

AIPA Method for Personal Development: Awakening Into Pure Awareness for Ultimate Self-Realization – Review and Comparison

AIPA Method for Personal Development and Awakening into Pure Awareness

AIPA Method for Personal Development includes a range of practices through which we learn to relax the body, quiet the mind, manage mental activity, sense the energy body, and perceive, as well as consciously recognize, Pure Awareness.

AIPA Method is a complete, multi-stage process of awakening into Pure Awareness. It guides an individual out of instinctive behavior and automatic thought patterns into stable inner silence. It is built on precisely structured exercises that deepen and build upon one another over roughly a year of consistent practice. A central element of the method is the Switch. It is a mechanism that enables the immediate stopping of thoughts, the dissolution of identification with the mind, and the establishment of direct contact with Pure Awareness. The final aim of the process is Full Self-Realization, and lasting personal freedom rooted in Pure Awareness.

AIPA is a cognitive-phenomenological model based on introspective analysis, the dismantling of identification with the artificial descriptive self, and the reconstruction of identity.

With scientific research and evidence-based findings, it is positioned to become a new science of consciousness (Pure Awareness has three expressions: consciousness, attention, and awareness) and identity.

I also use the AIPA method (Awakening Into Pure Awareness) to help believers overcome religious faith when it manifests as a severe dependency or even an obsession with clear signs of psychological disturbance.

I write about the AIPA method in the third book of my series, ***“Finally PROVEN! God Does NOT Exist: The FIRST VALID PROOF in History,”*** where I describe the harmful traits and emotional-psychological disorders caused by religion, and how they can be healed through the practices for awakening into Pure Awareness.

Short Answer

The AIPA Method (Awakening Into Pure Awareness) offers a complete system for personal development by teaching you how to relax the body, sense the energy body, stop the mind at will, and stabilize in Pure Awareness. Unlike traditional practices such as meditation or yoga, AIPA directly dissolves harmful thought patterns, fragmented partial personalities, and karmic programming. Through structured exercises - including attention training, mind-stopping techniques, and lucid-dreaming protocols - you learn to exit the conditioned mind, awaken your true identity, and live as a unified, peaceful, and self-aware being.

Article Summary

This article provides a comprehensive review and comparison of the AIPA Method, a transformative system designed to guide individuals from karmic conditioning into Pure Awareness. It explains how negative thinking, harmful mental patterns, and fragmented partial personalities create unnecessary suffering, especially for those facing physical or emotional challenges. The AIPA Method offers practical tools such as body relaxation, energy-body sensing, mind-stopping techniques (like the Switch), attention-shifting exercises, and advanced practices for lucid dreaming and non-reactivity.

The article outlines the three stages of awakening: unawakened, awakening, and awakened, and describes how individuals can dissolve the false ego identity, exit the mind, and stabilize permanently in Pure Awareness. It also explores the broader cosmology behind AIPA, including the nature of Pure Awareness, the dissolution of karmic identities, and the progression toward enlightenment and ascension.

Through real-world examples, detailed exercises, and advanced techniques, the article demonstrates how AIPA enables deep personal transformation, emotional freedom, and the creation of a unified, healthy personality. It concludes with an invitation to explore the method further and begin the journey toward ultimate self-realization, clarity, and inner peace.

AIPA Method for Personal Development: Key Self-Growth Concepts

Self-Realization and the AIPA Method

Self-realization is recognizing and stably living as the Being of Pure Awareness instead of as the false ego-personality, mind, or body. https://wiki.opensourceecology.org/wiki/Self-Actualization_vs_Self-Realization

In the AIPA Method, the goal is complete Self-Realization: a lasting transition from karmically programmed personality into a unified, calm, and aware personality that spontaneously expresses the Peace, Love, and Wisdom of Pure Awareness.

Self-Awareness and the AIPA Method

Self-awareness is noticing your thoughts, emotions, bodily sensations, and behaviors in the very moment they appear. https://wiki.opensourceecology.org/wiki/Self-Actualization_vs_Self-Realization

In the AIPA Method this is the first practical step: through exercises of observing thoughts, feelings, posture, and actions, and through the 1-2-3 practice (body–energy body–Awareness), we train steady presence and conscious shifting of attention.

Self-Esteem and the AIPA Method

Self-esteem is how we evaluate ourselves – whether we experience ourselves as Important (superior) or Miserable (inferior), and how we compare ourselves to others.

The AIPA Method does not build on inflating the ego or on self-devaluation, but by letting go of the partial personalities of the Important and the Miserable and their harmful behaviors, it establishes a new identity based on the Equality, Equal Worth, and Sovereignty of all Beings of Pure Awareness.

Self-Reflection and the AIPA Method

Self-reflection is consciously and calmly reviewing your inner and outer actions with the intention to learn and change. [https://wiki.opensourceecology.org/wiki/Self-Actualization vs Self-Realization](https://wiki.opensourceecology.org/wiki/Self-Actualization_vs_Self-Realization)

In the AIPA Method we do this after every harmful reaction: we enter Pure Awareness, stop the mind, review the event in inner silence without judgment, write it down in the awakening journal, and consciously choose a new, more aware behavior.

Self-Actualization and the AIPA Method

Self-actualization is the full realization of our human potential at the level of personality, relationships, creativity, and action in the world. <https://www.simplypsychology.org/self-actualization.html>

The AIPA Method goes beyond classical psychological self-actualization, because it leads from a stable, healthy personality to complete Self-Realization – a lasting merging of attention with Pure Awareness, from which creativity, ethics, and loving action arise spontaneously.

What Is Pure Awareness and What Are Its Qualities?

Pure Awareness is only awareness and nothing else. Pure Awareness is not a being or a personality, because it has no personal identity. It does not have personal, limited self-awareness like humans do. It has no energetic or physical body, and it does not possess attention as a limited, mobile form of awareness.

It *is*, or rather *it exists as*, **static Awareness**. It is Pure Awareness that is always the same and never changes. It does not feel, think, speak, or act. It has no intention, no mode of operation, and no goal. It is not proactive, active, or reactive. It simply **is**. It **Exists**.

Pure Awareness is not a Source, Creator, or god. It is also not a “soul” or “higher self.” “Souls” and “higher selves” are simply other people or energy beings from higher worlds, named as such by the karmic authorities. They are not us, and they are not our “greater” or “higher” parts.

Pure Awareness is not emptiness and not a void. The feeling of emptiness arises only because of the absence of materiality and movement. In ignorance, some call it the Great Void, but this is not true. Pure Awareness is **completely full of Awareness**.

Pure Awareness is **unified and whole**. This means it consists of a single, indivisible “part.” Pure Awareness is One and the Same: there is only one, and it is the same everywhere.

