

JOHANNA KERN - MASTER TEACHINGS OF HOPE:
THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

A portrait of Johanna Kern, a woman with long blonde hair, resting her chin on her hands. She is wearing a black top and a bracelet. The background of the portrait shows a sunset over mountains.

JOHANNA KERN

MASTER TEACHINGS OF HOPE

**The 7 Powers Creating The World
& The 7 Powers Within You**

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WHAT IS AND WHAT ISN'T POWER



You are here to know that you have no limits

You are here to be who you were meant to be

You are here

What does Power mean to you?

Is it control, freedom to do what we want, influence on others, glamour, money, fame, high social status? Or perhaps you see Power as reassurance of your eternal and better existence – some day – after you die?

Whether our take on Power is based on social or religious conditioning, personal desires or longings for a better world and after-life, it is always our choice.

And if that choice is rooted in our feelings of powerlessness expressed as a need to become special, significant, and therefore “safe” and “worthy” of living and surviving – it rarely reflects our deep understanding of how we truly see our role in the world.

When we submit to our insecurities, we perpetuate our powerlessness and give in to fear. We not only dismiss our uniqueness, our true beauty and significance – we don’t really enjoy our lives and long for a better future, whether during our lifetime or after death.

There are no guarantees for the eternity of our being (or soul, if you may). As there are

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

no guarantees that we are going to wake up the next day. Naturally, as the consciousness that we are, we do want to persist. And yes, we can, but only if we continue evolving and keep experiencing our existence.

Every single one of us can be connected to the True Infinite Power – which is available to us, assures our continuing existence, and lets us create numerous possibilities for our experience.

When we are looking for Power coming from our conditioning – whether social, religious, or shaped by personal feelings of worthlessness, we actually diminish our True powerful selves.

It's like putting paper bags on top of candles to make lanterns, and protect them from the wind.

We want to ensure that they will glow in the night. Yet a paper bag also dims the candle, diminishing its brightness, and limiting its power.

When we are hiding under a “paper bag”, we can't fully “shine” with the *True Infinite Power* that flows through us. And this is why we remain imprisoned by our fears, giving in to the needs and wants of our Ego, Mind, Body, or Emotions.

“Is there anything wrong with our needs and wants?” you may ask. No. There isn't anything wrong with us following our desires for more material, emotional or intellectual “fun”, fulfilling our drives and ambitions. Quite the opposite – it is good to have fun!

Yet it is important not to mistake these kinds of desires for some-thing else, and remain aware that fulfilling them does not equal obtaining a special place in the universe.

There are many people obsessed with “paper bag” illusory power (or “Paper Power” for short). And we often see the results of such obsession while they are disrespecting, damaging, hurting, or annihilating others and nature and – in the end – destroying the world we live in.

“Paper Power” is nothing but illusion. Whole societies have been manipulated into participating in this kind of illusion and obeying the systems that serve only a few.

These are the most common illusory kinds of “Paper Power” perpetuated on our planet by generation after generation:

- Idolatrous Illusory Power
- Intrinsic Illusory Power
- Virtual Illusory Power

Idolatrous Illusory Power – indoctrinating, brainwashing and imprinting fear into people’s subconscious. Manipulating them via proclaiming divinity symbols/ideals and creating a set of rules inducing fear, in order to limit peoples’ freedom to think for themselves and progress to their full potential. It is easier to take advantage of people who don’t think for themselves and are afraid.

Intrinsic Illusory Power – claiming the right to be superior to others, self-proclaiming as a better/chosen/special being who can “rightly” take advantage of/benefit from/oppress others.

Virtual Illusory Power – using manipulation, deception, disempowerment, dumbing down people and enforcing rules and regulations to be obeyed which in the end benefit mostly the “money elite” – while creating an illusion of protecting/governing power, and giving people the false idea of having a choice over its election, qualities and actions.

The truth is that we do have a choice: we alone define our own Power and our limitations. It has always been our choice.

We are the ones who limit ourselves with Paper Power, even though we have observed over the centuries how such power crumbles and falls apart – sooner or later. We are the ones who put on the “paper bags”, and we are the ones who can free ourselves from them.

The only question is: how do we access the *True Infinite Power* and freely “glow” with it?

As simple as it sounds, it may often seem very difficult to do. The whole idea of us being filled with the *True Infinite Power* may seem to be too abstract, unobtainable, “too good to be true”. And that is, of course, why we have covered it with “paper bags”.

