The Adventure of I

A Journey to the Centre of Your Reality

By Tania Kotsos

Note: This Table of Contents appears in the paperback. The e-book has the concise version without the chapter sub-headings for practical reasons but the content is identical in all formats. If you have the e-book version you can print this PDF as a reference guide.

THE COMPLETE TABLE OF CONTENTS

PART I: MENTAL SCIENCE

Ch. 1: INTRODUCTION TO THE ADVENTURE OF I

Ch. 2: THE SCALE OF CONSCIOUSNESS

THE SCALE OF CONSCIOUSNESS: Degrees of Positivity, DISTINGUISHING QUALITIES: 1. Density, 2. Self-Awareness, 3. Intelligence, 4. Directive Power, The Scale of Consciousness at a Glance; THE ANATOMY OF THE MIND: Your One Mind

Ch. 3: LEVEL 1: THE SUB-CONSCIOUS MIND

BELOW SELF-AWARENESS: Subjective in Nature, Deductive Reasoning, Any Suggestion, Any Source, The Achilles' Heel of the Sub-Conscious Mind, The Limitations of the Programs in the System; THE ROLE OF THE SUB-CONSCIOUS MIND: The Sub-Conscious Mind's Automatic Functions, Assumed Belief System, The Self-Fulfilling Prophecy of Pleasure or Pain, Where Did Your Beliefs Come From?, Re-Programming the Sub-Conscious Mind; METAPHORS FOR THE SUB-CONSCIOUS MIND: The Sub-Conscious in a Nutshell

Ch. 4: LEVEL 2: THE SELF-CONSCIOUS MIND

THE POWER OF ATTENTION: Your Objective Mind Gives Meaning, Inductive Reasoning; THE ROLE OF THE SELF-CONSCIOUS MIND: The Ocean of Your Mind, The Automatons of an Unaware Mind, The Achilles' Heel of the Self-Conscious Mind, The Observer of Your Thoughts; METAPHORS FOR THE SELF-CONSCIOUS MIND

Ch. 5: LEVEL 3: THE SUPER-CONSCIOUS MIND

THE REAL EGO: The Seat of Your Will; THE ROLE OF THE SUPER-CONSCIOUS MIND: Objective Mind - Subjective Reality; METAPHORS FOR THE SUPER-CONSCIOUS MIND

Ch. 6: THE BODY

YOUR PHYSICAL BODY: The Physical Temple that Houses Your Spirit, Your Body Believes Every Word You Say, Is it Sensible to Rely on Your Senses?; YOUR NON-PHYSICAL BODY: Your Aura, The Seven Auric Bodies and Chakras

Ch. 7: THE PERSONALITY AND THE INDIVIDUAL

THE ACTOR AND THE ROLE: Changing Your Role; THE INDIVIDUAL: Your Character

PART II: THE ABSOLUTE, UNIVERSAL MIND AND I

Ch. 8: THE ABSOLUTE

COMPREHENDING THE ABSOLUTE: The Empty Circle, Infinite Space; THE NATURE OF THE ABSOLUTE: Omnipresent, Omnipotence, Omniscience, The Absolute as Nothing; THE TRUE MEANING OF OMNIPRESENCE; EVIDENCE FOR THE ABSOLUTE

Ch. 9: UNIVERSAL MIND

UNIVERSAL MIND DEFINED: Degrees of Universal Consciousness, Consciousness Re-Visited, In Him We Live, and Move, and Have Our Being; CONSCIOUSNESS IN QUANTUM PHYSICS: THE UNIFIED FIELD: No-Thing Every-Thing Some-Thing; THE CREATIVE NATURE OF UNIVERSAL MIND: Unconscious Direction of Universal Mind, Conscious Direction of Universal Mind; THE CREATIVE PROCESS, Impersonal, Subjective, Receptive, Intelligent, Without Limit

Ch. 10: THE ABSOLUTE, UNIVERSAL MIND AND I

A PROJECTION OF CONSCIOUSNESS: The Dream and the Dreamer; A CENTRE OF DIVINE OPERATION: Your Mind is Universal Mind, The Centre of Your Universe; DEGREES OF IDENTIFICATION: Mutual Recognition, Degree by Degree, Cosmic Consciousness, The Secret of the Excluded Middle

Ch. 11: AS A MAN WILLS, SO HE BECOMES

THE TRUE MEANING OF BEING POSITIVE; WHEN YOU THINK UNIVERSAL MIND THINKS: As a Man Wills, So He Becomes, Personalising the Impersonal, Limitless Possibilities, Leaving Creation to Universal Mind; ABSOLUTE POWER IS THE SOURCE OF YOUR POWER: DELPHIC MAXIM - «EFFYA TAPA Δ 'ATA», The Absolute Is the Equation; WHO AM I?