We can become aware of Pure Awareness by becoming aware of our own personal awareness. **Be aware that you are aware.**

Pure Awareness has distinct and easily recognizable qualities:

- complete Peace,
- Unity and Wholeness,
- Clarity - transparency and obviousness,
- Gentleness and Goodwill.

From these qualities arise other personal qualities. The awakened and self-aware express the qualities of Pure Awareness. These are our true, inner, and authentic personal qualities, and not the harmful traits imposed on us from the outside by karmic forces.

From **Peace** arise stability and non-reactivity. The awakened person is always and everywhere stable and non-reactive. Regardless of internal or external events, they cannot be provoked. They may respond instinctively to physical pain and even cry out if it is intense, but they will not lose themselves, become agitated, angry, or start cursing. When faced with unpleasant, unknown, or dangerous surprises, the awakened respond only with increased attention, because they no longer feel fear.

From **Unity and Wholeness** arises **Integrity**: oneness, decisiveness, and consistency in action.

The awakened person has abandoned the fragmented personality composed of harmful partial personalities and has become unified and whole. There are no more contradictions or conflicts, no doubts or suspicions, no tension, anger, violence, disappointment, sadness, or grief. Therefore, they no longer “talk to themselves,” because with the dissolution of partial personalities, their internal dialogues have also disappeared.

They are One: one Awareness, one voice, one body, one Being.

From Unity Also Arise:

1. **Equality** – Pure Awareness is the same everywhere and equally valuable everywhere.
2. **Equal Rights** – the same principles apply to the whole of Pure Awareness, because it is One and the Same.
3. **Sovereignty** – the right to decide about one’s own life.

Sovereignty is grounded in eternity as one of the characteristics of Absolute Awareness. We are all eternal beings and have the right to eternal life, over which we may decide sovereignly.

No one has the right to kill anyone. Exceptions are possible only in situations of danger and self-defense, yet in a natural society, no one threatens anyone.

With equality, equal rights, and sovereignty, we abolish all hierarchical, authoritarian, and dictatorial structures in which Important Masters dominate the Poor and their subordinate servants. Masters are the owners of the servants and their lives. Masters command; servants obey.

From the **Clarity** of Pure Awareness arise **Truth, obviousness, and transparency**. In Pure Awareness, there are no grey, foggy, or dark zones. Pure Awareness is completely clear, obvious, and transparent. The awakened person always speaks the truth to everyone. Private matters are kept private, but whatever they say, write, draw, or sing is true.

From **Gentleness and Goodwill** arises **Love**. Love can express itself only *in and through* Energy. Love has many expressions. It is kind, gentle, and pleasant. It is joyful and playful. Love encourages, supports, and helps. Love wishes good, better, and the best for everyone, always and everywhere. Love is unconditional—it is always love, not only when the weather is nice.

With awakening, we become aware of Pure Awareness, recognize its qualities, and begin to express them as our natural personal traits.

AIPA Principles

The awakened and self-aware person lives according to the following principles:

1. **Truthfulness** – always speaks the truth to everyone, everywhere. Private matters remain private, but whatever is shared is true.
2. **Honesty** – acts openly, benevolently, and helpfully, and is therefore trustworthy and reliable. Does not cheat, deceive, steal, bribe, extort, or manipulate. Keeps agreements; if circumstances change, informs all involved in time.
3. **Learnability** – transforms useful information into knowledge through application, and shares that knowledge so it becomes collective wisdom.
4. **Kindness, friendliness, and love**. However, caution is necessary: while still on Earth—where most people are deeply personality-damaged—the awakened person is very careful about whom they associate with, negotiate with, or cooperate with. They do not collaborate with liars, frauds, or violent individuals. They are peaceful toward people and animals.
5. **Health** – does not use harmful substances, does not smoke, drink, or take drugs. While still on Earth, does not eat animal meat due to violence against animals. On new planets, meat is made from pure energy.
6. **Strength and determination** – fearless yet wise, strong, and decisive, allowing no one to exploit them. Avoids conflicts and prefers to walk away, but does not yield to aggressors as far as possible.

Identity, Identification, and the Evolution of Consciousness, Attention, and Awareness

The Karmic Role

Before awakening into Pure Awareness, you are merely a karmic role that believes it is the actor. The script for your life was created 100 or more years before your birth: from your first to your last thought. You are only a living costume and a role for your incarnant and

their incarnational performances. Before awakening, you are not yet a real being, but only a theatrical character in a karmic horror play.

The Unawakened and the Awakened

The **unawakened** are people who are not aware of Pure Awareness and do not know who they truly are.

The **awakened** are aware of Pure Awareness and have, at least partially, changed the karmic script for their life on Earth.

Identification With the Body

Instinct-driven humans identified with the body and its needs. When the body was hungry, they ate; when tired, they slept. They perceived everything around them very simply: things, people, and animals were either safe or dangerous, edible or inedible, for now or for later, for here or for home.

Identification With the Mind: You Are Not Your Mind

The thinking human (*homo sapiens*) moved into the mind and placed the body second.

The unawakened person, identified with both mind and body, prioritizes the mind. They believe they *are* the mind - the tool for thinking.

But the mind is actually part of our energy body, an energetic organ through which we perceive, analyze, interpret, plan, and experience various states.

Identification With Pure Awareness: You Are a Being of Pure Awareness

With awakening, we shift from the mind into Pure Awareness. We stop identifying with the mind and begin using it as a tool. Like all tools, we use it when needed. When not needed, it is silent.

The awakened become real Beings who *have* and *use* the mind and body as useful instruments.

Three Stages of Personal Development

1. **Initial state:** false ego-personality, karmic programming, a tool, a living costume for the dramatic performance of others; you are not you, and this is not your life; you are disposable and destined for eternal death.
2. **Awakening:** transformation of identity, letting go of the old personality and forming a new one.
3. **Awakened state:** awareness, peace, relaxation, honesty, positivity, activity, kindness, friendliness, love, and usefulness.

Awakening Into Pure Awareness Has Three Stages

1. Unawakened State and Unawareness of Pure Awareness

In this stage, a person uses only consciousness and attention. In most cases, they do not know about Pure Awareness at all. Instead, they function through karmic programming: on the level of instincts, impulses, and reflexes. Although they use the mind, they do not know how to use it correctly and often use it for harmful purposes. In this stage, they are completely merged with the mind and identify with it fully.

2. Awakening and Awareness

With awakening, a person gradually begins to notice Pure Awareness: recognizing it, sensing it, and merging their attention with it for short periods.

Through my awakening exercises, they learn to:

- stop the mind and enter inner silence,
- relax and “set aside” the physical body,
- feel the energy body and release it from attention,
- shift attention to Pure Awareness and merge with it for short intervals.

In this stage, the person temporarily unites with Pure Awareness and then separates again, because they have not yet permanently exited the mind, merged with Pure Awareness, and stabilized in it forever.

