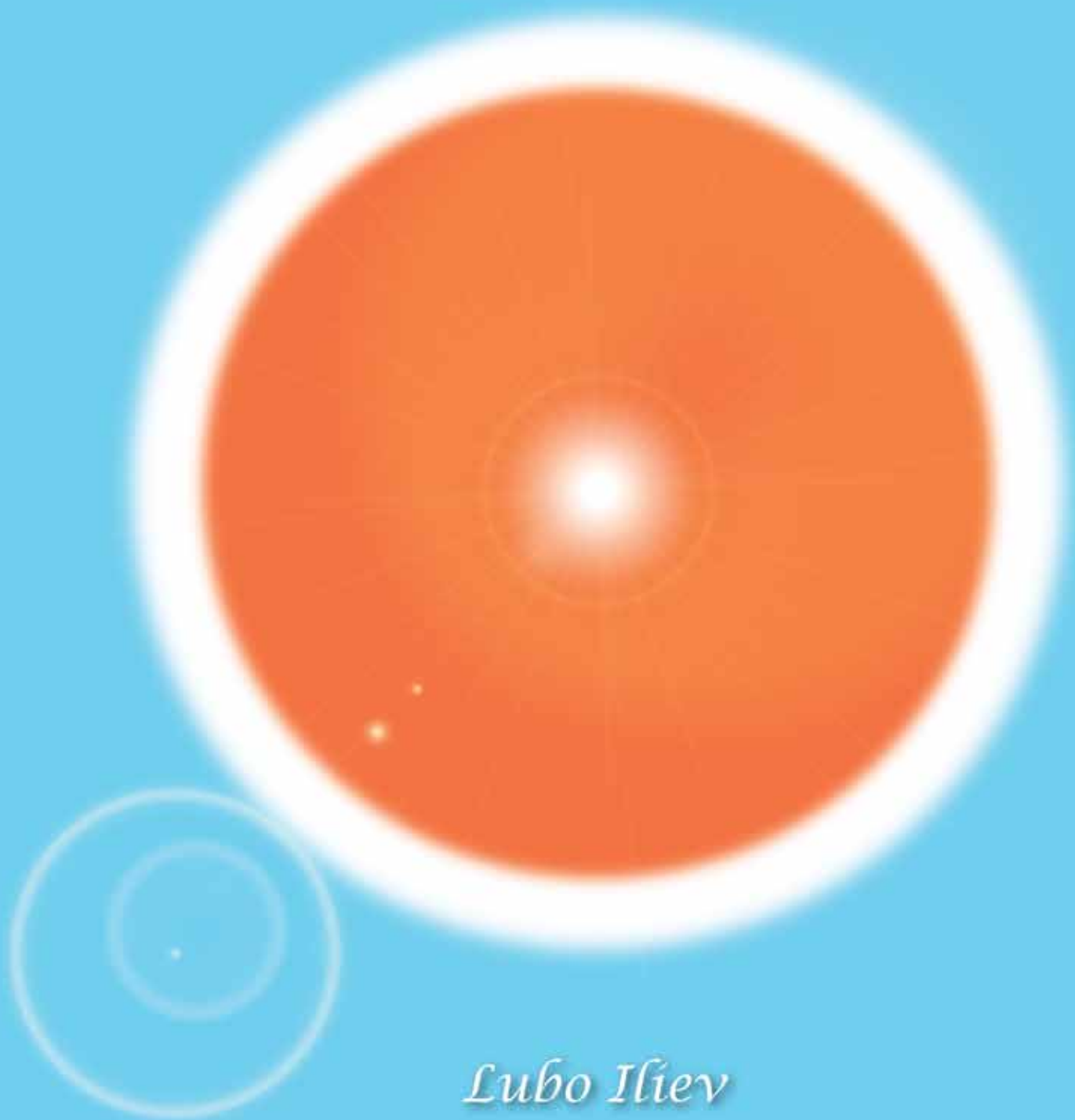


Images of Positivity:
Energies of Life



Lubo Iliev

*Images of Positivity:
Energies of Life*

Lubo Iliev

www.imagesofpositivity.com

Dedication

This book is dedicated to my mother.
Her love, help and guidance made it possible
for me to create this book.

Thank you mom.

All content and artwork in this book is the property of Lubo Iliev

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Introduction

This book is about healing, transforming and improving yourself by providing you with a way to more easily identify and maintain various positive mental states. It is designed to help people attune themselves with the mental states that they are having difficulty achieving or maintaining. The book contains 35 positive mental states that are paired with corresponding negative mental states. Each positive mental state has its own distinct energy. The images in this book are the visual representations of only the positive energies. The images are tools to help you be a better person and to stay positive in the face of life's difficulties. They can help you deal with and overcome various negative mental states. The use of these images is not a solution to life's difficulties. The solution lies within you, whether you know it or not.

I created the images by utilizing my experience of sensing and channeling subtle energies. I was able to put myself in a deep meditation, during which I allowed the colors to reveal themselves to me. I then drew the images using the tools I use as a graphic designer as well as using my intuition to accurately represent the positive energies I discovered. I did not consciously determine these images to represent the positive energies. I discovered them and then drew them as guided by universal energy via my intuition. It was my 15 years of experience in thinking about, using, channeling and meditating on subtle energies that gave me the foundation necessary to be able to sense, channel and visualize the energies presented in this book.

