

Suffering
Child
by Bijan

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TWO OR MORE PEOPLE WHO ARE
VIGILANT FOR THE LIGHT,
ARE MUCH MORE POWERFUL
THAN HUNDREDS OF PEOPLE
LIVING IN THE DARKNESS

The Name for "Suffering Child"

The main reason why I named this negative energy "The Suffering Child" is because his main food is suffering. Even though his favorite food is suffering, if there is a lack of it he will accept turmoil, fighting, arguments, struggle, disagreements, worries, and other attributes that will end up bringing forth suffering to him. The name child fits him perfectly since he is the first born of ego and definitely the ego's child. Now since most people on this planet identify themselves as ego just about all the time, the name of suffering child fits like a glove for this spoiled negative energy that is controlling most of the people on this planet. Also in so many ways it is like a spoiled child. It depends totally on you to feed him. If he does not get his way he throws a fit and wants to make everyone unhappy. You can only come out and play when he is fed and sleeping. He has no respect for his father the ego, which in most cases people identify as themselves. In the long run if gets fed a lot and grows very big and nasty he could destroy his father which, in this case is your ego. Before he does this he will make you so unhappy that life for you in this body would be totally unhappy and not worth living any longer.

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My Story

I came to this body many years ago from the country of Iran. I was about nineteen when I was driven to move to United States. At that time I found myself interested in many different paths that people were choosing to bring them peace, yet I never felt complete nor did I find the peace that we all are looking for. However I am grateful to all of them because each one was helping me to rise to a higher vibration. For many years, I was choosing the path of soul searching. I spent many hours meditating, reading spiritual books, going to many self help seminars and experiencing many out of body journeys. Yet, the result was not that significant until about twenty years ago when I started seeing energy around people. As I welcome it and opened myself to see it more, many other doors opened to me in so many different dimensions. Most of these dimensions were very sudden and I had no clue that it would be taking me to so many different paths. I realized that when you are open to opportunities all doors will be open to you with no limits what so ever. I never thought that I would write a book that would be read all over the world or would be speaking in front of many, many new people without any fear or without ever having to do any preparation for it. Yet it all happened effortlessly and with a wonderful ease. Among other things I noticed that the more I was

in the present time and stopped my mind from wandering, the more I saw everything as energy. Nowadays it has come to the point that when I get out of my meditation all I see is movements of energy everywhere. For me to notice an individual I must concentrate on looking at their form and physical body before I can see them. When I look at someone I see their physical body as an energy source that vibrates according to how much junk and negative belief systems they have been storing in it. I see whether every part of the body is in line with each other or fighting and out of balance with one another. In the eye of someone that does not see energy, this would look like someone being physically or mentally sick. The less junk stored in the physical body, the higher the vibration and healthier the physical body will be. I also see whether their seven main chakras are aliened or not. I can see their thoughts on top of their head. These are like heavy chains, one after another and they are constantly changing. Their belief systems are behind their head. These are all different color and forms. Their subconscious mind or Soul or record keeper is like a huge ball of information on their lower back which contains all their past experiences whether they really happened or were just imagined. Seeing and understanding this profound energy always gives me an edge over most other speakers because I never have to prepare for any of my speaking engagements. I just show up in front of the room

and take a few minutes and check everyone's belief systems. Seeing and knowing their belief systems takes me to the understanding of their mental attitude and where they are coming from. At that time I tune in to their energy and start talking about the things they need to hear to open their eyes to their magnificence. This brings their energy high enough so they can become aware of their deep seeded negative belief systems so they can release them. That releasing opens them up to what they truly deserve, which is in truth all the abundance that this universe has to offer them. Of course how much negative belief systems they are willing to release at that moment is completely their choice and not mine. I just bring their vibration high enough so they can become totally aware of them. It is important for everyone to understand that I don't perceive myself as a special being or different from anyone else and what I can see or do is something that everyone can see and do once they stay steadfast above the line. When you are constantly above the line, you are in the present time. This is where you can see things, opportunities, energies, and you can feel the peace that is available to you and everyone on this planet at every moment.

The Line

In order for you to understand my meaning from this book you have to become aware of what is happening on this planet. You have to understand how everything has been turned upside down. To clearly explain this I have to show you the belief system of the mass consciousness from above the line. I have to show you from a place where you are not deluded by it like fish in water. This way you can see the picture in truth and without being colored by that kind of belief system. This is why I would like you to become aware of the line and how everything standing right now on this planet is regarding our belief system.