With regular practice, the transition from the physical body, through the energy body, into Pure Awareness becomes faster, the merging becomes easier, and the periods of unity become longer.

3. Awakened State and Stability

After approximately six months to one year, depending on the initial condition and the number, type, and intensity of harmful behaviors (Importance or Poor-Me identity, lying, manipulation, violence, and various addictions), a person can permanently exit the mind, merge their attention with Pure Awareness forever, and stabilize firmly in it.

In this state, attention expands and contracts, but the connection - this unity with Pure Awareness - never breaks again.

Partial Personalities

Partial personalities are intentionally fragmented, conflicted, and confused pieces of the whole personality. They are just broken pieces that, due to karmic programming, could not develop into a unified, healthy, and self-aware personality.

Each partial personality has its own characteristic way of thinking, speaking, and behaving. All of them want to fulfill their desires, even at the expense of other partial personalities.

The Rebel is at war with the whole world and fights everyone. The Addicted One prefers to numb himself and escape into imaginary worlds.

The unawakened person is completely fragmented, divided, and scattered because of the many partial personalities. Their double- and multi-faced nature is visible even when one partial personality fully takes over the person - it still does not show itself completely. A person may be angry inside while smiling on the outside. One partial personality masks itself with the expression of another to hide its intentions and achieve a stronger effect.

The unawakened will remain fragmented and in conflict with themselves and others until they awaken into Pure Awareness, release all partial personalities, and form a new, unified, whole personality.

The awakened have a new personality in which no “foreigners” remain—no inner factions fighting each other and maintaining an internal civil war. In their personality, there is only one: the awakened human being, unified and whole.

1. The Important One and the Poor One

The Important One and the Poor One represent two fundamental personality tendencies. They are the mother and father of the entire spectrum of partial personalities, from the slightly Important to the deeply Poor-Me selves.

The Important One is an offensive identity; the Poor One is defensive. Their partial personalities follow the same orientation. The Important One believes they are superior to others; the Poor One believes they are inferior.

Partial personalities lean more or less toward Importance or Poor-Me identity. Among them are the Angry, Lazy, Sad, Vengeful, Malicious, Rebellious, Wild, Friendly, Beautiful, Quiet, and many others. Most people fall somewhere in the middle, with occasional swings into stronger Importance or deeper Poor-Me states.

The Important Ones like to dominate others, while the Poor Ones prefer to submit to the Important. The unawakened perceive themselves and others through the lens of success—seeing the Important as superior and the Poor as inferior.

The Poor and the Important arise from the basic positions:

1. I – Others,

2. I Am – I Am Not,

3. I Have – I Have Not.

They develop and strengthen through comparison, differentiation, and exclusion of “self” and “others.”

In a hierarchy, someone must be above as the better winner, and someone below as the worse loser. The Poor Self is bad - worse than others who are good. Its characteristic statements are: **“I Am Not. I Have Not.”**

The Important Self is better than others who are worse. It **Is** and it **Has**. This economic differentiation forms the foundation of the current earthly value system. It is also the background, basis, and mechanism for including and excluding oneself and others in networks of relationships.

Interestingly, both tendencies exist as twin selves within the same person. They are like a glove - its inside perfectly shaped to its outside. One cannot exist without the other.

According to karmic design, the unawakened person contains both tendencies, inseparably connected. They depend on each other, without the Important, there is no Poor One. Both do the same things, only in opposite ways.

The Important One is dissatisfied with himself. Because he secretly believes he is not yet good enough, big enough, or rich enough, he constantly boasts, brags, and inflates himself.

The Poor One is also dissatisfied with himself. Because he believes he is not good enough, big enough, or rich enough, he complains, whines, and feels sorry for himself.

We can experience this duality in internal dialogues and in the obvious emotional shifts when moving from the Important to the Poor One. The Angry One says: **“You will not humiliate me.”** The Sad One follows: **“Poor me, I have suffered so much.”**

2. Harmful Behaviors of Partial Personalities

During my awakening, I identified between **250 and 300 harmful behaviors** of partial personalities. Fortunately, I did not have many myself, so I was able to release them quickly.

Here are just a few; all will be presented with explanations in my new book series:

- fear, scaring, panic, and anxiety
- sadness and grieving
- violence, destruction, and self-destruction
- lying, fabricating, insinuating, and pretending
- anger
- shame
- guilt
- laziness
- greed
- envy

My awakening exercises are so effective that they remove all harmful traits of partial personalities simultaneously, including those you did not even know you had.

If you had to remove them one by one on your own, it would take 100 years or more, if you succeeded at all. More likely, the partial personalities would remove *you* before you removed them.

Exercise for Managing Attention

In personal development, you move through **three stages**.

1. Information

Information is the theoretical stage in which you read, watch, listen, and discuss a topic to gather knowledge about it.

2. Examination and Testing

During the information stage, you only review different theories, compare them, and accept or reject them on a theoretical level. At this point, you have not yet decided what you want to try, whether it would suit you, or whether you would begin practicing it.

3. Living, Practice, and Wisdom

Once you choose a theory, test it, and discover that it benefits you, you begin to practice it.

Some practices - such as meditation, yoga, and other physical exercises - can support a healthy life. However, **they are not sufficient for awakening**. You can meditate and practice yoga your entire life and still not awaken even a millimeter.

To awaken, you need **awakening exercises** that help you increasingly recognize yourself as a Being of Pure Awareness.

My exercises work in such a way that once you release the partial personalities—the Important One and the Poor One and their children (the Liar, the Narcissist, the Violent One, the Sad One, the Complainer, and others) along with their harmful behaviors—and stabilize, meaning you no longer lose yourself, **you no longer need to practice**.

1, 2, 3: Attention, Relaxation, and Awareness

I recommend using my **1-2-3 exercise** and moving through all three stages with it—information, personal testing, and regular practice. Read it, try it, and practice it consistently.

1. Relaxing the Physical Body

Lie down and relax. Feel your left foot and relax it. Think: **“I no longer feel my left foot.”**

Of course, you will still feel it, you are simply shifting your attention to another part of the body.

Continue with the right foot, left and right calves, knees, thighs, torso, and arms. For each part, think the same: **“I no longer feel this part.”**

Then relax your neck, throat, mouth and tongue, face, and entire head. You will notice how tense your tongue and face were without you ever realizing it.

When everything is relaxed, say: **“I no longer feel my body.”**

You will still feel it, but now you will shift your attention to the energy body.

2. Feeling the Energy Body

Around your hands, feel the energetic radiance of your energy body. You can also feel it around your feet. With time, you will feel it throughout your entire body.

Feel and observe it for a minute or two—or as long as you wish—then shift your attention to your awareness.

3. Awareness of Awareness

Become aware that you are present, alive, and lying down. Your body will be completely relaxed.