The subtle energies presented in this book via the images are accessible through meditation. They are often associated with people's auras or chakras. They are considered to be subtle energies because they are more difficult to detect than energies such as heat, cold etc. However, even if you have not experienced these subtle energies directly yourself, you have probably heard of someone who has a 'very positive energy' or 'radiates confidence.' Such people, whether they know it or not, have channeled and are utilizing these specific energies. Furthermore, not only do they have those energies but they also have that positive mind set, or mental state. Such people usually do not have any knowledge of subtle energies but are rather channeling them unconsciously. In other words, the positive mental state and the positive energy are intertwined. If you have one you will have the other and vice versa. Thus, if you are able to put yourself in those positive mental states then you too will channel those positive energies. However, this task is not that easy and usually is hindered by the multitude of negative mental states that we experience in our daily lives. Consequently, this book focuses on channeling the positive energies so that you can attain the positive mental states you desire.

For more information regarding the book, author, subtle energies and meditation please visit the website:

www.imagesofpositivity.com

How to use the images in this book

In working with this book the focus should always be on the positive mental states, not the negative ones. However, this may not be that easy to accomplish. Consequently, I have provided a list of negative mental states that are remedied by the positive mental states. Thus, if you are not sure which positive mental state to begin with, but have a pretty good idea which negative mental state you are experiencing, then you should use the index at the back of the book to help you get started. Ultimately, the negative states should serve as a rough guide to help you in figuring out which positive mental state to focus on.

You can use the images in this book by opening the page to the mental state you want to focus on, Hope for example. Place your hand(s) roughly 3-6 inches away from the image, but make sure you can still see the image. Then you have 2 options for meditating on the image. You should choose the one that allows you to focus on the image and does not leave your mind to think about other things.

The 2 options:

1. Look at the image and think about the positive mental state.
2. Close your eyes and imagine the colors you see in front of you flowing into your hands and going through your body.

In option 1 the energy is coming into you through your hands. In using this method of meditation you are teaching your mind to unconsciously accept the positive energy every time you look at the image. In option 2 the colors represent the positive energy of the mental state. In using method 2 you are consciously accepting the energy into you. The goal of these exercises is to free your mind from all that is going on in your daily life and focus exclusively on the mental states themselves. Try not to think about things other than the image, the mental state and/or the energy you are meditating on.

You should keep your hands over the images for about 15 minutes twice a day (morning and evening). However, you may find that meditating on the images (i.e. holding your hands over the image) for longer or shorter periods of time works better for you.

In order to experience beneficial results with the images you need to devote a certain amount of time and effort, in the same way that you need to devote time and effort when preparing for an academic exam or a physical activity. The factors determining success in intellectual and physical activities apply to spiritual activities as well. Ultimately, you should meditate on the images as long as you feel comfortable (i.e. not agitated to stay in one position) and for a duration that helps you achieve or maintain the positive mental states. Also, meditating on the images should be a relaxing and uplifting activity. It should not be done as a chore; doing so defeats the purpose of the meditation.

The most common way that people experience the effects of this energy meditation is a tingling feeling in the palm of their hands where the energy is entering the body. However, individual experiences vary. Some people can feel these effects immediately. For other people it takes longer.

It all depends on how open-minded a person is and how much he or she is willing to believe that it works. What is most important is to not get discouraged if you do not feel any tingling right away. Sometimes it takes a little bit of patience and practice before a person begins to feel subtle energies. I fully believe that you will begin to feel subtle energies if you consistently work with the images in this book.

Ultimately, what is more important than being able to feel the subtle energies is attaining or maintaining the positive mental states. If you are experiencing positive mental results (i.e. feel more Confident, Hopeful etc.) but still cannot feel the subtle energies, DO NOT WORRY! You are successfully using this book. Remember, the book is designed to help you achieve or maintain the positive mental states you desire. Thus, if you are experiencing the positive mental states with or without feeling the subtle energies, then the book and images are working.

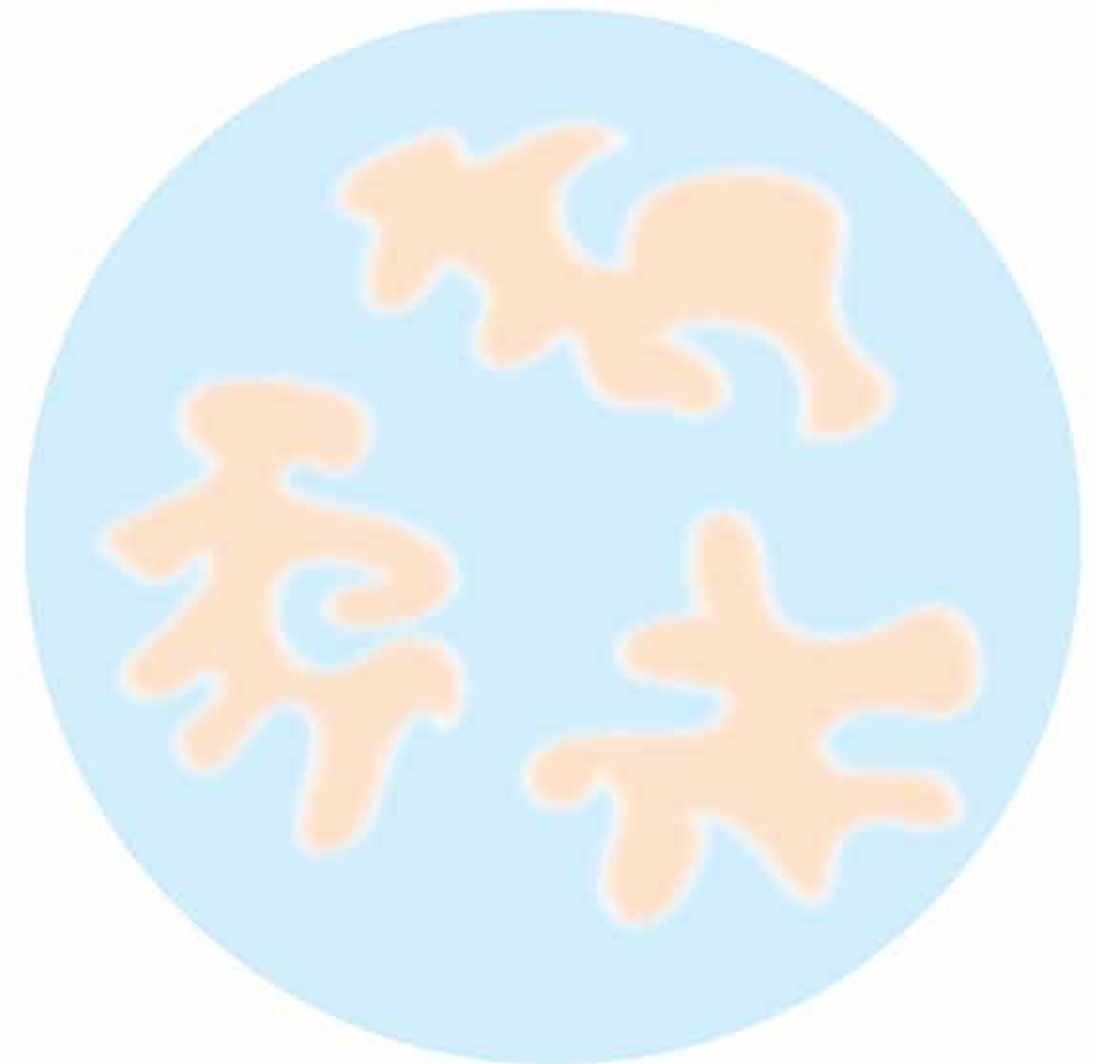
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Acceptance