In order for us to understand the function of the suffering child in our lives we first have to become aware of the line that is very obvious in the mass consciousness of this planet yet completely overlooked, and in some cases denied.

To understand this concept clearly, just imagine you are standing outside in front of a large pond or small lake. You see some trees on the other side of this lake. Since the water is calm you see the reflection of the trees in the water as well. As you are looking at this scenery you are very clear that the trees on the other side of the lake or as we say – above the line – are real and you can go over

and touch them. However the reflection in the water – below the line – is just an illusion and you would not be able to touch them. This is exactly how everything started on this planet and somehow through thousands of years and through our egos doctoring of the concept, everything got turned upside down.

Looking at it right side up goes something like this:

The Father of all the above the line is unconditional love. The Father of everything below the line is fear. Above the line is truth-below the line is illusion. Above the line is peace-below the line is turmoil. Above is joy-below is suffering. Above is Spirit-below is Ego and suffering child. Above is present-below is past and future. Above is Effortless Prosperity-below is Effortful scarcity. Above is discernment-below is judgment. Above is allowing-below is controlling.

When you are above the line you are in the flow and everything falls in to place perfectly. However, when you are below the line you are swimming against the flow, or pushing the rock up the mountain. Everything is hard.

Unfortunately through thousands of years of following the ego's doctoring and being controlled by our suffering child we have come to believe that what is above the line is illusion, make belief or just positive thinking and we think that what is below the line is what we have to be concerned about.

The truth is that all the attributes of below the line do not exist except in our minds and thoughts. Therefore the only thing that is the truth and exists is what is above the line and it can not be threatened by anything below the line. The majority of the mass consciousness of our planet duals below the line most of the time, therefore it would be almost impossible to come above the line if you are looking outside of yourself for the answers.

Just about all of the news, advertising, movies, sitcoms, and talk shows have been designed by people that live mostly below the line and it is their purpose to bring you to a very low vibration.

The only true gauge you have living in this body is the way you feel. Whenever you are watching, hearing or feeling something that brings you peace then it is based on the truth and can take you above the line. Whenever you are watching, hearing or feeling something that brings you turmoil then it means that it is based on fear and will take you further down below the line.

To truly understand the meaning of the line and have the control to choose to go above or below, you must release your judgment of being better than the other. The moment you judge that below the line is bad and above the line is good, then you're in judgment and guess where judgment resides. Not judging does not take away your will and where you choose to reside, it only brings peace to you by not judging yourself or others from where they are regarding the line.

The Suffering Child

There is a child within us who was born below the line and it is the first born of the ego. His energy vibrates at the same frequency as below the line which is a very low vibration. This child gets his cleverness from the ego and lives only below the line with the ego. He has a great appetite for heavy and dark emotions like suffering, struggle, arguments, disagreements, worries and difficulties. He can't digest any of the above the line high vibration energies like joy, peace, happiness and laughter. Therefore he is only interested in bringing forth suffering and kayos to us so he can pull us down below the line at any cost. The negative consciousness that comes down from generations is in our DNA and is energized by ego's darkness. It grows to be the biggest cause of suffering in anyone's life. Ego's suffering child has no idea who you are and what you are capable of accomplishing. He knows not of your power and how loving and lovable you are. All he is interested in is bringing forth suffering, turmoil, arguments, fights and struggle so he can get his nourishment from them. Suffering child has the same conditions as the ego. They live to bring forth only the darkness. In so many ways it is like a leach that can only survive as long as the host is in the body. It is born to you when you are a baby and to the degree that you feed it, it grows and tries to control you by bringing you down below

the line. It lives within the cover of a low vibration emotion and uses it as a shield to be undetected. It is one of the biggest causes of negative belief systems of the mass consciousness on this planet.

The Birth of Suffering Child

Suffering child is a negative consciousness that is brought down from parents to their children from generation to generation. Unless you become aware of it, you allow it to control you and bring you down below the line without any hesitation. You as a spirit have no baggage, ego or suffering child with you. However your body carries the seed of the suffering child from the past and unless it has been watered by ego it will not grow. Putting it in another way, it is just like sleeping beauty. It will not wake up until it has been kissed by ego's dark lips. Some of the teachings of below the line which are based on fear like movies, news, some fearful video games and the teachings of some negative and dark religions, will contribute to the growth of your ego which in turn contribute to having a very dense suffering child. As a child you may notice some violence around you whether it is from your parents, family or news. You feel overwhelmed and try not to experience it. You are then put in the position of pushing it down and having it under the control of your ego. It will resurface when your suffering child is hungry.