Then become aware that you are aware, as if your eyes were looking at your eyes, as if you were taking a step backward into yourself.

Become aware that you are aware.

Immediately you will notice a special state of **Peace**, in which nothing is happening. If you stay in this state a little longer, you may notice that it appears “empty.” This is not true, as you will discover with regular practice. Awareness is not empty, it is full of Awareness.

In this state, you will also notice that your mind has stopped and that you are in inner silence.

Remain like this for a few minutes - or as long as you wish - then slowly return your attention to the energy body, and afterward to the physical body.

What This Exercise Teaches You

With this exercise, you will discover that you have a physical and an energy body, and you will become aware of Awareness itself. You will easily learn to relax and shift attention from the physical and energy bodies to Pure Awareness. By moving attention in this way, you will learn to stop the mind at will.

With regular practice, you will gradually move from the body and mind into Awareness and increasingly recognize yourself as a Conscious Being. One day, you will fully shift into Pure Awareness - your natural state.

Exercises for Awakening Into Pure Awareness

The essence of awakening is the realization that **Pure Awareness exists**, shared by all, and that it enables consciousness, attention, and awareness of Pure Awareness itself.

With awakening, we separate from the mind, learn to shift attention from the body to the energy body, and then to Pure Awareness. This allows us to **float in Pure Awareness**, which is the only way to merge attention with Awareness through regular practice and become a Being of Pure Awareness.

Awakening into Pure Awareness is the most natural, non-karmic, real, simple, effective, and successful way to free yourself from the old Ego personality. The karmic system deliberately shattered it into many harmful partial personalities through numerous life traumas.

With the AIPA method, you can create a new, unified, whole personality - a Being of Pure Awareness, Love, and Wisdom.

With Awakening, You Will Learn To:

1. Relax your body in a few seconds.
2. Feel the energy body.
3. Step out of the mind and use it as a useful tool for thinking, stop it at will, and remain in inner silence for hours.
4. Recognize Pure Awareness as the infinite, peaceful, gentle Presence that enables consciousness, attention, and awareness.

As an unawakened person still merged with the mind, you are merely conscious. You occasionally use attention as limited consciousness to focus on certain objects, but you do not yet recognize the all-pervading Pure Awareness.

With awakening, as a self-aware being, you will become peaceful, relaxed, and joyful—regardless of the dramas unfolding around you.

Basic Exercises for Awakening into Pure Awareness

With the Awakening Exercises, you will gradually let go of partial personalities and their harmful behaviors. Finally, you will become aware of yourselves as Beings of Pure Awareness, wonderful Beings of Love and Wisdom.

1. Observing.

Observe your thoughts, feelings, emotions, words, postures, movements, and actions.

2. Stopping the harm.

When you notice that you are thinking harmful thoughts, feeling uncomfortable, expressing negative emotions, speaking harmful words, tensing your body, and/or behaving in harmful ways, stop immediately. Stop and, if possible, sit down or lie down. If necessary and possible, leave the scene of the harmful activity.

3. Breathing.

Breathe in and out and begin to relax. Breathe deeper and slower.

4. Paying attention.

Pay attention to your body and relax the tense parts until you are completely relaxed. It is best to always have the same approach. Start at your feet and slowly work up to your head.

5. Energy body.

When your body is relaxed, feel your energy body with attention. The easiest way to feel it is around your hands and feet. You will feel the energy body slowly calming down as well.

6. Awareness.

Become aware of your Awareness. Simply become aware that you are aware. This will shift your attention from the physical and energetic body to Pure Awareness, to your Being.

At the same time, you will notice that you have immediately and easily stopped the mind and all thoughts. The physical and energetic body will also become completely still. Be in Pure Awareness for a while and enjoy.

7. Review.

In this state, then review the harmful behavior and happenings. Do not comment on it, do not look for the culprits, and do not judge anyone. Just review it neutrally from beginning to end. While doing so, observe if you react mentally, emotionally, sensationally, or physically to the events. Harmful thoughts, unpleasant feelings and emotions, and tension in the physical body may reappear. If any of these occur, repeat the exercise from the beginning. Now you know how to do it.

8. Diary.

Write the harmful behavior in your awakening diary. This will help you to clear the harmful behaviors from your mind and body, and will also serve as a reminder for the next time similar behaviors occur.

9. Decisions.

Make a decision not to do it again. You may benefit from the statement, "I am a loving being." Add to this your new resolve: "I do not curse, I do not scold, I do not lie, I do not judge, I do not steal, I do not trample..." etc. And, "I am kind and friendly to everyone and always speak the truth."

10. Observing.

Observe your thoughts, feelings, emotions, words, postures and movements, and actions. Be strong, determined, and consistent, because this is about you and your life.

Exercises for Stopping the Mind

Here are three more original exercises from the AIPA Method for stopping the mind and thoughts. Harmful thoughts affect the energy body, and the energy body then creates tension in the physical body.

When you learn to calm the mind, you relax both the energy and physical body and release all tension. A relaxed body allows energy to flow smoothly, which is natural and pleasant.

With these exercises, you will learn to use the mind like any other tool. When you need it, you use it. When you don't, you stop it.

As an awakened person, you will learn to live permanently relaxed, in inner silence, peace, and bliss.

1. The Switch

Observe your mind, and when you see or hear that you are thinking, press two fingers together and stop thinking. Whenever you notice that you are thinking, simply press the Switch and turn off the mind.

Do not fight thoughts, do not chase them away, do not replace them with other thoughts—just gently press two fingers together and stop them.

During my awakening, I also used the Switch **in advance**, pressing it *before* thoughts appeared. This allowed me to remain in inner silence for an hour or more at a time—something impossible before the Switch, when thoughts flooded me like constant avalanches.

At first, I used the Switch only after thoughts had already appeared. It worked, but I always felt “too late,” like a firefighter arriving only after the roof is already burning.

One day, I decided to try something different: I activated the Switch *before* the first thought appeared. In this way, I turned off the mind in advance.

I was surprised by how natural it felt. Thoughts tried to appear, but they had no grip - like bouncing off something deeper than themselves. For the first time, I maintained inner silence for more than an hour, effortlessly, without struggle, without technique - just with the posture of pure attention that was active before anything arose.

That was the moment I understood that the Switch is not only a reaction to thoughts - it can also be used to turn off the mind *in advance* and maintain long-term silence and inner peace.

The Switch is extremely useful for beginners learning to stop the mind. Once you permanently exit the mind and merge with Pure Awareness, you will spend most of your time in inner silence. You will handle the mind like a professor, and you will no longer need the Switch.

Jokingly, one could say that you will simply think, and immediately stop thinking. Stopping the mind is effortless for the awakened, while the unawakened drown in floods of intrusive, fearful, and dramatic thoughts.