Once we realize that we all are important, special and worthy – just because we exist –

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

we don't need to use any "paper bags" to feel better and safe. Just because we exist, we are a special gift to everyone and every-thing else. But while hiding under "paper bags", we can't fully "shine" and feel the *True Infinite Power* within us, and so we believe ourselves to be limited, insignificant and small.

Yet, whenever we are ready to make a different choice, we always find what we need: the tools, the circumstances, the right people on our path, and even the time.

When we let the *True Infinite Power* flow freely and express itself through us, we tap into endless possibilities of who and how we can be.

The 7 Powers described in detail in this volume are the 7 aspects of the *True Infinite Power*.

They can be observed externally as energies creating the world we live in, and as the internal processes we go through during our evolution. They affect us, and our experience, at any given time – whether we are aware of it or not.

In order to progress and continue to exist as the consciousness that we are, we need to tune into the energies of the 7 Powers.

This volume will help you to understand your own endless potential, explain to you the mechanism of the 7 Powers and how you can use that knowledge for your benefit and growth.

You truly are powerful beyond measure. You truly have the ability to live the life you want. With no limitations, but with full freedom to experience what you want, exactly the way you want.

You are here to know that you have no limits. You are here to be who you were meant to be. You are here.

CHAPTER 1



EXPERIENCING BEYOND THE SENSES

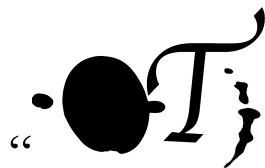
Your life is not an accident or a mistake

Your life has a purpose

Here we are. We are thinking, feeling, seeing, hearing, smelling, tasting, sensing, breathing and... What else are we doing?

Knowing.

We are knowing either in relation to the above, or we are knowing because we have inherited some of the knowing with our genes. Our ancestors learned things that we don't have to learn. We already know these things because of what we call Evolution.



“The brain has been developed, thus far, for the purpose of existing and surviving in the physical world. There-fore it uses ‘sensory logic’, to perceive, comprehend and reason.”

– “*Master and the Green-Eyed Hope*”



As we keep evolving our knowledge grows. And – as we keep evolving – we find more and more ways of experiencing our-selves.

It used to be that human Evolution was thought of as a means to populate the planet and

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

ensure that, as the human race, we survive.

Now Evolution more and more is referred to as the expansion of consciousness. A way to experience ourselves on different, more advanced levels than merely through our five senses.

And it isn't a new concept at all. Through centuries there were individuals, or sometimes even entire societies, whose primary focus was on such progress.

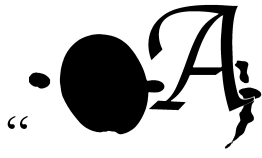
Those individuals (or societies) were often described as being "ahead of their time" or "highly evolved". To this day, researchers and archaeologists keep finding artifacts, structures, tools or written messages, which speak of highly developed minds that created them – although most of their legacy was wiped out or hidden.

What happened to them? Why are we where we are, instead of where we could be – far ahead with our knowledge, technology and social consciousness?

Of course we can look at it from the perspective of history and figure out that some people, institutions etc. wanted us to degrade for the sake of their own benefit. Yes, there have been some people who have been taking advantage of the disadvantaged, the dumbed down and enslaved, who are robbed of progress and programmed to be stuck in paradigms that serve none but a few.

Or we can look at it from the perspective that all that we experience, in fact, is in alignment with our progress, since what we need for our knowledge is given. And that without the experience we have had, we wouldn't be the same. What's more, there really is no rush, since we will get to where we need to be in our own time, and it will be the timing appropriate for us.

Whether we are aware of it or not, we continue to develop – for the purpose of the ongoing expansion of what we truly are: consciousness.



“ny concepts of limitation, or aging, are based on sensory logic and not spiritual logic. One can pursue their dreams, despite their life circumstances, age, or even physical disability. Nothing can stop a human from being whatever and whoever they want to be, except for their own choices.”

– “*Master and the Green-Eyed Hope*”



When we are not aware of our development through experience, we are often overwhelmed by the unexpected changes in our life, facing challenges we don't understand, attracting numerous obstacles and problems. We often feel we lack happiness – which manifests as stress, deteriorating health, addiction, loneliness (whether we are in a relationship or not), anxiety, and lack of purpose, dissatisfaction with our lives, dissatisfaction with our-selves and/or others.

It doesn't have to be that way. Our life is not an accident or a mistake. We are here to be all that we can be. All we need is to make the next step in our Evolution – to live the life we were meant to live: happy, meaningful and fulfilled.

There are 7 Powers, 7 aspects to our existence, which are affecting our Evolution.