The Verity and Degree of Suffering Child

There are many degrees of suffering child on this planet. It depends on their past and how big of an ego they have. In some cases the suffering child in some people are very unhappy. They can be very awake and be attacking everyone all the time. There are people with suffering child's that can be sleeping for a long time and only in certain situations will they wake up just to feed and go back to sleep. Some suffering child's are like a spoiled child whining and complaining all the time for no reason. Then there are suffering child's that are very vicious and constantly using bad words to get attention and verbally attacking everyone. There are suffering child's that will attack others physically. They are very angry and very upset and they want to experience it through fighting and hitting other people. There are suffering child's that are very evil and use their ego's help to bring up a lot of different ideas to do all kinds of things to hurt others and destroy them for no reason. There are different kinds of suffering child's according the DNA and amount of suffering they have done in other past lives.

Attraction of the Suffering Child

The suffering child is very attracted to another suffering child through the unhappy facial expressions like frowning, a look of anger, a look of drama or looking sad or mean. In most cases the suffering child equates this to being cool or even sexy and your suffering child likes that very much.

The Food of the Suffering Child

Like any other entities, the suffering child needs to be fed whenever he gets hungry. Depending on how big and dense his energy is will depend on how often he needs to be fed. Since he vibrates in a very low vibration as everything else below the line, what he is required to eat has to be a part of the negative and vibrate at the same frequency as his. The suffering child will sit back in any situation and gather information from anyone it comes across to have enough ammunition to use. It waits until it is the right time to attack and get the other person's suffering child involved so they both can go through suffering and feed on all the disasters below the line. You always notice the viciousness of the other person's suffering child and after reading this book you will become aware of yours as well. You will notice that all of a sudden without any reason at all you are feeling down and agitated. You are looking to find what is wrong everywhere and all around you. Now you understand that this is not you. It is your suffering child that is awake and hungry and must find something to eat. Now, because you have read this book and are more conscious about who you are, you feel like you have no control over this suffering child. If you have fed your suffering child a lot through the years, it means it has grown to be like a horse and you feel like you have the horse by the leash and he is taking you

around without any control from you. The perfect story that describes this situation happened in my house a short while back.

A few weeks ago I conducted a tele-seminar about the suffering child. My wife Samia also was part of this seminar. Later she decided to listen to the recording of the tele-seminar several more times. A few days later when I came home from the gym, I found her in some kind of turmoil. I said hello and asked her about an item that I could not find. She got very upset and shouted, "I did not touch it." I smiled and said, "Don't let your suffering child control you." Apparently that was not the right thing to say because her energy went even lower. So I quickly decided to go upstairs to my meditation room but not before saying "I love you" to her. About an hour later she came up and asked, "Can you please coach me?" I agreed. Then she confessed that even though she was aware of it being her suffering child she had no control over it. I hugged her and said, "Welcome to earth baby. Since you are now aware of it, things will get easier from now on."

The suffering child's food consists of any thing from just a casual argument all the way down to viciousness, turmoil, worries, concerns, disappointments, suffering, struggle, strive, anger,

jealousy, resentment and grievances. These and more things below the line will satisfy the suffering child's great hunger. Now you know why the Suffering Child loves to live below the line – he has a buffet of food just waiting for him down there with ego.

The Emotions and Suffering Child

Whenever you have an emotion regardless of how it came to you, you must experience it fully and release it. If you don't release it, it will stay with you and you will be under the control of the suffering child. This means whenever he is hungry he can use the unexpressed emotions to bring suffering and fear to your life. Ego on the other hand is very aware of this truth about you and knows that if he can make you believe that it is not right to experience the emotion then it is gone and you believe you don't ever have to face it. This is a case where ego and suffering child work hand in hand to bring turmoil and kayos in to your life. The more emotions you have pushed down by not experiencing them the more ammunition the suffering child has to use against you in case of a hunger attack.

Lots of people's suffering child are very strong because when they were very young and emotions came up for them they were faced with great resistance from adults to push the emotions down and not experience them. As these people become adults themselves, unless they become aware of the presence of the suffering child within them they will follow their parent's footsteps and force their own offspring to resist experiencing their emotions and develop a large and dense suffering child as well.