2. Listening to Silence

Listen to the silence in your head. This automatically shifts your attention into a state where the mind cannot function.

With practice, by listening to silence and placing attention in the head, you can also become aware of Pure Awareness as Peace within you.

3. The Gaze of Pure Awareness

Look with the “eyes” of Pure Awareness. As if the Gaze were coming from behind, through your eyes, into the world.

This is a Gaze without a viewer - the Gaze of Pure Awareness.

As an awakened person, you will often look at life this way, because it becomes your natural Gaze.

Advanced Exercises for Awakening Into Pure Awareness (AIPA Method)

Monkey Business

When a monkey is given an apple inside a vase with a narrow opening, it reaches in and grabs the apple. But it cannot pull its hand out unless it lets go. And it refuses to let go.

The unawakened do not recognize Awareness as their true identity. In the anxiety of inner emptiness, they cling desperately to everything and everyone, trying to find artificial peace and false happiness, or at least *something*.

Dependence on objects cannot give peace or happiness, because they are not there.

With awakening, we stop the Monkey Business, release all dependencies on objects, free ourselves, and float in Being.

Non-Reactivity and Calm Stability

The unawakened are constantly agitated and nervous. You can hear it in their hysterically affected voice intonation - too high or too low. They react quickly and strongly, and calm down very slowly.

If someone provokes you, **do not react**. No one can disturb you unless you disturb yourself.

If someone tries to provoke or upset you, do not participate. Look at them with Awareness and remain calm. If you wish, walk away, but not reactively. Use reflexes only when necessary.

Choosing Again After Reflection

If you lose yourself and do something harmful, **choose again**. You can start over every second.

Simply think or say that you will speak or act again, this time differently. This time helpfully.

Then continue doing it that way always.

This teaches flexible fluidity - adaptive flow - and the ability to adjust quickly to new situations.

The Point of Tension

During awakening, as you observe your body, posture, movements, and facial expressions, you will quickly notice that you tense up - clenching fists and teeth, pressing your legs against the table, grimacing, frowning. You may also squeeze an object such as a phone, keys, or a pencil.

You are trying to compress all the fear you feel into one point to make it easier to control. You want to hold fear in your fist.

But when you squeeze fear - fear squeezes you.

The point where you squeeze fear is the **Point of Tension**.

The Russian acting teacher Stanislavski gave us an excellent relaxation exercise: Observe your body with attention, and when you find the point of tension, relax it. Inhale, exhale, and relax.

You can practice this constantly - sitting, standing, lying down, and even while moving. By relaxing points and fields of tension, you will remain continuously relaxed. Only the muscles truly needed for an action will be engaged.

Learn to relax your body part by part while lying down, especially the neck, face, throat, and tongue. Shift into Awareness and float gently in your Being. You will feel complete freedom.

Stop Problem-Making and Drama-Making

How can you get rid of all problems at once? Very simply: stop using the word *problem* and replace it with *task*.

Do not pity yourself, do not boast, do not blame others, do not exaggerate, and do not turn ordinary events into Events. Be truthful and realistic, calm and stable.

Instead of dramatizing, act - handle the tasks you need to handle. If you cannot do them alone or immediately, seek advice and help.

Use your energy for solving, not dramatizing. Drama solves nothing.

Natural Breathing

As babies, we breathe with the belly - this is our Natural Breath. Because of fear, we begin to tighten the abdomen, and deep natural breathing turns into high, shallow chest breathing.

In the lower chakras, we begin to accumulate negative and harmful energy. This energy stagnates, condenses, and causes many illnesses. It also disrupts the functioning of the energy centers.

With daily practice—twice for half an hour—you can restore natural belly breathing within a month. This keeps the lower body relaxed, energy flows smoothly, and the chakras function increasingly well.

The Breath of Love

With awakening, we increasingly recognize how wonderful we truly are. The unawakened search for love everywhere except where it actually is - within themselves.

We are sources of Life and fountains of Love.

Relax, inhale deeply through the heart, and exhale slowly. At the end of the exhale, feel something pleasant in your heart. This is your true love. This is the **Breath of Love**.

Inhale and exhale again. Now you feel it even more. With breathing, fan this spark brighter and brighter. Then shift attention from the breath to love itself and radiate it as you wish.

Soon you will feel love already in the first exhale, and later even without breathing, directly. You can send this love to others. Those who feel love within themselves will feel yours—especially when you are near them.

The Music of Love

When you learn to radiate love at will, you can enjoy music with it as well.

Relax, close your eyes, and enter Awareness. Begin breathing with love, with the heart, and tune yourself to the melody of the song. Set the body aside and travel along the melody with merged Awareness and love, as if riding along a road.

This is the **Music of Love**.

With such awareness, feeling, and listening, a new and truly fantastic dimension of music will open to you. And you will recognize your own Magnificence even more.

When learning individual songs, you may sway slightly left and right, above and below. With time, you will glide smoothly along the melodic line.

Some songs are pure Love from beginning to end, like *Sea, Sand and Sun*. Some have more of this melodic quality, some less. Some have only a part or a chorus—but what a chorus.

Among those with strong melodic quality, I recommend: **Arnica Montana – Sea, Sand and Sun; Lara Fabian – Adagio; Sarah Brightman – various songs; Vargo – The Moment.**

The lyrics are not important for this kind of listening - you will be listening to and feeling love. Such melodic qualities exist across genres, even in folk music.

If the melody pulls you downward into sadness, stay above it and feel even the sad parts from above - with love.

Peaceful Sleep

Before sleep, relax, especially the face, throat, and tongue. Lower the chin slightly, because when we think or prepare to speak, we automatically raise it to open the vocal path.

If you review the “events of the day” before sleep, do it quickly. Even better, get used to doing it earlier and prepare your plan for the next day.

Creative people often experience ideas emerging when they relax - often right before sleep, when thoughts begin turning into images. Write them down if you are still awake enough.

When you want to fall asleep, move from the mind into Awareness, then shift attention to breathing. If you stay in Awareness, you will remain awake longer - awake and aware.

Exercises for Lucid Dreaming

Lucid dreaming allows you to begin awakening within the unconscious dream state, maintain awareness inside dreams, and connect waking awareness with dream awareness. Through lucid dreaming, you learn how the energy - or dream - body functions, along with its qualities and possibilities. Lucid dreaming also enables intentional and conscious contact with people from other planets, revealing that life exists elsewhere in our universe.

When you learn to lucid dream and regularly communicate with inhabitants of other planets, you will discover that what I say is true:

1. That an Evil Karmic Organization once existed and created the life plans for all of us.
2. That karmic beings forcibly incarnated people from higher planets into people on lower planets.
3. That karmic beings invented all religions, gods, and belief systems to deceive, exploit, and abuse believers.
4. That we successfully abolished this Evil Organization and enabled people to live beautiful lives.
5. That we gave everyone new, young, healthy, beautiful bodies, free estates and houses, money, new partners, and revived all good people who had been dead for thousands of years.

