



INTRO

The manuscript of this book came into the world on June 20, 2024. Twenty years had passed since the release of the first *Transurfing* books, which became international bestsellers and helped improve the lives of hundreds of thousands of people.

Until recently, everything was following the usual pattern — as a technique for mastering your own reality, *Transurfing* worked dependably. But on December 22, 2020, we entered a New Era — the dark Age of Pisces was replaced by the dawn of the Age of Aquarius — and now we are experiencing the transition into a New Reality.

These are not just temporal milestones. Changing also are the planetary rhythms that control the body's vital functions. And the body itself is changing — the portion of DNA that remained dormant before the onset of the New Era has now begun to awaken. Now we see this being expressed outwardly in the “swings” — changes

in mood and sense of well-being — that many people are experiencing.

The New Reality has its own peculiarities. A window of opportunity has opened to manage external and internal processes with the power of intention. This means that in the New Reality we are able to control what is outside of us as well as what is inside — our own reality and our body. We could do it before, but now the capacity for this is significantly increased.

At the same time, the wall of obstacles that we create, our personal “battle” with our current reality and with ourselves has also intensified.

It is time to stop fighting the past, where you made mistakes, and stop fighting the present, where you also make mistakes. Focus all your attention on the future. But also, stop fighting the future, as although it might bring problems, it is not here yet. Create your future ahead of time. It is possible.

If you are having difficulty with the techniques for composing your own reality, most likely it means that you have erected mountains of importance in your current reality, on all fronts. It may seem to you that this is not the case, after all, you know Transurfing. But you know it and apply it as if “in a dream”. You do not wake up when you use the techniques. Or you think you have, but in fact, you are functioning unconsciously, like a character in a movie following a script.

Yes, you know the Transurfing principles, but you forget to apply them at the right moment — you have problems, “more important things to think about”. In some situations, you even forget yourself. You remember in

hindsight, but by then it is too late. And so it goes on, over and over again, in perpetuity.

In order to use Transurfing in everyday life, it is essential that you learn how to wake up in the waking dream of life. For example, as soon as something has annoyed you or something gets out of whack — wake up, see where and in what you have placed importance, then drop it intentionally. Get rid of those mountains and calmly walk the plain.

In life everything is the same as it is in a dream. If nightmares torment you, wake up in the dream and take control of them. If you decide that this will be easy, it will be. And if you decide that it will be difficult — it will be. It is all very simple. What you choose is what you get.

However, now, in this period of transition, the day-dream has intensified — it has become heavy, soporific; There is a reason that people are complaining of confusion and an inability to concentrate. In these conditions, the spotlight is on the ability to wake up in the dream.

Also, to a large degree, especially now, when creating your own reality, it is not so much intention that works as your state of being.

You only receive anything to the degree that you are a vibrational match. For example, if your state of being is not a vibrational match for abundance and prosperity, you will not receive it. This means that you need to be able to manage not so much the daydream of reality as your own state of being.

In order to achieve all this, you need to work on yourself. And so, if before it was all about *Transurfing Reality*, what is needed now is *Transurfing the Self*. (Although of course classical Transurfing still stands.)

Fortunately, the New Era not only presents challenges, it also offers opportunities. So far, we have been talking about being lucid in the waking dream. In everyday life, we wake up as a personality, as one of our incarnations in this life. But what about being roused into what lies above all our incarnations — the higher Self?

We tend to identify ourselves with our body and mind, with our avatar. But we are so much more than we tend to think. We are a Spirit, which is always at our side — behind us and above us.

In sleep, the starting (reset) point is known to us — it is the everyday reality from which we “fell asleep” and to where we can return. In waking life, the starting point is not known to us. For we do not remember the past life from which we were birthed into this one.

But if you learn to find your “reset point,” your point of Spirit, you will acquire a firm foothold for waking up in real life, as well as for managing yourself. The point of Spirit is the reset point that you can return to from within the daydream. Consequently, waking up into Spirit represents the highest degree of awakening.

Each of us would admit that in everyday life we are running in semi-automatic mode, on autopilot. In a dream, my consciousness is like a character in a movie; in the daydream, it is like a bot. But when I wake up, it becomes mine, alive.

From a Spirit-centered state of being, I can observe the action around me and take part in it at the same time. I observe from a certain point behind me and above me, the locus of my own consciousness rather than that of the “movie character”.

In these conditions, where state of being works more powerfully than intention, I can enter a Spirit-centered state of being as the master of my avatar and my life, and act freely and with strength; turn off the restless mind (bot mode) and switch to awareness mode; not just think but act from Spirit, live from Spirit.