Memories and Suffering Child

Suffering child is very selective with the memories he holds. When he is hungry he makes sure to bring forth some old fearful and suffering memories to duel with. If by some chance an opportunity of happy memories show up for you, he will be very quick to show you the other side of it; the side that shows you that those memories are gone and will never return again. Whenever you are with an old friend and the fun memories come up, the suffering child will hold back. He waits patiently for the right time to come in and then demands equal opportunity to bring forth some memories of difficulties and suffering. It could be anything from an accident, or sickness, all the way to someone that you both knew living in the body. Once he starts you on that path, it will be like a roach motel with no way out. He will dish out memories after memories, one darker than the other and each one will bring you further down below the line. After you have gone very low and he has satisfied his hunger, he leaves you alone with very little energy left. Usually after such an event you find yourself completely drained and exhausted to the point that you can hardly walk. This condition is very hard on your body and will bring your immune system down drastically.

The Past and Suffering Child

Ego and suffering child see the past as a storage area that they can use to bring memories forth and turn in to suffering in one way or other. The way they use the past is that if it was good, they don't have it any more or as some individuals with big egos say, "They don't make them like they use to" and if it was bad, then they get to dual on it for a while so they get to experience it on some level once more. Suffering child loves to hold on to the dramas and sad stories from the past. It wants you to hold on to the memories of the past by having you put up pictures of people that you loved or admired in the past that are not in the physical body any longer. Sometimes you can see some individuals with a very dense suffering child that stuff their favorite pet animal and put it on the shelf so that at every moment darkness, sadness and suffering would be available for their suffering child when he got hungry. It's like having a fast food restaurant franchise right at home for your suffering child. It will never go hungry.

The Future and Suffering Child

The future is mostly about fear and worries and suffering child loves that. His goal is to keep you away from the present time with all his means. He knows that whenever you are in the moment and in the present time he loses all control over you and his days are numbered. The suffering child uses the negative belief systems of the mass consciousness to bring your thoughts to the future and have you filled with thoughts of fear. He also uses some of the old and established ego sayings to confirm his existence and bring you to the future like "You have to think of your future," "You must get a life or health insurance," "Watch out," "Be careful," "Don't just sit here, think," "Plan for future" and the biggest one of all that always makes me laugh is my confused friend "Murphy's Law." I want you to know I have nothing against anyone planning for the future, however living for the future as so many people do is not conducive to the life that they came here to enjoy.

The Present and Suffering Child

Suffering child has no interest to be in or look at the present time. It knows that in the present time you become aware of your magnificence and the only thing that can follow that awareness for you is the feelings of joy, peace and happiness. Suffering child does not like these feelings because he can not digest them. He knows himself as only a dark energy and the present time as a light energy. Therefore when the suffering child is in front of the present it will fade away and disappear because the truth and present time is in your awareness. The doctoring of the ego and the suffering child on the belief systems of the mass consciousness have been so profound that everything including our language has been affected by it. I have been in just about every country on this planet and have not come across a country anywhere that was not affected by the ego and the suffering child on some level. Just in the United States alone, most of our language is based on below the line. Does it have to be that way? Absolutely not! However, if we are not in the present time and aware of what we are saying to change the energy of it then we become a puppet on the strings of our ego and our suffering child. Do you know that when something goes wrong we ask "What is wrong?" Yet when something goes right we still ask "What is wrong?" We don't have a word for what is right.

There are some ego sayings from below the line that I have changed in my own language. I would like you to join with me on these sayings and bring the energy of your conversation up to above the line.

Here are some being in the present languages:

1. You're always above the line, but you can live as you're below.
2. Anything that CAN go right, WILL go right.
Expect a miracle.
3. There is more than one way to pet the cat.
4. Healing two birds with one prayer.
5. Life is joyful, suffering is optional.
6. Question: How are you?
Answer: Excellent.
7. Question: What's happening? Or what's up?
Or what's going on?
Answer: Right now, right here.

Ego and Suffering Child

Ego works with suffering child in such a way that whenever the suffering child comes up and brings forth suffering, ego will make sure we don't experience it or wake up to it so we can release it. It will make sure that we resist it by making it numb. It urges us to take some type of drugs so we will not feel it or by doing other things to take our mind off of it so we don't experience it.

The Suffering Child's Point of View

The suffering child is the product of the negative belief systems of the mass consciousness. It is so upside down that we see suffering as being good and the food it needs to survive. He is interested only in one thing and that is to compare and judge everything that is in front of you and bring some kind of difficulty and kayos out of it. As is the same with ego's point of view, suffering child's main and most important argument is "this is not it." All your goals, dreams and wishes when they are manifested as far as the ego and the suffering child are concerned, are only good just for a short time, then the suffering child brings forth a sense of unsatisfaction to you that is based on "This is not it," "I've got to do something else," "I've got to be someone else, go somewhere else or be with someone else." These are all the outcome effects of the saying "This is not it" that are projected to you from your suffering child. Ego and suffering child are constantly working together to bring you down to below the line. This is because they are so deep in fear that their point of view and belief systems are that of only below the line. They don't want you to protect yourself and be aware of the danger that is coming. Their doctoring has brought forth things like security systems, body guards, keeping guns at home and many other fear based actions that people with a dense suffering child and a strong ego will take.