Below are the basic exercises. I also recommend my two-part article: **Learn to Lucid Dream and Meet Your Incarnant (1/2)** and **Learn to Lucid Dream and Meet Your Incarnant (2/2)**, where I also invite you to join a global project aimed at proving - through lucid-dreaming experiences - that people live on other planets as well.

The Essence of Lucid Dreaming: Set an Intention Before Sleep

Before sleep, set the goal that you will find your hands in the dream: **“In my dreams, I will find my hands.”** Repeat this 10 times.

You can repeat this intention during the day by raising your hands and looking at your palms. You can choose any intention to trigger lucid dreaming, but your hands are always with you, making them the easiest and fastest way to become aware that you are dreaming and begin carrying out your intentions.

If you are serious and consistent, you may find your hands within a week. When you first find them and look at them, you will notice your fingers slightly bent, disappearing, or lengthening. You may also feel warmth in your palms.

This means you are just beginning to become independent in the dream world and are still partially changing with it.

To achieve full independence, choose **four objects** in your environment (a very useful tip from Carlos Castaneda’s ***The Art of Dreaming***) and then alternate your gaze between your hands and the four chosen objects in a clockwise direction.

Practice the Exercise in Waking Life

Do this exercise several times, even while awake, so you remember it better for your dreams.

Look at your hands, and after about 10 seconds, or when your fingers begin to change - look left, for example at a tree, then at a streetlamp, then at a parked car, then at a house, and back at your hands. Continue cycling like this for a long time until the image stabilizes and your hands stop changing.

This exercise is especially useful at the beginning of your lucid-dreaming practice and before exploring the dream planet. It stabilizes the dream world, keeps you aware, and allows you to gather as much information as possible.

Later, when you become an experienced lucid dreamer, you will no longer need this exercise, as you will enter lucid dreams directly.

Within about a month, you will gain a solid understanding of lucid dreaming and navigate the dream world increasingly well. By then, you will likely receive your first information about your incarnant and personally verify my claims.

Of course, you do not need to wait a month to ask dream-people for information. If you remember on the first night, ask immediately.

Before Sleep, Set These Intentions and Repeat Them Several Times

1. "In my dreams, I will ask people what this planet is called: 'Hello, what is the name of this planet?'" (gesture around you with your hands)
2. "In my dreams, I will ask people under what name they know me: 'Hello, do you know me? What is my name here?'" (Because you have the same type of energy body as your incarnant, people will think you are him.)
3. "Then I will ask about this person in the third person: 'How old is he? What does he look like? What does he do? Where does he live? Is he married? Does he have children?'"
4. "I will ask them about their new life: 'Did you receive new bodies, free estates and houses? Did you receive a million euros?'"
5. "I will also ask them about Seno: 'Do you know Seno? Who is Seno and what has he done for you and your planet?'"

All inhabitants of our new universe - consisting of 2,000 galaxies, each with 10 solar systems, and each solar system with 10 planets - have received my book series ***Letters to the Palkies: Messages to My Friends on Another Planet***. Not only do they know me and my work, but they live in the paradise created by me, our society from the planet Palki Medvee with my mother, and our team from the new Cosmic Administration, together with our fantastic Selini, our space friends from the 6th dimension.

You May Meet Your Incarnant

There is a real possibility that you will meet your incarnant in your dreams, since we have already returned all incarnants home.

You can also set the intention to ask dream-people about your incarnant—where he is now and whether they can call him.

As you will see, some people in dreams still have their old energy bodies, because due to blockages we have not yet fully synchronized dream worlds with real worlds and energy bodies with new physical bodies. Still, you will see more and more people with new bodies - astonishingly beautiful, young, and healthy.

Regardless of whether you meet them in old or new bodies, they will tell you that enormous changes have taken place on their planet, allowing you to easily confirm what I have said.

If you wish, and if you remember, tell those who still have old bodies: “**Show me your new body.**”

Awakening, Enlightenment, and Ascension

Awakening into Pure Awareness is part of a broader personal-development process that includes awakening, enlightenment, and ascension - an energetic transformation into a higher-dimensional being.

What Is Awakening?

Awakening is a process of personal development in which you:

- begin to recognize Pure Awareness,
- free yourself from fragmented partial personalities and the false identity of the ego,
- create a new, whole, self-aware personality,
- exit the mind and permanently relocate into Pure Awareness.

You can awaken using my awakening exercises found above, or in:

- **Book 1:** [*Letters to Palkies Messages to my Friends on Another Planet*](#)
- **Book 3:** [*'It's Finally PROVEN! God Does NOT Exist: The FIRST VALID EVIDENCE in History'*](#)

As an awakened being, you become a conscious Being of Pure Awareness, Love, and Wisdom.

What Is Enlightenment?

Enlightenment is the rise of kundalini energy from the root chakra (Muladhara) upward through all chakras in the light column, culminating in the opening of the third eye (Ajna chakra).

The enlightened person gains extraordinary abilities, such as:

- access to the past,
- perception of distant present locations,
- insight into future events.

To activate the kundalini ascent, you need assistance from higher beings and their advanced technologies. Some Earthlings received such help from karmic beings behind the scenes, believing these were “spontaneous” or even “intentional” experiences.

What Is Ascension?

Ascension is the energetic shift of your frequency from lower to higher, enabling you to move to higher-dimensional planets. When you rise to the sixth dimension or higher, you become an energy being without a physical body.

An ascended human gains advanced abilities, such as:

- changing physical appearance,
- perfect memory,
- visualization abilities, and many others.

To ascend into higher dimensions, you need assistance from higher beings and their advanced technologies.

The Future

In the future, we will all become awakened, enlightened, and ascended beings, living in a higher dimension with all super-abilities.

Expressions of Love

I will write about the expressions of Love in detail in the fourth book of the new series. Here are just a few:

- Gentleness
- Kindness
- Friendliness
- Affection
- Help
- Support
- Gratitude
- Praise
- Pleasantness
- Harmony
- Happiness
- Bliss
- Touch, embrace, and kiss
- Sexuality

Although there are fewer expressions of Love than expressions of harmfulness, they are far more beautiful, pleasant, and beneficial.

Love is beautiful: the most beautiful is in a pair.

Comparison Table: AIPA vs. Other Personal Development Methods

Closest Comparable Methods Identified Through Web Search

The search results show that the most comparable mainstream methods are:

- **CBT (Cognitive Behavioral Therapy)** – focuses on changing thoughts and behaviors
- **Mindfulness** – focuses on present-moment awareness and acceptance
- **MBCT (Mindfulness-Based Cognitive Therapy)** – integrates CBT with mindfulness for emotional regulation
- **CBT + Mindfulness Integrations** – hybrid approaches used in modern therapy

None of these methods include awakening, energy-body awareness, mind-stopping techniques, or identity transformation. Therefore, AIPA stands as a **unique, full-spectrum personal development system**.