PART III: THE UNIVERSAL LAWS AND PRINCIPLES

Ch. 12: THE SEVEN UNIVERSAL LAWS

WHO WAS HERMES TRISMEGISTUS?; THE THREE GREAT PLANES: All Planes are One Plane, The Divine Beings of the Spiritual Plane; THE IMMUTABLE AND MUTABLE LAWS: Universal Nature and Process

Ch. 13: LAW 1: THE LAW OF MENTALISM

AXIOMS FOR THE LAW OF MENTALISM; THE LAW OF MENTALISM EXPLAINED: The Paradox of the Illusion of Reality, A Spiritual Being Having a Physical Experience

Ch. 14: LAW 2: THE LAW OF CORRESPONDENCE

AXIOMS FOR THE LAW OF CORRESPONDENCE; THE LAW OF CORRESPONDENCE EXPLAINED: Piercing the Veil, Your Circumstances Reveal You; DELPHIC MAXIM - «ΓΝΩΘΙ ΣΑΥΤΟΝ»

Ch. 15: LAW 3: THE LAW OF VIBRATION

AXIOMS FOR THE LAW OF VIBRATION; THE LAW OF VIBRATION EXPLAINED: Rates of Vibration, Your Mental Frequency; POSITIVE DOMINATES - NEGATIVE SUBMITS; THE MALLEABILITY OF THE PLANES

Ch. 16: LAW 4: THE LAW OF POLARITY

AXIOMS FOR THE LAW OF POLARITY; THE LAW OF POLARITY EXPLAINED: Everything Comes in Pairs, One Pole is the Absence of the Other, The Basic Example of Hot and Cold, One Pole Gives Meaning to Its Opposite, Positive and Negative Poles; OPPOSITES OF MIND: Pairs of Emotions, Higher and Lower Emotions, Pairs of Thoughts, Pairs of Desires, Relative Experiences, The Relative Nature of Good and Bad; DISTORTED POLARITY

Ch. 17: LAW 5: THE LAW OF RHYTHM

AXIOMS FOR THE LAW OF RHYTHM; THE LAW OF RHYTHM EXPLAINED: Change, Evidence for Rhythm, The Forward and Backward Swing, Everything Changes Everything is Becoming, Relative Extremes, Degrees of Vibration, DELPHIC MAXIM: «MHΔEN AΓAN», Rhythm in Desires; THE PRINCIPLE OF COMPENSATION: Principle of Compensation Explained, Compensation in Temperament, Cosmic Price, The Price for Attainment; THE PRINCIPLE OF CYCLICITY: Principle of Cyclicity Explained, Cyclicity in Your Life, Lessons From The Past

Ch. 18: LAW 6: THE LAW OF CAUSE AND EFFECT

AXIOMS FOR THE LAW OF CAUSE AND EFFECT; THE LAW OF CAUSE AND EFFECT EXPLAINED: A Question of Chance, A Question of Fate, Karma is Cause and Effect; TIME IN THE PLANES: Physical Time, Mental Time, Spiritual Time; COLLECTIVE CONSCIOUSNESS

Ch. 19: LAW 7: THE LAW OF GENDER

AXIOMS FOR THE LAW OF GENDER; THE LAW OF GENDER EXPLAINED: The Masculine and Feminine Principles, The Role of the Masculine and Feminine Principles; THE MASCULINE AND FEMININE QUALITIES; MENTAL GENDER; MENTAL CREATION

Ch. 20: THE PRINCIPLE OF BALANCE

AXIOMS FOR THE PRINCIPLE OF BALANCE, THE PRINCIPLE OF BALANCE EXPLAINED: Balance Drives Change, The Balance of Breathing, Giving Receiving and Re-Giving, Balance Drives Creation, The Necessity of Balance and Imbalance; EVIDENCE FOR BALANCE IN NATURE; DESIRE IS A SEARCH FOR BALANCE