A few years ago I lived in a small condo in west Las Vegas. It was a quiet and nice place that I resided in for about 9 years. During the entire 9 years I never locked my door. I also had the house key hanging on the nail a few feet from the door with a sign that read "House Key." Even though I had several very expensive Persian carpets in my condo and a lot of people would visit me, I never had anyone take any thing from my condo what so ever. I remember vividly a few months before I moved from my condo, a family from New York bought and moved in to the condo next to mine. It was not long before I noticed that they had several padlocks over the front door. Shortly after that they installed a wrought iron gate in the front door with several padlocks on it. A few days before I moved I noticed that they put a large sign on the wrought iron door that read "Beware of Dogs." I could not help but chokehold when I saw these things because the thought came over my mind that with all these locks, it looked like they were trying to hide something and if I were a professional thief I would target this house for sure. Yet later when I met them and talked with them I realized they were a wonderful couple and that they were not trying to hide some valuable things in their house but their egos and suffering child had them by the neck so tight that they saw everything through fear and insecurity.

Religion and Suffering Child

I was born in Persia which is modern day Iran, and came to United States at the age of nineteen. Since then I have studied many religions such as Baha'i, Judaic, Muslim, Buddhism, Hinduism and all aspects of Christianity. I have found all of them interesting on some level or another and find a profound truth in every one of them. However, I have also noticed a great ego's illusion input in to most of them. What impresses me most about all of these religions is that with all these added illusions like guilt, suffering, sin, blame, shame and control, the truth that came forth at the beginning was so profound and bright that none of these illusions could cover or destroy it. The ego and suffering child have no interest in the truth within nor are they aware of it. They are only interested in using the illusion to bring fear to you and pull you below the line. I remember clearly right before leaving Iran. It was a certain religious week. Many people were walking in the streets beating themselves very hard on the chest. I even saw people beating themselves with chains so much so that blood was gushing out of their bodies. Other times I have seen people in Mexico and the Philippines nailing themselves to a cross or displaying Jesus on the cross with blood gushing down. These events and those like them are only created by the suffering child and they cater to other people's suffering child.

Highest Vibration

Everything every where is vibrating at a different frequency. The lower frequency it vibrates, the more solid it looks to us. On the other hand, the higher the vibration, the more invisible to our eyes and the higher the energy source.

The highest vibration energy does not come from emotions or any other effects from below the line that are controlled by our ego and suffering child. It comes from who you are, the feelings that you have and the sense of being that you have which are joy, peace and feelings of security and remembering who you are. Many people that are very stuck below the line are under the impression that attributes of below the line have some kind of power and they think it is important to have them in their everyday lives. The truth is that ego, the suffering child and everything below the line have no power over you. They are just some old and worn down effects that are hanging there because you keep thinking about them and calling them forth.

The Body's Vibration

The vibration of your thoughts have no effect on who you are. That means who you are will never change no matter how much you listen to your ego and suffering child and find yourself devastated and in turmoil with a bottom line low vibration. However the low vibration of your thoughts and belief systems have an enormous effect on your body. When you keep your thoughts above the line in the present time with lots of thoughts of peace and joy, your body will automatically be healthy and strong. Furthermore if you don't have the belief system of aging you can even stay young as long as you desire. However living on this planet surrounded by a dense low vibration energy makes it hard for your body to stay healthy or young. Can you do it? Can you stay above the line always? Yes of course but it will be very unfamiliar ground at first. You will have to be vigilant for the light and vigilant to stay above the line until it becomes familiar, then the vigilance will not be necessary any longer.

Effect of Positive and Negative Emotion

Positive emotions have a much higher vibration energy than the negative emotions. In truth, positive emotions can be above the line and if the emotions are based on love we call them feelings. It has been proven in many cases that when you maintain positive emotions for a while your immune system will go higher and your body will get stronger. On the other hand, the negative emotions which usually are caused by the suffering child have a very low vibration and will cause your immune system to go down to the point that it can not protect your body any longer.