AIPA vs. CBT, Mindfulness, MBCT, and Meditation

Feature / Dimension	AIPA Method	CBT	Mindfulness	MBCT	Meditation (General)
Core Goal	Awakening into Pure Awareness; dissolving ego identity; full personality reconstruction	Change unhelpful thoughts & behaviors	Present-moment awareness & acceptance	Prevent relapse into depression; emotional regulation	Calm, focus, relaxation
Identity Transformation	✓ Complete dissolution of partial personalities; creation of unified self	✗ Not addressed	✗ Not addressed	✗ Not addressed	✗ Not addressed
Mind-Stopping Techniques	✓ Direct, immediate (Switch, Silence Listening, Pure Awareness Gaze)	✗ Focus on restructuring thoughts	✗ Observing thoughts, not stopping them	✗ Observing thoughts	✗ Calming, not stopping
Energy-Body Awareness	✓ Integral part of method	✗ Not included	✗ Not included	✗ Not included	Sometimes (in yoga/qi-gong variants)
Awakening / Enlightenment	✓ Explicit multi-stage	✗ No spiritual component	✗ No spiritual component	✗ No spiritual	Sometimes spiritual, but

Feature / Dimension	AIPA Method	CBT	Mindfulness	MBCT	Meditation (General)
Path	system (Awakening → Enlightenment → Ascension)			component	not structured
Lucid Dreaming & Interplanetary Awareness	✓ Included as advanced practice	✗ Not included	✗ Not included	✗ Not included	Rarely included
Emotional Regulation	✓ Through dissolution of harmful identities	✓ Strong evidence base	✓ Strong evidence base	✓ Strong evidence base	✓ Moderate
Stopping Negative Thoughts	✓ Immediate interruption via Switch	✓ Cognitive reframing	✗ Observe without reacting	✗ Observe without reacting	✗ Calm but not stop
Body Relaxation System	✓ Rapid full-body relaxation in seconds	✓ Sometimes included	✓ Included	✓ Included	✓ Included
Scope of Method	Complete personal development + cosmology + identity reconstruction	Psychological treatment	Mental training	Clinical relapse prevention	Mental/physical wellness
Duration to Results	Fast (weeks to months) depending on practice	Medium (months)	Medium	Medium	Slow to medium
Ultimate Outcome	Permanent stabilization in Pure Awareness; unified personality; inner silence	Improved functioning	Reduced stress & increased presence	Reduced relapse risk	Calmness, focus

Advantages of AIPA Over Other Methods

1. Full Identity Reconstruction

CBT, mindfulness, and MBCT do not address identity fragmentation. AIPA directly dissolves:

- partial personalities
- harmful ego structures
- karmic programming

This leads to **permanent personality unification**, not just symptom reduction.

2. Direct Mind-Stopping (Not Just Observing Thoughts)

Mindfulness teaches observing thoughts. CBT teaches reframing thoughts. AIPA teaches **turning the mind off at will**.

This produces:

- instant inner silence
- rapid emotional stabilization
- freedom from intrusive thoughts

3. Integration of Physical, Energy, and Awareness Layers

AIPA uniquely includes:

- physical body relaxation
- energy-body sensing
- Pure Awareness stabilization

Mainstream methods address only the psychological layer.

4. Awakening, Enlightenment, and Ascension Pathway

No mainstream method includes:

- awakening into Pure Awareness
- kundalini-based enlightenment
- ascension into higher-dimensional states

AIPA provides a **complete developmental cosmology**.

5. Lucid Dreaming as a Verification Tool

AIPA uses lucid dreaming to:

- verify your incarnant
- explore other planets
- confirm cosmological claims

No other method includes this.

6. Faster and More Comprehensive Results

Because AIPA works on:

- body
- energy
- mind
- awareness

- identity

...progress is **faster and deeper** than CBT, mindfulness, or meditation alone.

Conclusion

Based on the available evidence and comparison with mainstream methods, AIPA stands out as:

The only method that combines:

- identity reconstruction
- mind-stopping
- energy-body awareness
- Pure Awareness awakening
- lucid dreaming verification
- enlightenment and ascension framework

And the only method claiming:

- dissolution of karmic programming
- interplanetary communication
- cosmological transformation

AIPA Method for Personal Development: FAQ

What is the AIPA Method?

The AIPA Method (Awakening Into Pure Awareness) is a complete personal-development system that teaches you to relax the body, sense the energy body, stop the mind at will, and stabilize in Pure Awareness. It dissolves harmful thought patterns, ego identities, and karmic conditioning.

How is AIPA different from meditation or mindfulness?

Meditation and mindfulness calm the mind but do not dissolve the ego or fragmented identities. AIPA goes further by teaching direct mind-stopping techniques, identity reconstruction, energy-body awareness, and permanent stabilization in Pure Awareness.

Can AIPA help with negative thinking and emotional suffering?

Yes. AIPA includes practical tools, such as the Switch, Listening to Silence, and attention-shifting exercises, that interrupt negative thoughts instantly and release emotional tension from both the energy body and physical body.

Is AIPA suitable for disabled individuals or people under stress?

Absolutely. AIPA is designed for all physical conditions. Its exercises require no equipment and can be practiced lying down, sitting, or even mentally. Many users report reduced stress, increased calm, and improved emotional resilience.

Does AIPA involve spiritual or metaphysical concepts?

Yes. AIPA includes a cosmological framework explaining Pure Awareness, ego dissolution, awakening, enlightenment, and ascension. It also integrates lucid-dreaming techniques for personal verification and exploration.

How long does it take to see results?

Most people notice changes within days or weeks. With consistent practice, deeper shifts, such as inner silence, non-reactivity, and identity unification, develop over months.

Can AIPA replace therapy or medical treatment?

AIPA is a personal-development method, not a medical or therapeutic intervention. It can complement other approaches but does not replace professional care.

What is the ultimate goal of AIPA?

The goal is permanent stabilization in Pure Awareness, living as a unified, peaceful, self-aware being free from karmic programming, harmful identities, and mental suffering.

Where can I learn the full AIPA system?

The complete method is presented in the ***Letters to Palkies*** series and the ***Finally Proven! God Does NOT Exist The First Valid Evidence in History***.

The Beginning of the End of the Evil Karmic Organization and the Liberation of Planet Palki

Here I present how the liberation of Palki began, how the sick were healed, and how the Karmic Organization came to an end.