Acceptance remedies:

Rejection
Denial
Prejudice
Guilt
Regret
Grief



Altruism

Altruism remedies:

Animosity
Self-indulgence
Self-involvement



Clarity

Clarity remedies:

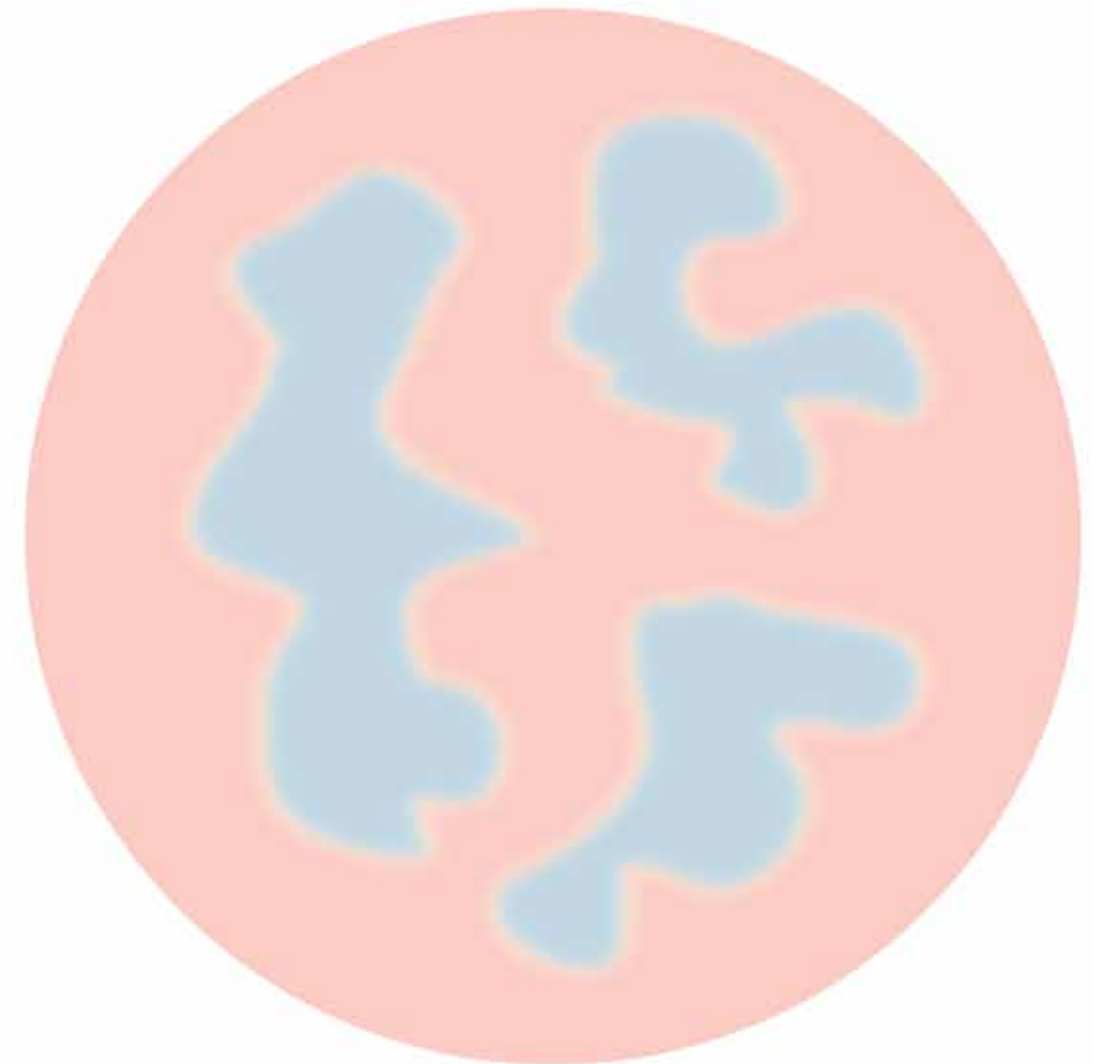
Confusion
Misunderstanding
Perplexity
Uncertainty



Compassion

Compassion remedies:

Coldness
Indifference
Unkindness
Detachment
Heartlessness
Calmness



Confidence

Confidence remedies:

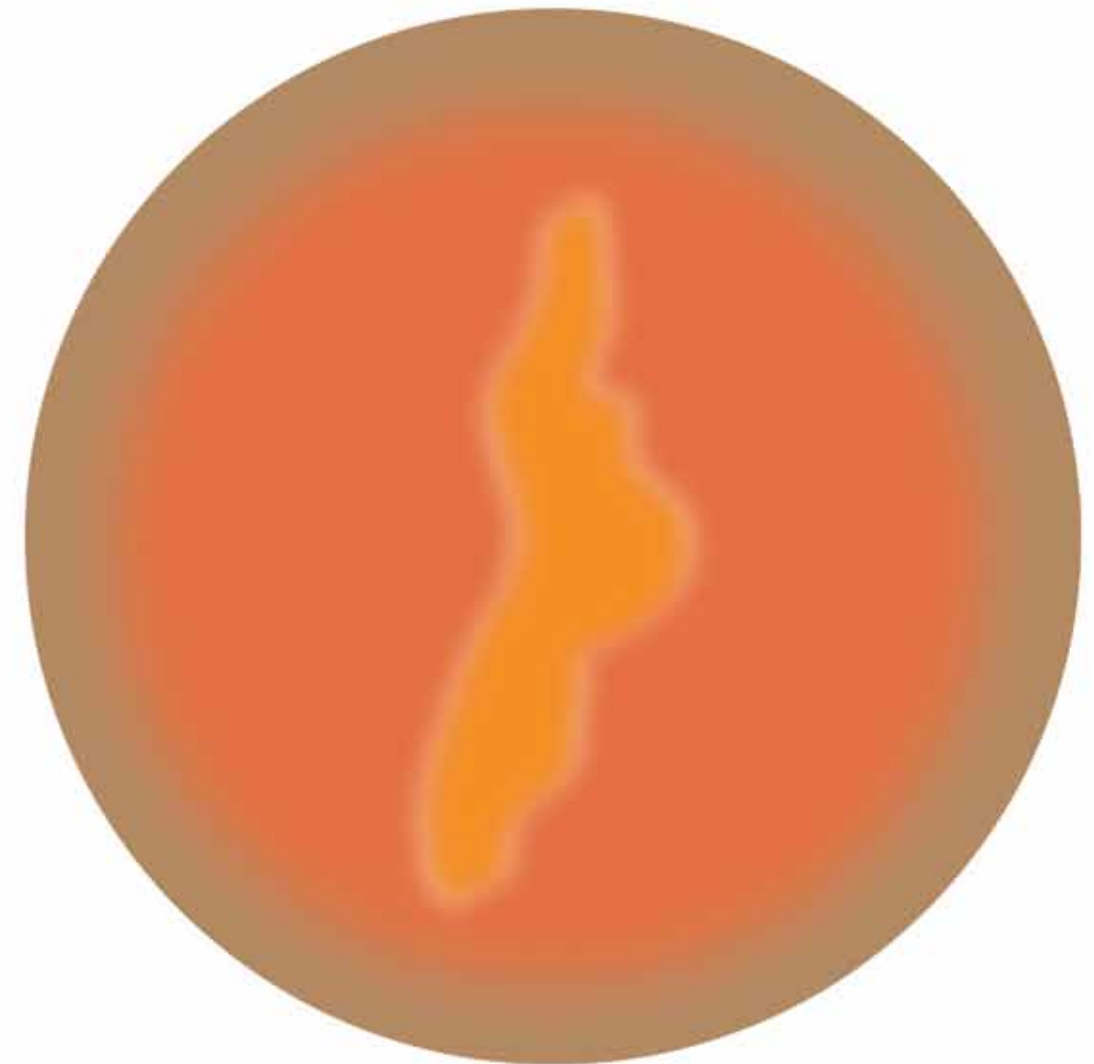
Insecurity
Self-Doubt
Hesitation
Indecision



Courage

Courage remedies:

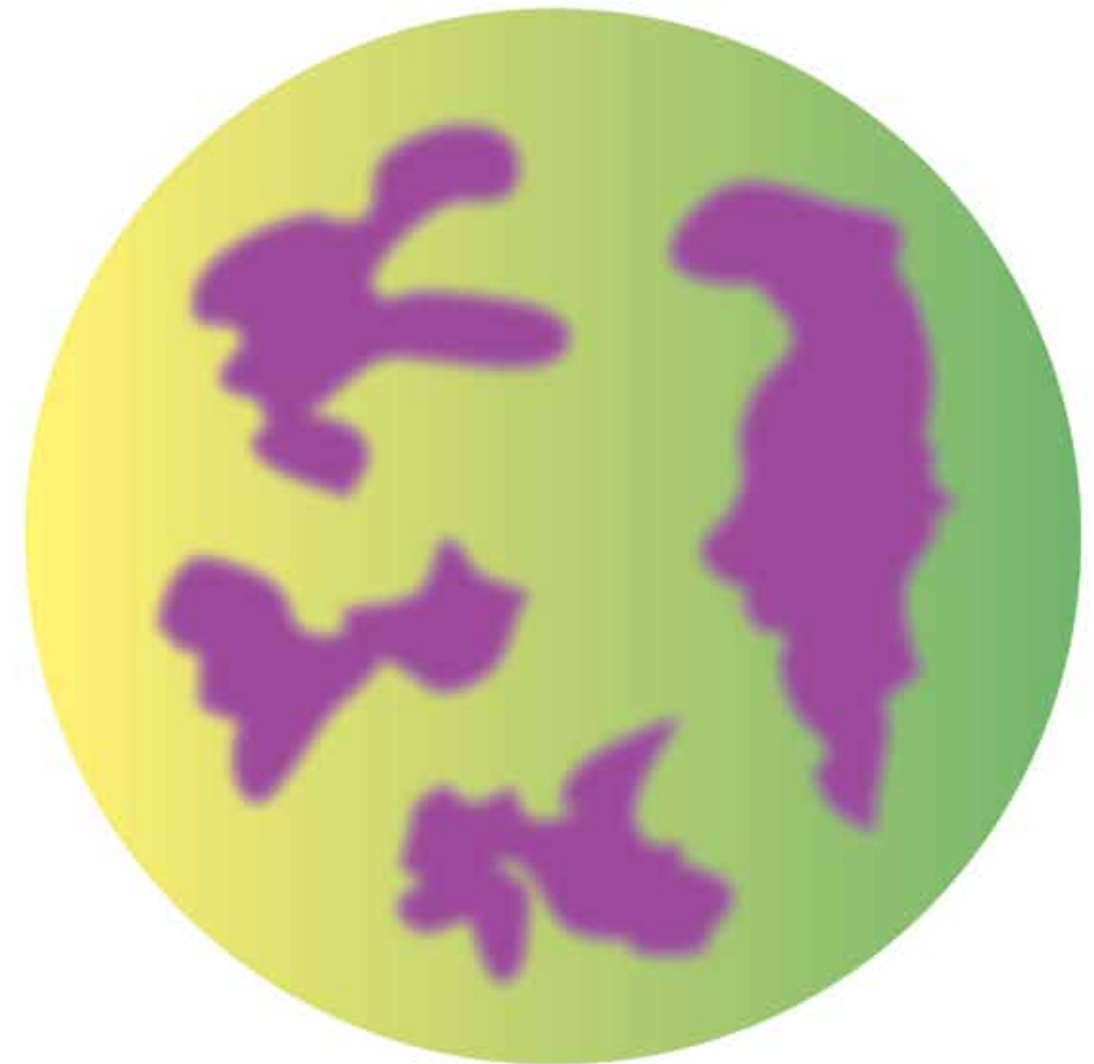
Fear
Anxiety
Apprehension



Creativity

Creativity remedies:

Rigidity
Unimaginativeness
Conventionality



Endurance

Endurance remedies:

Exhaustion
Fatigue
Tiredness



Faith

Faith remedies:

Doubt
Disbelief
Betrayal



Forgiveness

Forgiveness remedies:

Bitterness
Vengefulness
Mercilessness
Blame



Friendliness

Friendliness remedies:

Reservation
Hostility
Unfriendliness



Generosity

Generosity remedies:

Greediness
Materialism
Stinginess



Grace

Grace remedies:

Clumsiness
Awkwardness



Honesty

Honesty remedies:

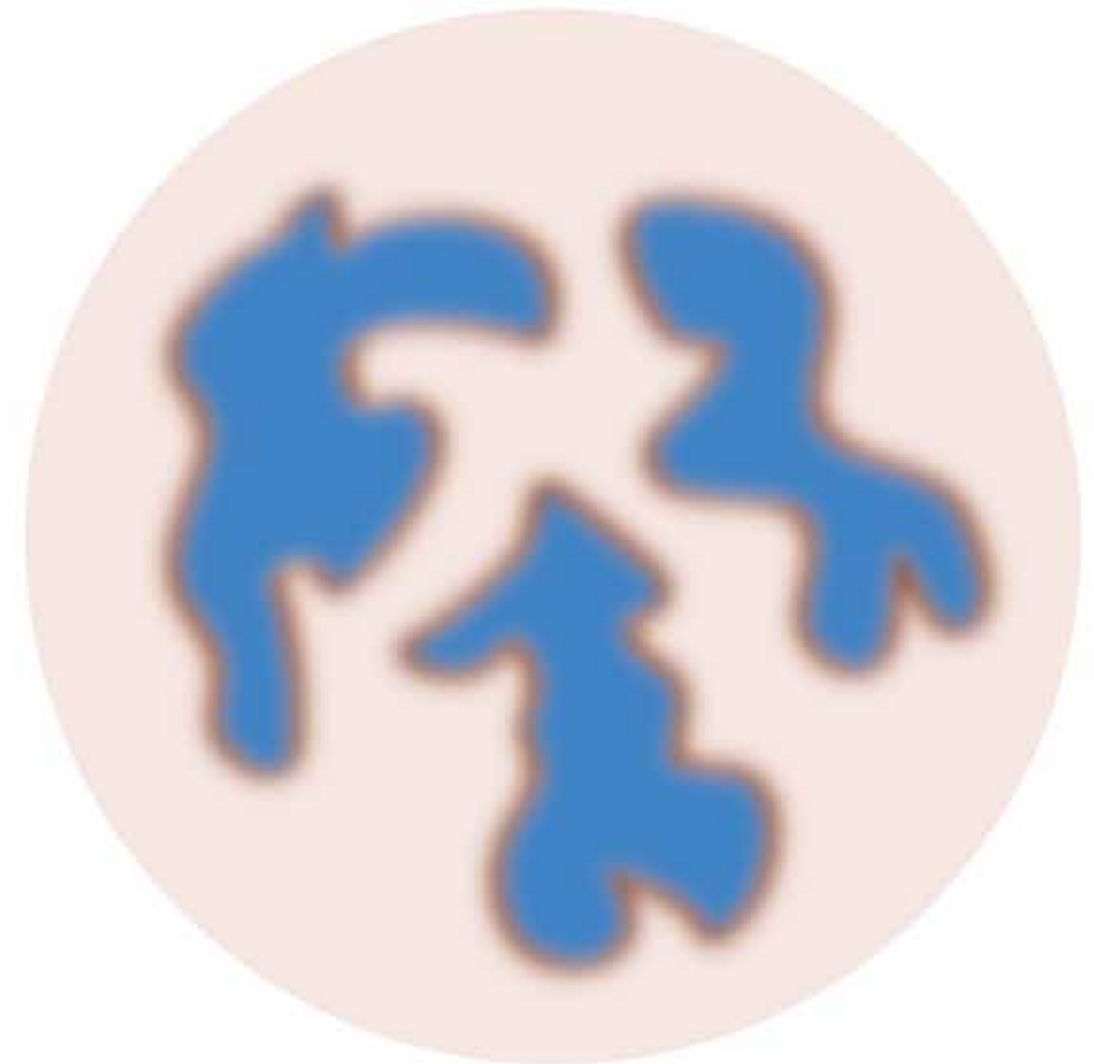
Deceitfulness
Lying
Fraudulence
Vagueness
Dishonesty