Suffering Child and Old Relationships

The most effortless foods for your suffering child are family or old relationships. He knows how to push those buttons. His bag of tricks is always overflowing with information that he has gathered from people that he has known for a while so he can pull out a new trick to push an old friend or family member's button readily.

It was about a year ago that I meet a great man named Bob in the gym. He had good energy and I was always happy to shake his hand. One day about a month later, I saw him in the gym with a very high vibration laughing, and he ran to me to shake my hand. He said, "My dreams have finally coming through. Next week I am taking my whole family on a wonderful week vacation on a tour around the United States." I was happy for him and wished him good luck. For the next few days Bob was a happy camper and I saw his excitement grow with each and every day. Finally the day came where he said goodbye and left. I did not see Bob for about ten days. Finally when I saw him on the eleventh day he did not look good. There were dark circles around his eyes. He looked tired and rundown and the smile was gone from his lips. I shook his hand and asked him, "How was your wonderful vacation?" He took a step closer to me and whispered, "Have you ever spent ten long days in a small motor home

with 5 people that you thought you LOVED?" I strained myself not to laugh but I knew beyond the shadow of doubt that all of it was the work of the ego and the suffering child in the small motor home.

In some cases when a child leaves home for a while or gets married and leaves for good, he will find it devastating to come back in to the parent's home for more than a few days. It seems like the suffering child wakes up and opens his bag of tricks to push some buttons. In other cases married couples and some families are so used to having their suffering child play and eat together that they find it normal and familiar to have a fight once a week or once a month.

I remember this story vividly after I was with Samia for about 6 months. One day I found her quite disturbed and confused. As usual I hugged and kissed her and asked, "Are you okay?" With tears in her eyes she expressed that she did not feel we had a strong or solid relationship. I asked, "Why would you say that?" Again as she was holding back her tears she said, "Because we never argue or fight. Most of all I think you really don't care since you agree with everything I say." I tried to hold back my laughter as I held her tight and invited her to sit on the couch so we could talk. We talked for a while and she explained to me that she had learned through her parents and teachers that there

would be a lot of fights and disagreements in a good and solid relationship. Of course I coached her on a true and holy relationship which is based on pure love, understanding and communication. I explained that it would be spontaneous and effortless. Then I told her about the ego and the suffering child. She understood and our lives became much more loving and effortless.

Suffering Child and New Relationships

The suffering child handles a new relationship with care and white gloves and waits for a good opportunity like a marriage contract or living together or some kind of entanglement before coming out for its feeding. He does not show his face right away for 2 reasons. First, he knows that if he comes out to feed too early it could jeopardize the relationship and it would fall apart. Second, he likes to gather enough information so he can use it as ammunition to shoot at you and push your buttons so you can go through some suffering and feed him. Therefore he is patient and waits just for the right time to pull out his bag of tricks.

Several years ago before I wrote the Effortless Prosperity Book, I was working as a clinical hypnotherapist. One morning I had an appointment with a couple that expressed some dismay about their relationship. He was telling me that she had no respect for him and called him names and she was complaining that he did not listen to her and he watched TV too much. I sat them down across from each other and had them open the conversation regarding their problems on their relationship. After about 2 hours, I got the gist of their story. After I explained it to them, they both understood and their

energy completely changed. Their story is common with a lot of people and goes something like this: They met at a family gathering. After a few hours of gentle talk and attraction, she asked him, "Tell me something about yourself." This would have been a very innocent and loving question if they did not have a suffering child. Yet in the presence of the suffering child this meant "give me some ammunition to store for a rainy day so that I can use it against you." So the man feeling good and trusting told her that he did some time in jail and had been out just for a few days. At that time she hugged and kissed him and promised him that she would never ever bring it up. At least that is what she said. About 9 months later they were married. Soon after that she started bringing it up; not only when they fought and argued but even in front of others. She constantly called him a convict. They told me that they fought and argued at least once a week. I asked them, "How do you feel after your fight?" They both said they were quite exhausted and unable to go on with the fight or do any other kind of chore after it. Of course after I explained to them about the suffering child and gave them some points on how to handle it, everything was much better for them. In most cases when people first meet each other they are polite respectful and understanding and after a while when they finally get into an entanglement, all of the sudden they become nasty and throw mean words at each other. Most people

think that the first part of a relationship when everything was going right was their ego trying to lure the person in to their trap so they could take advantage of them, and the latter part is who they are. I want you to know this couldn't be further from the truth. The first part when they are nice is who they are – their gentle being, their innocence, their unconditional love coming out. The second part when they changed and became mean and different is only their suffering child feeling comfortable enough to come out and cause some problems and suffering so it would have something to munch on.