The 7 Powers maintain the existence of consciousness, at the same time enabling its experience of itself. They create and “rule” the material and spiritual world in which the consciousness experiences its development.

The 7 Powers can be observed externally as energies creating the world we live in, and as the internal processes we go through during our Evolution.

With the help of this volume, you will learn how to be in tune with them, so that you can evolve to your fullest potential, and live the life you were meant to live – happy and free.

When we are aware of our development, and in tune with the 7 Powers, our life becomes an incredible adventure filled with True Power, Success, Happiness, Abundance, Health

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

and Freedom from any limitations.

Our life can be the best thing that has ever happened to us. Our life can be beautiful.

Just think about it. No, I mean – really think about it....

What is it that you want the most?

Beautiful Life. Happy Life. That's what you want. The details may differ from person to person. Some of us want peace and joy. Some want health, money, or fame, or power, or success, or someone to love us. But all of that is just what we believe would make our life beautiful.

We are not really after the details. What we truly want is to be happy with our life. Or – more precisely – what we want is to be happy.

Have you ever felt that your life was going nowhere? Have you ever felt limited and disappointed with what was available to you and didn't know how to break free from that feeling and the circumstances?

If your answer is “yes”, you are not alone.

Many people have never felt truly alive. And to many, life is either hard or disappointing, or “running on automatic pilot”.

“‘I

’d like to be a Liberated Soul, making conscious choices and have a conscious life, aligned with my purpose,’ I said.

‘Such conscious choices,’ he explained, “can be made only when you are able to access the spiritual world, and understand the physical world from the perspective of your Soul.”’

– “*Master and the Green-Eyed Hope*”



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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

Our minds tend to work in a particular way: we think in a way we are used to. That is actually not so bad, when it comes to remembering or analyzing things where that type of logic is required. However, when we want to expand our consciousness, and live the life we want, instead living the one we don't want – we need to train our mind to be able to use spiritual logic, not only the sensory kind.



“top controlling your choices with your Mind which is not yet entirely trained in spiritual logic. Trust the

choices your Soul has already made, and you will start choosing consciously, instead of flickering in and out of alignment.”

– “*Master and the Green-Eyed Hope*”



In order to help you to expand your mind capacity, I'd like you to try the following *Inner Journey*. It is designed to have a different effect on your mind than some audio recordings (such as guided meditations), which are usually used for such purposes.

You will be asked to keep switching back and forth between reading (sensory perception) and internal experiencing (spiritual perception). It is an excellent way to prompt your brain to start using its otherwise “asleep” parts, sharpen your intuition and induce your “third eye” vision (more about that later).

During the following *Inner Journey*, you will be guided to experience the feeling of happiness in its pure form.

That's right. Not the feeling of excitement, satisfaction or joy, which are simply emotions you feel in particular moments.

Let yourself explore the happiness that is, because it is. With no conditions at all, and present only as a result of you experiencing yourself as the consciousness that you are.

You will do this *journey* in two parts. The first one is meant to help you to adjust to a new

10

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way of perceiving. In the second part you will try to search for the feeling of pure happiness, and that part will be given to you at the end of this chapter.

INNER JOURNEY

EXPERIENCING BEYOND THE SENSES

PART 1:

EXPLORING YOUR “THIRD EYE”

Find a comfortable position so that your body can feel fully relaxed with no strains on any of its parts.

Now take a few deep breaths, before you go on. Take as long as you wish, or need, to read the following. Remember, there is no rush. You'll get where you are meant to get, in the most appropriate time for you.

Experiencing is not about rushing things. Experiencing is about experiencing.

Keep breathing slowly, and peacefully.

Step 1:

In a moment I will ask you to close your eyes, and open them again to continue to read, after you imagine the following:

You are at the bottom of your “third eye”. For those who are not sure what the “third eye” is: concentrate on the point between and slightly above your eyebrows. There is an energy center there (more about energy centers later), and we call it the “third eye”.

Imagine that in some unexplained, safe and pleasant way you are at the bottom of your own “third eye”. Let's not think about whether it is possible or not. It's not the point. Just trust your own process and imagine that.

NOTE: If you are by any chance a person who cannot easily picture images in your mind – try to feel what's happening instead of trying to imagine it.

Open your eyes to come back to reading after you have completed the task.

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

Close your eyes NOW.

Good. You have opened your eyes. Keep breathing slowly, and deeply. Here is what to do next.

Step 2:

In a moment you will close your eyes to imagine the following, and after that you will open your eyes to read further.

A: Imagine that you are still at the bottom of your “third eye”, and that colorful clouds of energy surround you, constantly moving and swirling.

