What causes the real problems is firstly what you decide the situation means and secondly how you feel about that decision you have made.

For example, two people may get a notice that their job is finishing at the end of the week. One person may go into total fear, panic, worry and depression and assign a truly horrible meaning to it with a terrible future lined up for them.

The other person may view it with optimism as an opportunity for a new beginning, even though they have no idea how they will pay their bills until something else comes along.

The event is the same. It just is what it is.

The only difference is the reactions and the feeling of the different individuals.

When you are in a crisis situation or have a problem and you are worrying or getting very fearful, it can be useful to detach yourself from it. Try to imagine you are someone else and you are looking at your situation as an external observer.

In that way, you can look more objectively at the situation and maybe see a bigger picture and you can detach yourself from the feelings and emotions that the person in the scene is experiencing.

Detachment from the outcome or the perceived outcome is a very powerful tool and is part of the Acceptance process. Often when people set a goal, they are very attached to the outcome and particularly the way that outcome is going to come about.

This is a form of control and can be very difficult to let go.

When you detach and let go of the outcome and how it is going to come about, it is actually quite freeing. You can then act on intuitive prompts as you need to and go about your day, trusting that exactly what you need is going to come into your life at exactly the right moment.

## **Turn off the news**

One other thing that has helped me enormously is to turn off the news, stop reading newspapers and to tune out all the negativity that is touted through the mainstream media completely.

I work on the basis that if there is something I really need to know or that affects me personally, someone will tell me about it or I will receive a personal communication about it.

Otherwise, the news is only full of negative rubbish, which is very draining and not conducive to a positive state of BEING.

## **Breathing Exercise for BEING**

Choose the state of BEING how you would like to live. For example, well-being is a good one because it is very all encompassing.

Take a few deep breaths to settle yourself. You are going to breathe in and out a cycle of

***“I AM that Well-Being, I AM”.***

The phrase, “I AM THAT I AM,” is one of the most powerful, yet least understood phrases in existence (in my opinion anyway).

It is the name of God or the Divine and enables you to recognise that you and the Divine are one and to create your life from that standpoint.

As you breathe out, say to yourself, “I AM that WELL-BEING” and as you breathe in, say, “I AM.” As you start the breathing cycle, say the phrases, “out loud,” if you can.

As your breathing becomes quieter and your body becomes calmer, you can say the phrases in your head.

In the first phrase, “I AM that WELL-BEING” (or love or joy or whatever it may be for you) you are making your affirmation and your intention to the Divine and on the in breath, the “I AM” is like a confirmation back from the Divine that your request or statement of BEING is fulfilled.

This is a very powerful exercise to repeat to yourself during the day and is especially powerful as you are drifting into sleep.

## **Choose Your State of BEING**

A state of BEING of peace, calm, love, joy and abundance is really so much more empowering than fighting.

Choose your state of BEING and repeat it to yourself as a mantra.

***“Mine has become I AM Love, I AM Light, I AM Joy.”***

I repeat that to myself over and over again.

I find that it helps me to stay in a reasonably balanced place. It also helps to keep my attention off of negative things and to focus on feelings that make me feel good.

As I repeat my mantra of I AM Love, I AM Light, I am Joy I find myself smiling for no real reason. I also find that if I repeat that mantra before I criticise or judge others, or myself I tend to be much less inclined to bother.

Whatever you can do, you feel good and to maintain a positive state of BEING is wonderful.

Much of my manifesting over time has been unconscious and I had not really understood how my state of BEING was affecting things.

As I have come to have a greater understanding of ENERGY, my VIBRATION and my BEING, I have been able to see how I have always been an exact vibrational match for what has shown up in my life – for good or bad.

## **Slice the Feelings**

Another powerful exercise to do around money is the “Slice the Feelings.” My thanks go to Joe Vitale for this technique. If money is an issue for you, think about your money for a few minutes.

If you start to get negative thoughts and feelings, notice the phrases you are saying to yourself and notice if you have any physical discomfort in your body.

Bring those feelings out in front of you and notice those feelings as a ball of energy. You might be able to see it or you might just get a sense of it being there.

When I first did this exercise on my money, I saw and felt this icky, yucky, sticky, dense black ball that looked almost like black wool all tightly bound together. It looked horrible and felt equally unpleasant.

I started slicing at it with my letter opener and had real trouble breaking up. I was feeling physically sick and had a huge searing pain in my stomach area. I persevered with it and eventually it started to break up into smaller pieces.

Clearly, this was very long-standing stuff that at some deep level I was still very attached! Finally, it started to break up enough, so that I could throw all the pieces into the Violet flame of transformation to be burned and cleared.

I felt quite exhausted when I had done that exercise, although at the same time I felt much lighter and brighter.

You may need to repeat this exercise a few times!

As you clear away things that do not serve, you are coming closer and closer to the real, true you that is your BEING, where you can live your natural state of well-being, joy and abundance.

## Your state of BEING

Your state of BEING is how you experience your life moment by moment. Your natural state of BEING is love, joy, peace, abundance and well-being. Everything else can be peeled away to get back to that natural state.

When you focus on those powerful emotions and those wonderful feeling states, you naturally draw more of those things into your life.

The trick to experiencing a wonderful state of BEING in your everyday life is to focus on the things that make you feel good. You cannot BE happy, joyful, loving and peaceful when you focus on the things that are wrong with you or with your life.

It is far easier to attract wonderful things into your life when your energy is high and you feel great about yourself and life in general. Inner peace and happiness really does come first. Happiness does not come from “stuff.”

The good news is that you can start with this right away by reaching inside you for feelings and emotions that feel a bit better than where you are right now. You can raise your energy and your vibration, so that you create a state of BEING that is well-being, love, joy, peace and abundance.

When you live your life from that high vibration state of BEING, things flow for you, challenges seem less difficult and good things come your way.

Your state of BEING affects everything you do in life, so it important that you choose it carefully. It has a huge impact on any goals that you set for yourself as well as your decisions in life and business.

## **Other Resources for BEING**

These are some of the resources I have used to come to my understanding of BEING. You may find them interesting as further reading

The Moses Code Book – James Twyman

Moses Code CD especially tracks 8 and 9 – James Twyman

Money is Love – Barbara Wilder

Love for No Reason – Marci Schimoff

Ask and it is Given – Esther Hicks

The Vibrational Universe – Ken MacLean

The Celestine Prophecy Books – James Redfield

The Abundance Paradigm – Joe Vitale

Ho'opopoono – Joe Vitale and Hew Len

Money and Manifesting – Dyan Garris