Because when I am “in good Spirits” — in a literal sense — I gain that very Strength of Spirit that allows me so much, namely to:

- ◆ freely master myself;
- ◆ eliminate personal importances, complexes, and destructive programming;
- ◆ choose my true goals and achieve them;
- ◆ act effectively in various challenging situations;
- ◆ create my own reality in my world layer, and much more besides.

For example, how do you accept yourself with all your shortcomings, how do you love yourself? In the daydream, when I am not in touch with my Spirit, this is very difficult, if not impossible. But if I wake up and come to the realization that I am something more than this avatar of mine, that I am a powerful Spirit who has had many great incarnations in past lives, then finally, I understand that I have grounds for self-respect. And if this life that I am living seems to me ill-fated, I can raise it to a new level from a Spirit-centered state. I can do anything.

So, having united with your self, or returned to yourself, you find your True Self.

Now, in the New Era, a fresh technique for making contact with the Spirit and entering what we are calling a Spirit-centered state has become accessible to the average “non-enlightened” person. That is, we now know precisely how to achieve this.

And that is not all. In the context of the current transition, a unique window of opportunity has opened for the body’s deterioration and aging process to be shifted towards rebirth and development, literally towards regeneration, even evolution. The body knows that this has become possible and longs for it. We just need to give it some help. Awakening dormant DNA will support this.

The time of the current transition is such that you can ask for this, too, and receive it. Asking does not mean making a standard request, it means showing a solid resolve to have and a clear commitment to act. How to act, you will learn — that is the subject of this entire book.

Transurfing the Self is not a product of “advanced thinking”. It consists of key aspects of New Knowledge that were received in ready format through a channel in the information field, as was classical *Transurfing Reality*. The work consisted in formulating the knowledge received, shaping it into a single system, and testing it out in practice.

The practical experience of the book’s first readers served as the criteria for truth and a guarantee that the knowledge was real, none of it simply made up. The new techniques were published on social media platforms and tested out by real people. The book is structured in the

same way: first theory, then practice, followed immediately by reviews confirming that it really does all work and bear fruit.

There were very many reviews, too many for it to be practical to include them all. I decided to introduce a portion of them into the text at intervals, so as not to overburden the book. Still, the reviews are probably the most valuable contents of this book, because they are real confirmation of all that is written, and because these readers, as pioneers, made their own significant contribution to refining the techniques, bringing them to perfection.

And of course, these pioneer reviews serve not only as confirmation but also as inspiration for other readers to come. I hope that they will inspire you, too, for example this one:

*"I can change my reality, I can do anything,
I know WHO I AM".*

NEW REALITY





NEW LEVEL

The dawn of the New Era immediately brought two new ideas to what we call Transurfing — the “technology for creating your reality”.

**First: YOU DEvised YOUR PROBLEMS,
THEY ARE NOT REAL.**

Sound dubious? Some may object, “what do you mean, devised them? I did not invent my problems — they are actually happening to me. And I can tell they are real, because I feel really bad.”

Alternatively, you could accept that you have **GENERATED YOUR PROBLEMS**. This is the case, to some degree or another. But why do we say that you devised them, and why are they not real?

This becomes clear when you compare dreaming with waking reality. In a dream, your mind immerses itself in

what is happening, and remains helplessly consumed by it, even when something unimaginably terrible is happening. You believe that the components of the dream are real; you accept it as reality, and there is nothing you can do about it, because you are not fully self-consciousness, you are just beating about in the moment of the “here and now”. Is the moment real? Yes, it is for you, because you are asleep and believe what is happening. This is why you are entirely at the mercy of the script — **YOU GIVE YOURSELF UP TO IT.**

In waking reality, everything happens in entirely the same way. How is a problem **GENERATED**? Approximately in the same way as a movie plot. You enter life situations just as you do a dream or a movie, gradually amplifying what is happening. The script directs you, but you too are actively involved in the writing of it. You declare, “yes, things are going from bad to worse”.

Something unpleasant happens. You become disheartened. What happens next? As logic would have it, nothing good. You must do something, deal with it!! So you immerse yourself in the waking dream and beat about in it exactly as you do in a normal dream.

Yes, the problem has become real, but it was created artificially, speculatively, by your “logical” mind. If this is the case though, if the problem was simply devised, can it not also be “un-invented,” deflated? It can, if you **WAKE UP** and **SEE** how ephemeral it is. After all, first it was devised, only afterwards becoming real.

So maybe you could look at your problem from this point of view after all. Take it as an axiom that what is happening in waking reality is, in fact, the same, a dream.