Suffering Child with You Alone

If you are not in a relationship, you are still not free of the suffering child. Whenever he is hungry he will come in along with ego and fill you with thoughts of the future like fears and worries – “I am alone,” “I will die with no one around,” “What will become of me?,” “How will I make it?,” “Where is everybody?” Or thoughts of the past like guilt and resentment – “I should not have left her/him,” “I made so many bad mistakes,” “I don’t like anyone and no one likes me.” He will bring in many thoughts to bring you below the line so he can feed on your suffering. Suffering child has animal inciting. I always compare him to dogs. They can be sleeping soundly yet they are aware of the smallest movement or sound. So it is with the suffering child. Whether you are in relationship or alone, he is always ready, able and willing to wake up and feed.

Suffering Child and Drug and Alcohol

Alcohol has a strong effect on the suffering child. It wakes him up very hungry and keeps him hungry for a long time. Alcohol and some drugs bring up the viciousness of the ego in some people and it has them do things that they normally wouldn't do when they are not under the influence.

One morning while I was in my office as a clinical hypnotherapist, a couple walked in very weary and nervous. I welcomed them in and after some small talk the lady told me that her husband would get drunk and beat her and the kids. As I looked at her husband sitting there quietly in peace, it seemed like she must have been talking about someone else. He looked at me as a tear dropped from his eye and said, "I don't know what comes over me when I have a drink or two. All I know is that when I wake up the next day I have done things that I am ashamed of." At this time the lady's voice got harsh and she expressed dismay with the whole situation and said that she didn't believe him. She said, "I think he is sick and should be in the hospital or jail." As I calmed them down and spoke to them about the ego and the suffering child, they seemed to understand. I hypnotized the man and put some awareness inside of his mind regarding the suffering

child. As they were leaving he said, "I can't stand to see my family so unhappy. I promise you that I will never drink again." A few months later I ran in to the lady in the store. She recognized me right away and gave me a hug as she said, "I am so happy. He has not had a drink at all so far. Thank you, thank God, so far so good." She shook my hand firmly and then turned away and walked out of the store. There have been many cases such as this in my practice and it always seems to amaze me how fast they change when they become aware of truth.

Suffering Child and the News, Movies and TV

Sometimes when I look at the very low vibration of the news and movies and how so many people are so attracted to it I feel that we are truly addicted to turmoil and suffering. Why are we so interested in seeing our brothers and sisters getting killed and splitting apart? What makes us want to destroy other beings for no reason at all? Knowing this need for suffering within us has made the makers of these kinds of movies buy in to the demand and bring forth more movies, shows and news that show suffering and fear. It has become a vicious circle. The more they make dark shows and movies the more they bring people down to below the line and the more demand they have to make the dark shows and movies. In truth the makers of these low energy effects have no idea what they are doing to others and their own families as well. They are totally run by ego and the need for control, power, and greed.

I work out 6-7 days a week at the gym. One morning as I was walking towards the locker room there was a young man walking ahead of me. He had earplugs in his ears listening to music and was kind of dancing as he was walking ahead of me. I tuned in to his energy and found it to be very high.

A few moments later he walked to the locker room. They had the TV on broadcasting the news very loudly. As I was putting my bag in the locker and getting ready to workout, I kept tuning in to his energy. To my total surprise his energy was waning. It was almost like someone pulled the plug and he was draining fast. I could see clearly his energy being sucked out of him by his suffering child. After a few minutes he sat down with drooping shoulders. I turned to him and asked, "Are you going to work out?" He answered with a very low energy, "I don't think so. All of the sudden I am tired and don't feel so good." At that time I really wanted to tell him the cause of his weakness but I realized that I was there to do my workout and that that was not the right time to coach someone in the locker room on their suffering child. So I wished him good luck and went to the gym to work out.

The Suffering Child and Nationalities

Different countries have different belief systems and some of the old nationalities that have been through a lot of suffering and persecution have a very strong suffering child that is always hungry and ready to start some kind of problem. Traveling in so many different countries as often as I do, I tune in to their energies and I see their ego and suffering child at work. Some of the old nationalities with thousands of years of history also have thousands of years of building up the food for their suffering child. In some cases I noticed if they have a very strong and clever suffering child they celebrate their misery; for example when many people die or some religious leaders or heads of the country die. If their suffering child is not as strong then they celebrate the joyful events. I find that there is a much gentler suffering child on some of the newer countries like Australia, New Zealand, Canada and few other isolated countries.