B: With your eyes closed, you turn your eyeballs to the left, as far as you can (do it really).

C: Imagine that you see a tunnel there, on the left. Step forward with no hesitation, and walk inside the tunnel. Its walls are made of dark blue energy, looking like swirling dark blue clouds.

D: Keep walking forward until you see the end of the tunnel. Don't leave the tunnel yet. Stop here, and open your eyes to continue reading.

If you want to read the above again, to better remember how to do this step – do it, as many times as you wish. There is no rush.

You are not being judged for how well or how fast you do the steps.

When you are ready: close your eyes NOW.

Good. You have opened your eyes. If it worked for you this far, you may continue with this *Inner Journey*. If it didn't – either try it again, or skip doing it entirely for now. You may continue to read through steps 3 and 4, but don't go any further. Put aside this volume and come back to it later today or tomorrow, or when you feel you are ready to do it again.

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

It is important to complete this Inner Journey before reading further in this volume.

It is important that you practice experiencing and trying new ways of perceiving, instead of acquiring the knowledge only via your mind.

Take your time. Take as much time as you want.

You are progressing with your own speed. That speed is appropriate for you.

Keep breathing slowly, and peacefully. Remember to remain in a comfortable position.

Step 3:

If you are ready to do so, you will close your eyes again to imagine the following:

A: You are leaving the blue tunnel. It is a very pleasant feeling, as if you had been caressed with love.

B: Next imagine yourself outside the tunnel.

C: Imagine that you have just arrived at a very far “corner” of the Universe, and all around you there are colorful and shapeless clouds of energy.

When you are ready: close your eyes NOW.

Good. You have opened your eyes. Let us continue.

Keep breathing, slowly and deeply.

Stay comfortable. All is well.

Step 4:

A: Close your eyes and imagine that you will now develop a special vision, allowing you to see past the colorful clouds and see many places at once.

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

B: Turn your eyeballs to the left and, and with your left index finger touch the place just above your eyebrows, where your “third eye” is located in your forehead (do it really).

C: Imagine that this gesture caused a little spark in your heart. Then put down your arm.

D: Imagine that the little spark makes things around you brighter, and enables you to see what you couldn't see before.

When you are ready: Close your eyes NOW.

Good. You have opened your eyes. You’ve completed Part 1 of your *Inner Journey*.

How did it feel? Was it a bit disorienting when you were switching back and forth from reading to internally experiencing? Was it a bit uncomfortable? Perhaps even difficult? Was your mind trying to control your internal experiencing and give it some explanation, or any analogy to anything that you have previously experienced or learned about?

Our mind tends to operate in a particular way: it reasons based on what it already knows, applying its old patterns to new situations.

On the other hand, when we follow so called “guided meditation” – listening to an audio recording with our eyes closed – our mind tends to passively follow the instructions, not really learning new ways of operating. Therefore such guided meditations are best for relaxing and reprogramming our subconscious, but don’t allow our conscious mind to learn new ways of perceiving.

We will come back to this *Inner Journey* later but now let’s talk more about consciousness.

Not long ago, the medical field used to describe consciousness as being related to our senses. There is even an existing term we use when someone faints. We say then that the person is unconscious.

There is a distinction between the consciousness of our senses, and the consciousness that we are – beyond our senses, not limited to our body, and with the potential to

exist forever.

Can we really be infinite? And if so - what does it mean to us, and how would the awareness of it affect our lives?

Would we still have the same priorities? How would we live, knowing that our life is an Illusion and that it doesn't really exist? Would we still enjoy it?

I'd say: why not? Illusion or not, our life is worth enjoying, no matter what. After all, we know ourselves through the experiences of our life.

Your life is precious. And you need to fully understand its value, if you want to fully enjoy it.

From all the infinite possibilities of how you can experience yourself as the consciousness that you are – you chose to be here and now, in this life. In this finite moment.

Since science has been preoccupied with the idea of infinity for at least the last century – you can find numerous scientific articles and books on the topics of intelligence existing prior to matter, various theories about the structure of the universe, parallel universes, space and time, consciousness, and what happens after death.

However, the idea of infinity existed in the human mind even before modern science began to research the origins of the universe and consciousness.