And all you need to do is wake up in the dream, become aware that it is a dream, and practice LUCID LIVING.

This genuinely constitutes a new level — to wake up and see everything with clear awareness: yourself, what is happening, the problem. Composing the reality you desire is not difficult — in fact, it is a piece of cake. The hardest thing is to AROUSE FROM THE WAKING DREAM. But you will come to understand this and learn how to wake up in the waking dream.

**Second idea: YOU ARE NOT REAL
EITHER, YOU ALSO DEvised
THE PERSON YOU ARE TODAY.**

You have willingly put on a pile of rags — the layers of your “good for nothing” self. You need to rewind your life to a time when you were real — strong and free; the world was your oyster, YOURS. And you were YOURSELF.

This might have been in your childhood or in your youth. Remember a moment from that time and how you were then, how it was when it seemed to you that there were no limits and you were capable of anything. And then, it all started “kicking off...” With every setback you became increasingly convinced that the world is not as pliable as you thought it was, and your possibilities are in fact very limited.

The same thing happened to me. There were moments of a STATE OF BEING IN WHICH EVERYTHING WAS BY DEFINITION GOOD AND ACCESSIBLE TO ME. And then it turned out that things are not like that, things are not that simple. But now I see, that things did not TURN OUT TO BE that, they just SEEMED that way

to me. And these attitudes were just made up of the notions I dressed myself in, voluntarily and foolishly. At the same time, I had no idea that I could create any kind of reality I wanted.

So how would it have been if I had been real, if I had not invented my sense of self and my problems? There would not have been any problems, and I would have been free and strong. In this case, is it not time to return to yourself?

Classical Transurfing only partially helps you to master your life. The time has come to take it to a new level. ANYTHING IS POSSIBLE WHEN YOU ARE BEING REAL.

Again, this requires WAKING UP AND REMEMBERING YOURSELF, who you TRULY are.

Would you be able to reply to the very simple and at the same time far from trivial question: WHO ARE YOU? Not in a superficial sense as with regard to your origins, occupation, and social status, but more profoundly — speaking to who or what is behind all these things.

Of course, vaguely through the dream you comprehend who you are, but not fully. So, who are you, what is the real you like, the you beyond the layering of all the projections and personal attitudes that you have accumulated over your life.

The same question is put to the glam rockers Itfut and Matilda in the book *Priestess Itfut*. They forgot who they were in the dream imagining that they were mannequins and that the purpose of their life was to read some “gobbledygook”. The glam rockers were not able to answer this question until they were forced to ask

themselves: WHO AM I? Only then did they remember their true selves.

By analogy, Koshisa put a similar question to all the inhabitants of metareality: DO YOU KNOW YOURSELF? The dream characters could not answer, became enraged, and did all they could to wriggle out of answering. Why? Because in the dream you are not fully self-conscious, you do not remember you. And in the dream of waking life — exactly the same. What does it mean, I might not be fully self-conscious or remember myself?

Such an uncertain state is worrying and disturbing which is why you want to escape it and hide beneath the mask of an identity which you concoct for yourself, but which you do not truly represent, on account of which the vague sense of anxiety remains.

As a whole this is a fairly extensive topic, and the task of waking up, remembering who you are, and erasing your problems is no click-of-the-fingers matter. The conditions of the task, of course, look drastic: that supposedly your problems are not real, and you yourself are not real, and who are you anyway? The solutions will be just as radical. Soon, all will become clear. We will take it one step at a time.

In a nutshell

You devised your problems, they are not real.

In a dream, your mind immerses itself in what is happening, and remains helplessly consumed by it, even if it is something unimaginably terrible.

You believe that the dream is real; you accept it as reality, and there is nothing you can do about it because you are not fully self-conscious; you are just beating about in the moment of the “here and now”.

You enter any life situation as you do a dream or a movie and gradually amplify everything that is happening.

You follow the script but you are also actively involved in the writing of it. You declare, “yes, things are going from bad to worse!”

The problem has become real but was created artificially, speculatively, by your “logical” mind.

The invented problem can be “un-invented,” deflated, if you wake up and see how ephemeral it is.

We will be practicing lucid living.

The you as you imagine yourself today is not real either.

There was a time in your childhood or your youth when you were real — strong and free, and the world was your oyster, YOURS, and you were YOUR TRUE SELF.

But then, over the course of your life, you layered yourself up with destructive attitudes, problems and complexes.

It is time to return to YOURSELF.

You need to wake up and remember who you are, who you really are. That is the subject of this book.