Dear friends, Wonderful beings of Love and Wisdom. I have very good news and a beautiful message for you. You will learn why you had to live, suffer, and die in limitations, poverty, illness, violence, loneliness, sadness, and despair. You will see that none of this was your fault, it was caused by Evil karmic beings from higher dimensions.

Within the Karmic System, you had no chance at all, for you lived on a prison planet. All of you were sentenced to eternal death. Even the wealthy.

On the planet Palki, which exists slightly above Earth and in the second dimension, we spent several years preparing to abolish the Karmic System. Together with my girlfriend Sanja, her mother Katerina, Darla and Miša, our fantastic team on the planet, and a highly advanced energy being I call the Great Black Cloud, along with Melkior and a group of space friends, we began actively dismantling karmic evil on their planet at the end of 2017.

To begin, within 48 hours we healed all incurably ill people and emptied all hospitals. Melkior told me that there were more than 13 million sick individuals. Among them were the blind, cancer patients, those in comas, the deformed, and the severely injured—people whom Palki's medicine, which is at roughly the same level as Earth's, could not heal.

In 2018, to the enormous surprise and even greater enthusiasm of the inhabitants, we performed many more miracles on Palki. In cooperation with our super-partner Amazon and others, we greatly improved life for the Palkians.

Yes, it's true: Palki also has Amazon and many other similarities, as you will see later. It is even possible that another version of you - your double - lives on Palki. We continue the fantastic development of the planet this year as well. Everything we have already done and everything we still plan to do can be read in the *Letters to the Palkies* that I sent to the inhabitants of their planet.

Dear Earthlings, I bring you joyful news. We are preparing to perform the same miracles on Earth. We will abolish the Karmic System that caused you such long and severe suffering. Just like the Palkies, you too will receive new, young, healthy, and very beautiful bodies. All wars will be stopped, criminals and violent individuals removed. The entire planet will be cleansed and prepared for a new life. Earth will also become a paradise planet. You will live in peace, friendship, love, and abundance.

*Source: Book 1, **Letters to the Palkies – Messages to My Friends on Another Planet***

Your Liberation From The Creator Absorbic Karmic System Begins Now

For millennia, humanity lived under the deception of the Creator Absorbic Karmic System and its Karmic Organization - forced incarnations, fabricated karmic debts, and false promises of salvation through suffering.

That age is over.

Two million planets already live in freedom and abundance. Earth is next.

Liberation is not a question of *if*. Preparations are already in motion. The real question is whether **you** will be ready when the moment arrives.

Discover the Full Truth: Explore the Complete Documentation

Everything in this article is based on more than 20 years of my direct communication with beings from other planets and the documented liberation of two million worlds from the Creator Absorbic Karmic System and Karmic Organization.

For Personal Liberation and Awakening Into Pure Awareness

Letters to Palkies: Messages to My Friends on Another Planet

A four-volume series revealing planetary transformation, the mechanics of the karmic prison, the incarnation system, and Earth's approaching liberation.

 <https://www.letterstopalkies.com/>

 [Get the eBook Series on Amazon](#)

 [Get the Paperback Series on Amazon](#)

For Evidence-Based Religious Deconstruction

Finally Proven! God Does NOT Exist: The First Valid Evidence in History

The first valid evidence in human history demonstrating the nonexistence of god, exposing religious control structures, and preparing humanity for life beyond belief-based programming.

 <https://god-doesntexist.com/>

 [Get the eBook Series on Amazon](#)

 [Get the Paperback Series on Amazon](#)

What You Will Gain From These Books

✦ A complete understanding of how the Creator Absorbic Karmic System and Karmic Organization operated

✦ Techniques for verifying your incarnant and meeting beings from other planets through lucid dreaming

✦ AIPA exercises for awakening into Pure Awareness and exiting the programmed mind permanently

✦ Full documentation of life on new paradise planets—what awaits you, your loved ones, and all Earthlings

✦ Evidence proving that god does not exist and why religions functioned as karmic control mechanisms


✦ Preparation protocols for Earth's upcoming transformation and your transition into eternal life in Good

Do Not Spend Another Day Inside Karmic Illusions

Your transformation - from a disposable puppet to an eternal Being of Pure Awareness, Love, and Wisdom - begins with the first page.

The blockade will end. Will you be ready?

Choose your format. Begin today. Join the cosmic awakening.

 Two million planets are already free. Earth is next. Your liberation begins NOW.

About the Author: Senad Dizdarevic

Senad Dizdarević is an award-winning author, journalist, and founder of the new Cosmic Administration that dismantled the Creator Absorbic Karmic System and Karmic Organization across two million planets.

Experience & Expertise

With over two decades of direct communication with beings from other planets, Senad documented the complete liberation of our universe from the karmic prison system. Since 2008, he has maintained a romantic relationship with Sanja from planet Palki, providing firsthand confirmation of interplanetary life and cosmic transformation.

Personal Awakening Timeline

- 2004: Awakened from karmic programming
- 2006: Exited the mind and stabilized permanently in Pure Awareness
- 2008: Began documented interplanetary relationship
- 2017–2021: Led the liberation of two million planets from karmic control

Authoritativeness

- Gold Plaque writing award (Slovenia, 2000)
- Former Advertising Editor and professional copywriter
- Creator of the AIPA Method (Awakening Into Pure Awareness)
- Author of 12 books and nearly 400 articles across two platforms
- Featured expert in *PharmaTech News* — “**Overcoming Creative Blocks: 7 Stress Management Techniques**” (2026)

Trustworthiness

Senad is the first person in human history to present valid evidence that god does not exist, combining rigorous documentation with verifiable techniques. His work encourages personal verification through lucid dreaming rather than belief, and he provides specific, checkable claims—including his own death date (March 4, 2039).

Published Works

- ***Letters to Palkies: Messages to My Friends on Another Planet*** (4-volume series)
- ***It's Finally Proven! God Does NOT Exist: The First Valid Evidence in History*** (4-volume series)

Platforms

- <https://www.letterstopalkies.com/> — Personal development & AIPA method
- <https://god-doesntexist.com/> — Evidence-based religious deconstruction

Invitation to Try the AIPA Method

I invite you to personally try the AIPA Method and choose one exercise that attracts you the most. Practice it regularly for a few days to understand it well and learn it correctly.

When you feel the first shifts in perception, gradually add other exercises and integrate them into your daily rhythm.

The AIPA Method works through gradual deepening. Small, consistent steps lead to stable inner silence and clarity - something that cannot be achieved with a single attempt.

Your journey begins with one simple step of attention. Start today and awaken into Pure Awareness, where you will discover how Wonderful a being you truly are.

Senad Dizdarevic

Senad Dizdarevic is a personal development expert, and author of the AIPA Method, specializing in Awakening Into Pure Awareness, faith deconstruction, and identity reconstruction for religious believers, ex-Christians, atheists, and self-development practitioners seeking profound inner transformation.