This is what some of the many belief systems have already been saying about infinity for thousands of years:

- Some schools of Buddhist philosophy argue for an infinitely continuing (forward and reverse) state of existence, with no center, nor any permanent entity underpinning it
- Hindu cosmology is non-dualistic. Everything that is, is Brahman. Brahman is the eternal Now, and in eternity there is no before or after, for everything is everywhere, always
- In Islam, there are references in the Qur'an that attribute Infinity to God. Just as the biggest number cannot be comprehensible, then in the same way God also can't be described in human terms or encompassed in just a simple word

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

- Judaism believes in one God, who is eternal. God is beyond even the concept of beyond
- Christian religion believes in an eternal God and, interestingly enough, gives the definition for infinity in the Bible: Matthew, verses 5:17 and 5:18 - “Do not think that I came to abolish the Law or the Prophets; I did not come to abolish, but to fulfill. For truly I say to you, until heaven and earth pass away, not the smallest letter or stroke shall pass away from the Law, until all is accomplished.”

While science talks about everything being a part of one huge Energy field, many belief systems talk about God being all there is, and containing everything within.

No matter whether it is science or a belief system that resonates the most with our own inner truth, some things remain the same:

We are all part of One Whole. And we are all connected.

Each of us, being a “Spark” of the One Whole (one consciousness), experiences oneself as an individual – but at the same time is able to tune into the wisdom of the One Whole.

Being a part of the One Whole, we can have access to our collective wisdom, as well as to the experiences of every single “Spark”.

On the level of consciousness beyond the senses, we have access to every single bit of information that exists.

Whether that information originated in what we perceive as past, present or future – does not matter.

In the field of the One Whole, time does not bind us, because on that level all is timeless.

Of course, in order to be able to tune into the information that is available to us on that level, we need to expand our individual consciousness and learn how to be able to access such knowledge.

Can we do that? Yes.



“What happens then, once my Mind is able to operate in the spiritual world, and use spiritual logic?’ I asked.

‘Then it can function here in a way similar to your Soul,’ he said. ‘It can make choices using spiritual logic instead of the sensory kind. And so, it can make choices for your Soul.’”

– *“Master and the Green-Eyed Hope”*



It is important for us to expand our consciousness because it is the natural step in our Evolution.

Our existence, as the consciousness that we are, depends on our progress.

And the process of our Evolution depends on being in tune with the 7 Powers, which affect us at any given point – whether we are aware of it or not.

THIS IS HOW THE WHOLE DESIGN WORKS:

As the One Whole that we are, we continue to evolve.

As individual “Sparks” of the One Whole, we continue to choose whether we want to evolve or not.

We have always had that choice. And – for the most part – we have evolved. Don’t let yourself be fooled by what you see in the world: suffering, injustice, egoism, cruelty and so on.

All of us have a free will that decides whether we want to expand our consciousness, or not.

Everyone has a choice to be a part of the Evolution, or not.

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THE 7 POWERS CREATING THE WORLD & THE 7 POWERS WITHIN YOU

We have always had that choice, and we cannot deny anyone that choice. We can wish for some to make a different choice, but we cannot force our own truth on anyone.

Each of us is entitled to our own experience. Each of us is perfect and loved, no matter what choices we make.

Before we continue to the next chapter, let us complete the *Inner Journey* to help you with expanding your mind's capacity.

INNER JOURNEY

EXPERIENCING BEYOND THE SENSES

PART 2

END OF FREE SAMPLE

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Johanna Kern, award-winning author of "Master and the Green-Eyed Hope", transformational teacher and filmmaker, many years ago suddenly began to experience regular spontaneous trances in which she found herself in an ancient temple, where she was receiving the Master Teachings from an ancient Master.

She found the answers to the most important questions occupying human minds for centuries, and a new look at all that we hold as sacred – ourselves, our origins and purpose:

From what is the meaning of our existence, to how to achieve true Happiness, Success, Power, Abundance and Freedom of all limitations. From how our thoughts function in the field of energy that we all are a part of, to what is the meaning and nature of spirit, matter, life, death – and what really is the Wheel of Creation and who are the Citizens Beyond Time and Body.

In this volume, following the book that enchanted readers and experts in North America and Europe – "Master and the Green-Eyed Hope" – Johanna Kern shares the first installment of the advanced level of the Master Teachings and shows you examples of how to practically implement this wisdom in your own experience.

The 7 Powers described in detail in this volume can be observed externally as energies creating the world we live in, and as the internal processes we go through during our Evolution. They affect us, and our experience, at any given time – whether we are aware of it or not.

This volume gives you tools to help you change your life situation, improve your physical and emotional health, expand your vision of yourself, sharpen your intuition, and awaken some of the dormant areas of your brain – leading to achieving your highest potential.

You will learn how to use your thoughts to affect the reality you live in, and you will learn how to use the gifts of the 7 Powers to live a life of excellence.



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