Ch. 21: THE LAW OF ATTRACTION

AXIOMS FOR THE LAW OF ATTRACTION, THE LAW OF ATTRACTION EXPLAINED: Lessons from a Magnet; MENTAL MAGNETICS

Ch. 22: THE PRINCIPLE OF THOUGHT POWER

AXIOMS FOR THE PRINCIPLE OF THOUGHT POWER; THE PRINCIPLE OF THOUGHT POWER EXPLAINED; THOUGHT FORCE: Thought Power Emission, The Medium of Thought-Waves, Thought-Wave Transmission, Thought-Wave Reception, Thought-Wave Propagation, Thought-Wave Amplification, Thought-Wave Interference, Targeted Thought-Waves, Objective Sender - Subjective Receiver; THOUGHTS OF ATTRACTION: Like Resonates with Like; THOUGHT POWER AND MENTAL IMAGERY

PART IV: MASTERING THE MUTABLE LAWS

Ch. 23: TRANSMUTE AND TRANSCEND

THE PRICE OF THINKING; RE-CAPPING THE UNIVERSAL LAWS

Ch. 24: TRANSMUTING THE OPPOSITES

THE ART OF MENTAL TRANSMUTATION: Transmutation Along the Same Lines, Energy Can Never be Destroyed; TRANSMUTING EMOTIONS: Focus on Higher Emotions Not Extremes, Emotional Transmutation in Practice, The Directive Power of Higher Emotions; TRANSMUTING THOUGHTS

Ch. 25: TRANSCENDING RHYTHM

MOUNTING THE PENDULUM; MENTAL POLARISATION: Lessons from Polarised Sunglasses, DEALING WITH THE RETURN SWING: Evidence of the Backward Swing, Dealing with the Backward Swing, Lessons from a Strong Swimmer, Do Not Start Anything New; CONVERTING THE CYCLE INTO AN UPWARD SPIRAL: Your Mental Point of Equilibrium, Raising Your Point of Equilibrium, Throwing the Ball of Positivity Upwards, Dealing with Emotions, Dealing with Difficult Days; EXTERNAL PENDULUMS; TRANSCENDING COMPENSATION

Ch. 26: REVERSING CAUSATION

REVERSING THE FEEDBACK LOOP: Correcting the Feedback Loop; CONSTRAINED VS UNCONSTRAINED CAUSES: Lessons from Photography; BECOMING THE CAUSER: Not All Desires or Fears Come to Pass

Ch. 27: MENTAL GENDER IN CREATION

MASCULINE – FEMININE; MENTAL MAN - MENTAL WOMAN; OBJECTIVE MIND - SUBJECTIVE MIND; WILL – DESIRE: The Power of Your Intuition; REASON – EMOTION: Lessons from a River; THE MENTAL COUPLE: The Relationship of the Mental Couple

Ch. 28: OPTIMAL BALANCE

GIVING AND RECEIVING; OPTIMAL BALANCE IN DESIRES: Balanced Desires in Action, The Cosmic Currency of Exchange, Imbalanced Desires in Action, A Word for the Givers, Universal Mind is the Single Giver; OPTIMAL BALANCE IN ACTIONS: Balanced Actions in Action, The Balance of a Positive Life, Let Action Direct In-Action; OPTIMAL BALANCE IN EMOTIONS: Higher Emotions and Extremes, OPTIMAL – EXTREME: Optimal Emotions as a State of Mind, Forgive and Forget; THE OPTIMIST'S CREED: Promise Yourself

Ch. 29: MAGNETIC THINKING

POSITIVE THINKING: Your Mental Centre of Mass; HIGHER POSITIVITY: Positive Dominates Negative; THE MAGNETIC PERSON

PART V: TOP-DOWN-LIVING

Ch. 30: A REALITY OF TWO WORLDS

THE VISIBLE AND INVISIBLE WORLDS; YOUR MAGIC MIRROR: The Observer is Not In the Mirror, Mirror Mirror on the Wall; THE DREAM AND THE DREAMER; WHAT IS REAL DOES NOT CHANGE: A New View of Reality; THE TEMPORNAUT: Timelessness in Physics, Living in the Past, Remembering the Future, The Possible and the Probable; YOU DO NOT CREATE ANYTHING

Ch. 31: LIVING FROM THE I WITHIN

THERE IS ONLY EVER ONE I, KNOW YOURSELF: What a Difference Indifference Makes; EXERCISE FOR EXPERIENCING THE I: Calling Your Name; BE YOURSELF; LOVE YOURSELF

Ch. 32: THE POWER OF YOUR WILL

AWAKENING YOUR WILL POWER; SELF-DISCIPLINE: Learn to Say No to Yourself, The Tantrum of the Untrained Mind, The Student of the I; PERSISTENCE, MENTAL CONCENTRATION: Exercises in Concentration, Concentration for Conscious Creation, The Sun and the Magnifying Glass; USING YOUR WILL POWER: Exercises to Awaken the Will, Exercise to Train Your Mind, Exercise in Physical Actions, Exercise in Verbal Actions, Exercise in Mental Actions, Exercise in Attention; THE EFFORTLESS INFLUENCE OF WILL POWER