Benefits of Suffering Child

As much as the suffering child is the main cause of suffering, turmoil and kayos on this planet, it is also a great cause of bringing some people above the line. You might ask how this is possible. Well in some cases when some one with a high vibration like an Indigo Child comes to the body and becomes affected by the negative belief systems of the mass consciousness through their family, teachers and everyday living on this planet, he finds himself/ herself way below the line with a very large ego and a strong suffering child. They feel so suffocated by so much darkness, suffering and turmoil that they can't take it any longer. Therefore they choose to let go of everything that their ego has built and release themselves from ego and the suffering child. They choose the path of spirituality and peace from then on. Often times these people become teachers and will bring many people up with them to above the line.

Letting Go of the Suffering Child

There are many ways that you can free yourself from the suffering child within you:

1. The most important part for you is to study this book over and over again because just by reading and practicing this book you already have taken a huge step toward letting go of your deep seeded suffering child. This is a path of releasing and clearing for you. Now you are aware of the ego and the suffering child and when it comes up hungry and tries to take you below the line, you have that awareness and instead of being effected by it, now you can say "Thank you for sharing, but no thanks" and then go about your way and stay above the line. This process will put you back in the present time and out of reach of the suffering child and ego.
2. After achieving #1, there will be certain awareness's within you. These will help you to find yourself immune to the suffering child and the ego's tricks. Therefore whenever you are near someone with a strong ego or suffering child and they want to bring you down, you quickly remember that what they are saying and doing has nothing to do with who they are. Like you

there is a powerful being inside of them. All their tricks only come from the hungry suffering child that wants to get engaged with you and bring you below the line as well.

3. There are many different tricks that the suffering child can pull out of its bag to lower you to below the line and they are all based in fear. One of the biggest fears with people I have come across is the fear of scarcity (money). I have spoken to thousands of individuals and I have seen that this is a deep issue and in many different cultures and generations. There is a deep belief system on this planet that there is not enough to go around. This negative belief system is repeatedly energized by the individuals that are controlled by the ego. I have been to the four corners of this planet and find there is plenty of abundance everywhere yet the negative belief system of the mass consciousness that is based on ego and the suffering child constantly promotes lack and scarcity everywhere. So remember that if it is based on fear it is run by the ego and suffering child and you don't want to have any part of it.
4. This is an essential part for you to understand because this is when you are

ready to release it for good once and for all, and that is when you let go of identifying yourself with your suffering child. What I mean by this is that you must remember clearly that you are not that low vibration energy inside that always wants to control everyone and when things don't go his way he throws a fit and brings all kinds of suffering and kayos to you. You have to be on your toes as they say to be willing to separate this leach called suffering child from who you are and get above the line once again in peace, joy and effortless prosperity. I would like you to know that when you disconnect from the identity of suffering child within yourself, you might notice it a lot more than before. This is because you now understand and you are now aware of the change. Your ego takes advantage of that knowledge by bringing you down and telling you that you are not good enough and your whole life is controlled by your suffering child. Don't buy in to this and know every time you notice the suffering child as a part from you, you are one step closer to the freedom that you were looking for and living above the line once again.

5. Always remembers that all the power lies in you. Your ego and suffering child have

no power what so ever. See them in the light of the truth. They are like a couple of little mice with a megaphone screaming, shouting and trying to scare you to below the line so they can stay in control. You don't need them, you don't want them or desire their so called gifts. Your true desire is to live above the line in joy and peace always.

The Suffering Child's Last Gasp

Once you are aware of the suffering child within you then you are not under his effect so much any more and you will not constantly create suffering for yourself just to feed him. You will be aware of his con games that he continues to play and be immune to it from then on. However that will not be the last of him. He will continue to come up and approach you from different angles but not with good results for him. It might take a while till you are completely immune to his games and feel free from any suffering in your life.

ALSO AVAILABLE FROM EFFORTLESS PROSPERITY

Books:

Absolutely Effortless Prosperity Books, I, II & III
Little Friends (for ages 2-7), Books I & II
My Guiding Spirit (for ages 8-12), Books I & II
Light From the Sky (for ages 13-18), Books I & II
Absolutely Effortless Laughter
Effortless Health

CDs:

It's Mine
Clearing to Manifest
Healing in the New Millennium
Getting In Touch With Your Higher Self

SEMINARS:

Mastering Effortless Prosperity
Mastering Effortless Relationships
Mastering Effortless Health
Joyous Week in Hawaii
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