Ch. 33: THE POWER OF INTUITION

INTUITION IS A FEMININE PRINCIPLE: Tuition from Within; THE POWER OF SILENCE; FAITH; INTUITIVE LIVING: Intuitive Reasoning, Emotional Intelligence; THE UNION OF WILL AND INTUITION: The Two Doors of The I Within

Ch. 34: THE POWER OF DESIRE

THE I DESIRES NOTHING: The One Unchanging Desire; THE COSMIC PRICE OF DESIRE: Paying the Price of Imbalance; THE POWER OF SINGLE DESIRES: What Do You Want?, The Power of Desiring Out of Nothing, Choose with Your Heart not Your Head, Know Your Desire Intimately; THE PURPOSE OF YOUR DESIRE; THE POWER OF DETACHMENT: Let Nothing Define You, How to Rise Above Attachment and Doubt, Judge Nothing as Good or Bad; FREEDOM OF CHOICE: Freedom of Choice is Free Will; DESIRE IT ENOUGH: Stop Short-Circuiting Your Desires, Give Nothing Excess Importance, Lessons from a Steam-Engine, Burning Desires Burn Out Twice as Fast, In Joyful Pursuit of Desire, Confident Expectation, Remain Calm with a Strong Resolve; OPTIMAL EMOTION FOR DESIRE; TAKE WHAT YOU WANT FOR GRANTED: What You Desire Already Exists, Be Grateful for What you Take for Granted; BE PATIENT; SUCCESS IS A DEMANDING WOMAN; CONSCIOUS CREATION THROUGH DESIRE, Universal Mind Takes Over

Ch. 35: THE POWER OF IMAGINATION

YOUR MENTAL WORKSHOP; THE IDEA AND THE MENTAL IMAGE: The Power of Mental Images, The Mental Image is 'Real'; MENTAL ARCHITECTURE: Exercise in Mental Construction, Exercise in Dreaming, Exercise in Mental Imagery; IMPRESSING YOUR SUBJECTIVE MIND: Lessons from Children's Play Putty

Ch. 36: TAKING ACTION, DEALING WITH REACTION

TAKING ACTION: Lessons from Driving, Inspired Action; THE REACTION TO YOUR ACTION: Lessons from Aerodynamics, Do Not Resist Resistance; THE GREAT ADVENTURE OF LIFE: The Art of Making Mistakes; REALITY CREATION MANAGEMENT; APPLICATION UNLOCKS THE POWER OF KNOWLEDGE: One Step at a Time, Warning: Danger Zone

PART VI: PRACTICAL CONSCIOUS CREATION

Ch. 37: THE POWER OF MEDITATION

DISPELLING MEDITATION MYTHS: Benefits of Meditation; RELAXATION FOR MEDITATION: Body Position, Breathing, Counting Backwards, Relax Your Body, Relax Your Mind, Practice Makes Perfect; THE TWO DIRECTIONS OF MEDITATION: Contractive Meditation, Expansive Meditation, Lessons from a Wind-Up Toy; INSTRUCTIONS FOR MEDITATION: Before You Go to Sleep; A SHORT LESSON IN BRAINWAVES: Gamma Level (25 - 100Hz), Beta Level (12 - 25Hz), Alpha Level (7.5 - 12Hz), Theta Level (4 - 7.5Hz), Delta Level (0.5 - 4Hz); THE I OF THE EGO MEDITATION: Guided Description; MEDITATION IN PRACTICE; THE 40-DAY RULE: The 40-Day Conscious Creation Plan

Ch. 38: INCREASING YOUR LIFE FORCE

PERSONAL LIFE FORCE: Learn to Access Universal Life Force; 1. MINDFUL EATING: Instructions for Mindful Eating; 2. THE STAR EXERCISE: Instructions for the Star Exercise; 3. POWER WORDS: Selection of Power Words, Instructions for Power Words; 4. PSYCHIC ENERGY MEDITATION: Instructions for Increasing Psychic Energy

Ch. 39: MENTAL SELF-PROTECTION

USING LIFE FORCE: As You Sow So Shall You Reap, Forewarned is Forearmed; ASSERT THE I WITHIN: I Deny Your Positivity Over Me; POSITIVE WILL ATMOSPHERE; OMNIPOTENCE

Ch. 40: VISUALISATION

VISUALISATION ESSENTIALS: Think With Your Pencil First;

STEP 1: RELAX: Cultivating Inner Calm and Strength, The Gentle Smile, Setting Your Intention; STEP 2: VISUALISE: In the Present Moment, Imagining Your Ideal, Add Emotion; STEP 3: RELEASE: The Vortex of Creation, And So It Is, Thank You, DO NOT THINK ABOUT IT, INS AND OUTS OF VISUALISATION: Do Not Think, How Many Times?, Replenish Your Life Force, A Word of Warning, THE MAGIC LANTERN

Ch. 41: AUTO-SUGGESTION

SECOND-PERSON AUTO-SUGGESTION: The Suggestor and Suggestee; 'I AM' AFFIRMATIONS: Powerful Affirmations, I AM Affirmations; PERSONAL AUTO-SUGGESTIONS: Tailor-Made Auto-Suggestions, Powerful Auto-Suggestions, Every Day in Every Way; AUTO-SUGGESTION IN PRACTICE: Say It, See It, Act It; WHAT TIME AND HOW OFTEN?; ALWAYS SPEAK WELL TO YOURSELF

Ch. 42: MENTAL HEALING

THE PREMISE OF HEALING: Cells are the Body's Building Blocks, The Objective Director - The Subjective Healer, The Prerequisites for Mental Healing; MENTAL HEALING TECHNIQUES: 1. Visualisation for Healing, Three Screen Method, 2. Auto-Suggestion for Healing; DISTANT HEALING: Asking Permission, Establishing a Mental Connection, Distant Healing in Practice, Working with Time Zones, Life Force and Self-Protection; DIVINE ASSISTANCE; THE ROLE OF DOCTORS AND MEDICINE

Ch. 43: THE POWER OF PRAYER

HOW TO PRAY: "All things", "which you are praying for and asking for", "believe you have received", "and it shall happen for you"; WHEN TO PRAY; THE POWER OF GIVING UP: Give Upwards, A Powerful Decision; THE ESSENTIAL PRAYER

Ch. 44: THE SECRET IS SECRECY

HOW NOT TO TEMPT FATE: Interrupting the Creation Process; SPEECH DISPERSES CONCENTRATED ENERGY: Airtight Secrecy, The Counterfeit Ego's Reaction; 'GO AND TELL NO MAN'; THE BUILD-UP OF ENERGY: Make or Break; TRAINING YOURSELF TO KEEP QUIET: Guilt is a Funny Thing; SHARING NEGATIVITY; LIVE BY EXAMPLE

Ch. 45: THE MASTER FORMULA FOR LIFE

TRUST LIFE: The Parable of the Farmer, Accept Life; FLOW WITH LIFE: Let Go of the Past, There is Nothing to Fear in Change, Life's Changing Weather; BE GRATEFUL: Be Graceful, Gratitude for the Mundane, Gratitude for the Difficult, Gratitude for Life; CHOOSE TO BE HAPPY: Let Nothing Define Your Happiness; BE TRULY ALIVE: Rising Above Life and Death, Life is the Playground of Your Soul, You Cannot Imagine Not Being; THE ART OF TOP-DOWN-LIVING: The Master Formula for Reality Creation, Multiple Streams of Joy, Take Nothing Personally, Expect Nothing, Assume Nothing, Do Not Compare Yourself to Others, A New Vocabulary; EINSTEIN'S FORMULA FOR SUCCESS: Work Hard and Play with Abandon; THE MENTAL GARDENER: Planting Your Mental Seeds, Creating Your Garden, Maintaining Your Garden; LIVE AND LET LIVE: Everyone Has Their Own Dream; ROW, ROW, ROW YOUR BOAT: 'Row, row, row', 'your boat', 'gently down the stream', 'merrily, merrily, merrily, merrily', 'life is but a dream'; THE OPTIMIST'S CREED: Promise Yourself; LOVE FOR LIFE OR FEAR OF LIFE: Love's Children and Fear's Brood; FALL IN LOVE WITH LIFE

Ch. 46: ABSOLUTE LOVE

ALL IS LOVE; ABSOLUTE LOVE IS; ABSOLUTE LOVE FOR YOU: The Circle of Absolute Love; LET YOUR LOVE BE ABSOLUTE: Service to Others; BUT THE GREATEST OF THESE IS LOVE

Ch. 47: FREEDOM

IN TWO MINDS; IN ONE MIND

BIBLIOGRAPHY