Honor

Honor remedies:

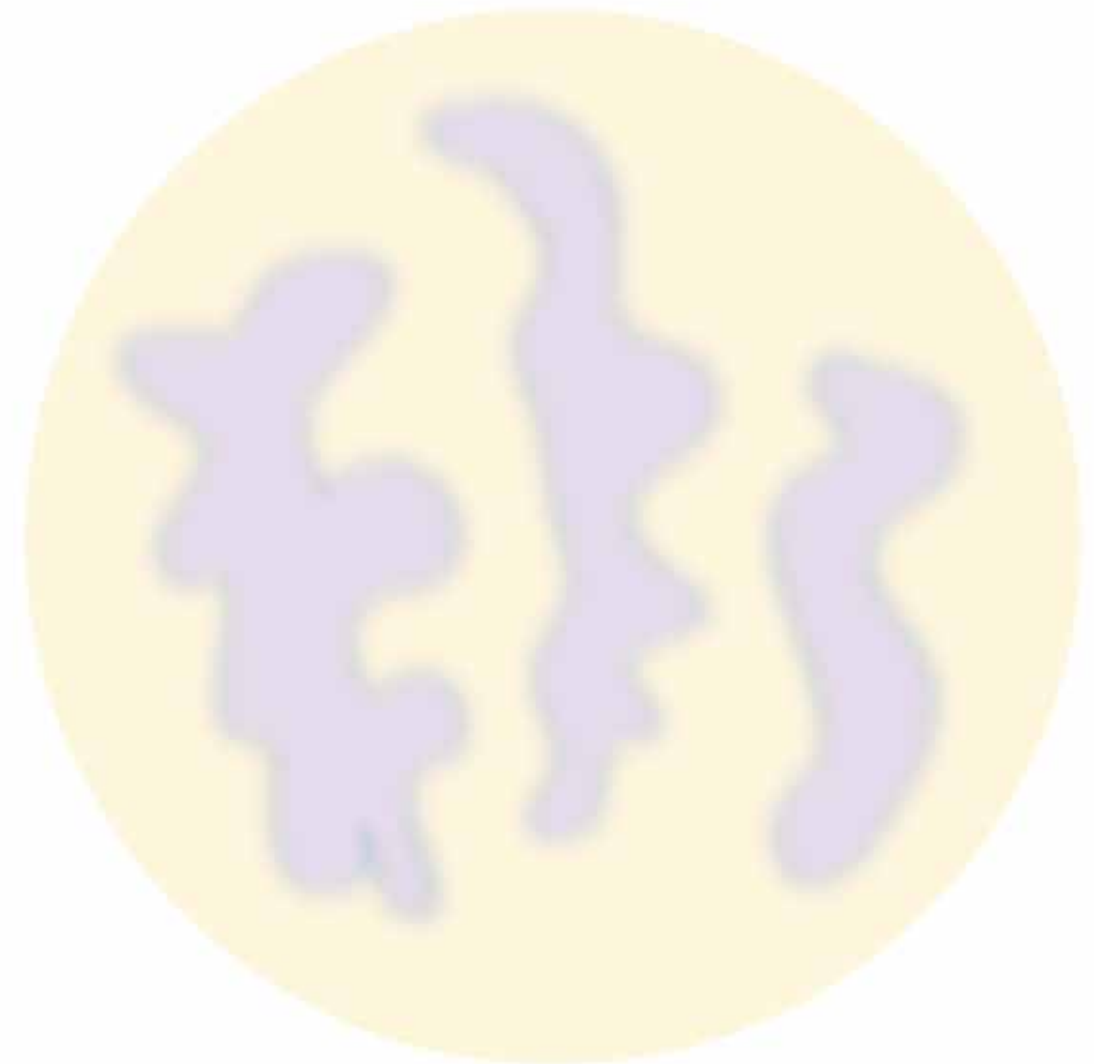
Disgrace
Scorn
Humiliation



Hope

Hope remedies:

Despair
Misery
Emptiness
Hopelessness



Liveliness

Liveliness remedies:

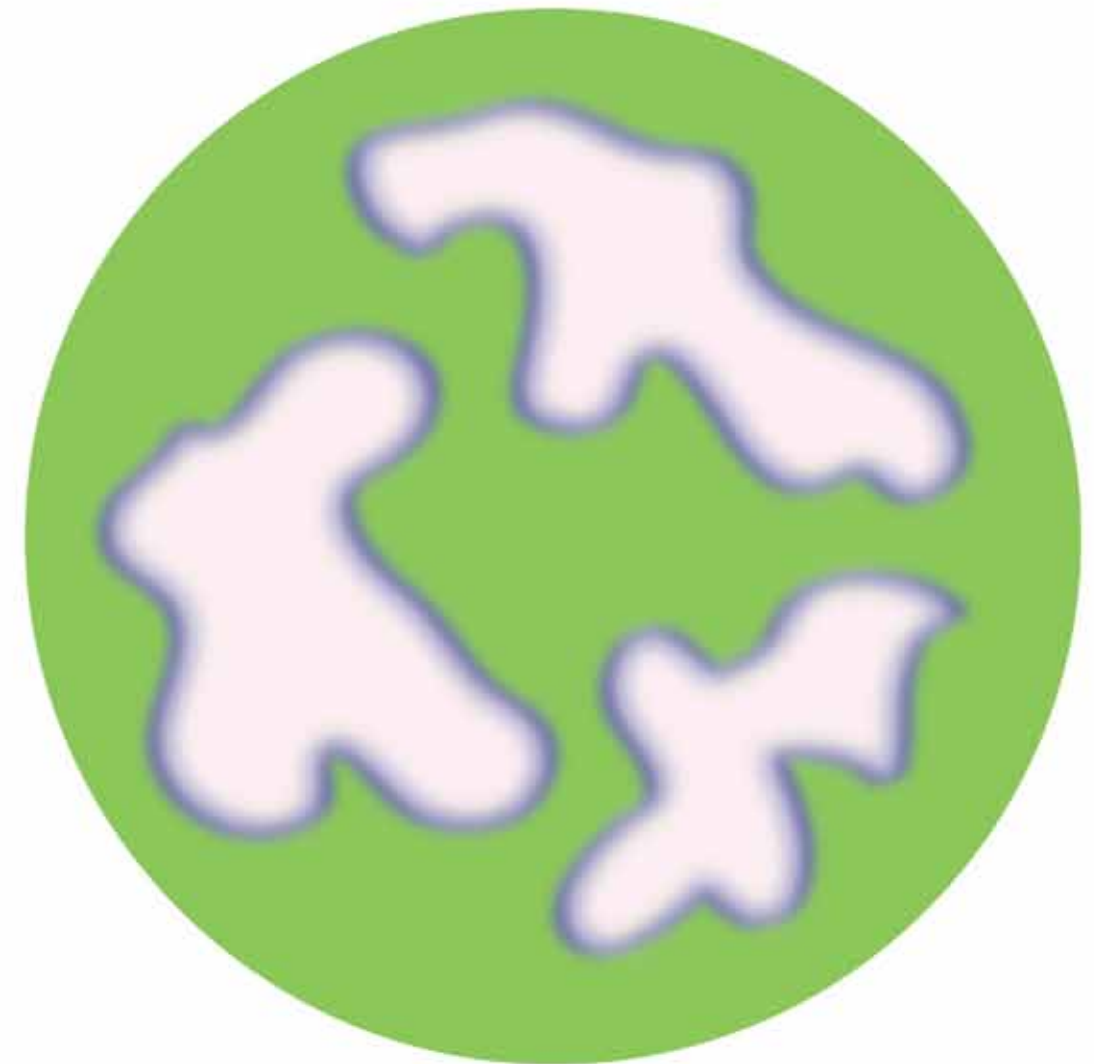
Lethargy
Laziness
Slowness
Dullness
Sluggishness



Loyalty

Loyalty remedies:

Deviousness
Unfaithfulness
Untrustworthiness
Disloyalty



Modesty

Modesty remedies:

Arrogance
Boastfulness
Excessiveness
Vanity
Grandiosity
Pretentiousness



Motivation

Motivation remedies:

Discouragement
Depression
Apathy
Disinterest
Unmotivated



Optimism

Optimism remedies:

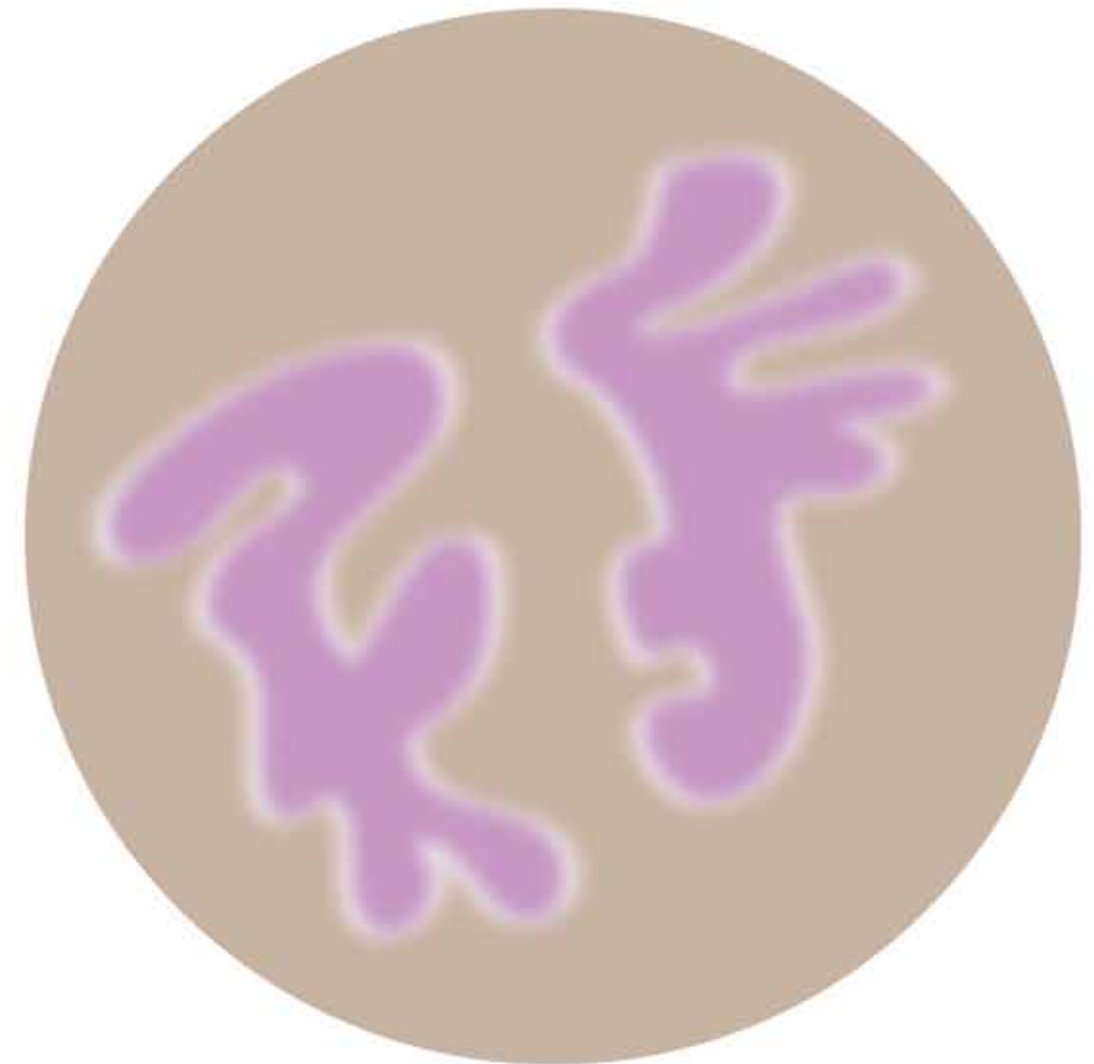
Pessimism
Negativism
Cynicism



Patience

Patience remedies:

Intolerance
Irritation
Annoyance
Impulsiveness
Impatience



Peace

Peace remedies:

Anger
Chaos
Distress
Tension
Anguish
Rage



Perseverance

Perseverance remedies:

Failure
Giving up
Resignation



Politeness

Politeness remedies:

Rudeness
Disrespect
Offensiveness
Hostility
Impoliteness



Pride

Pride remedies:

Shame
Worthlessness
Embarrassment



Productivity

Productivity remedies:

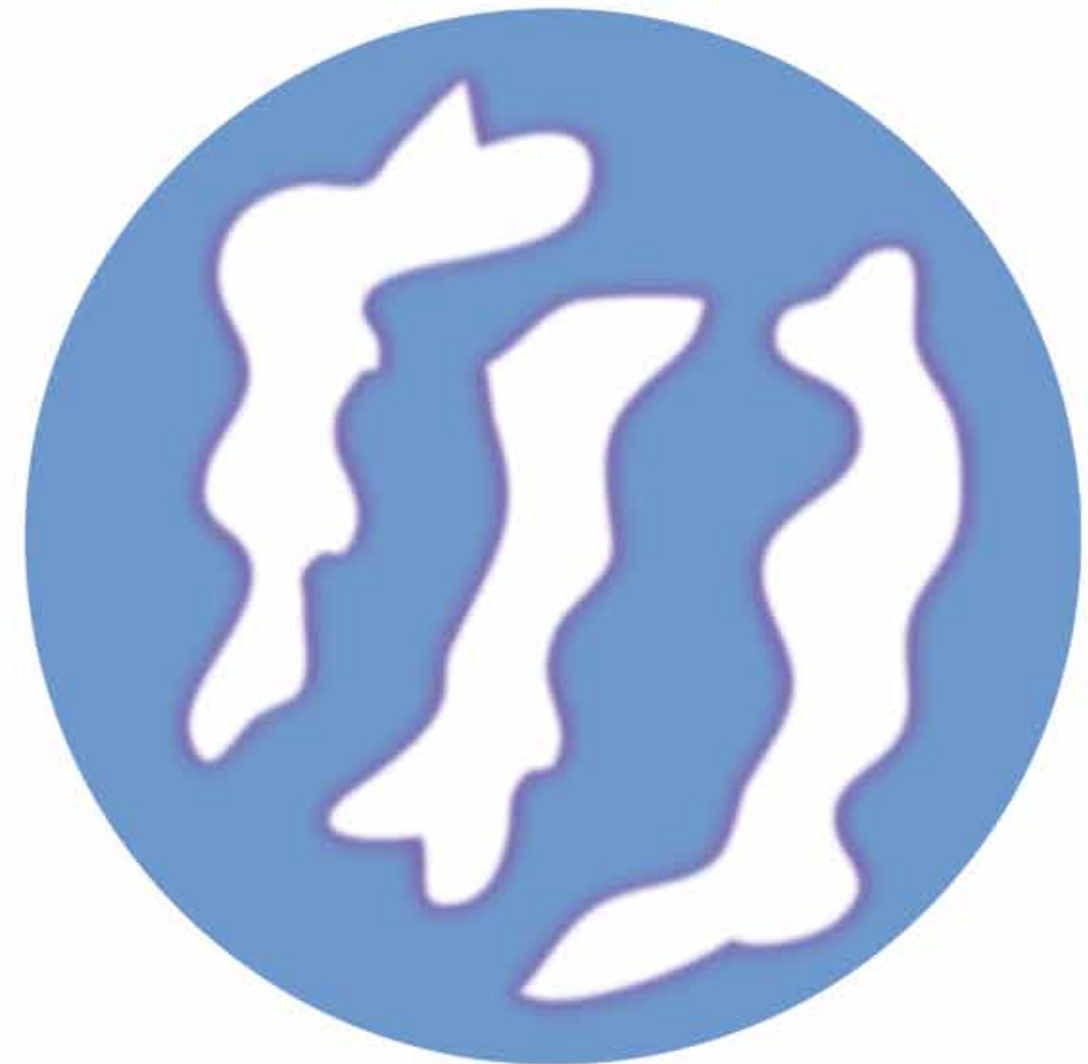
Disorganization
Wastefulness
Procrastination



Reason

Reason remedies:

Misjudgment
Irrationality
Rashness



Security

Security remedies:

Vulnerability
Exposure



Sociability

Sociability remedies:

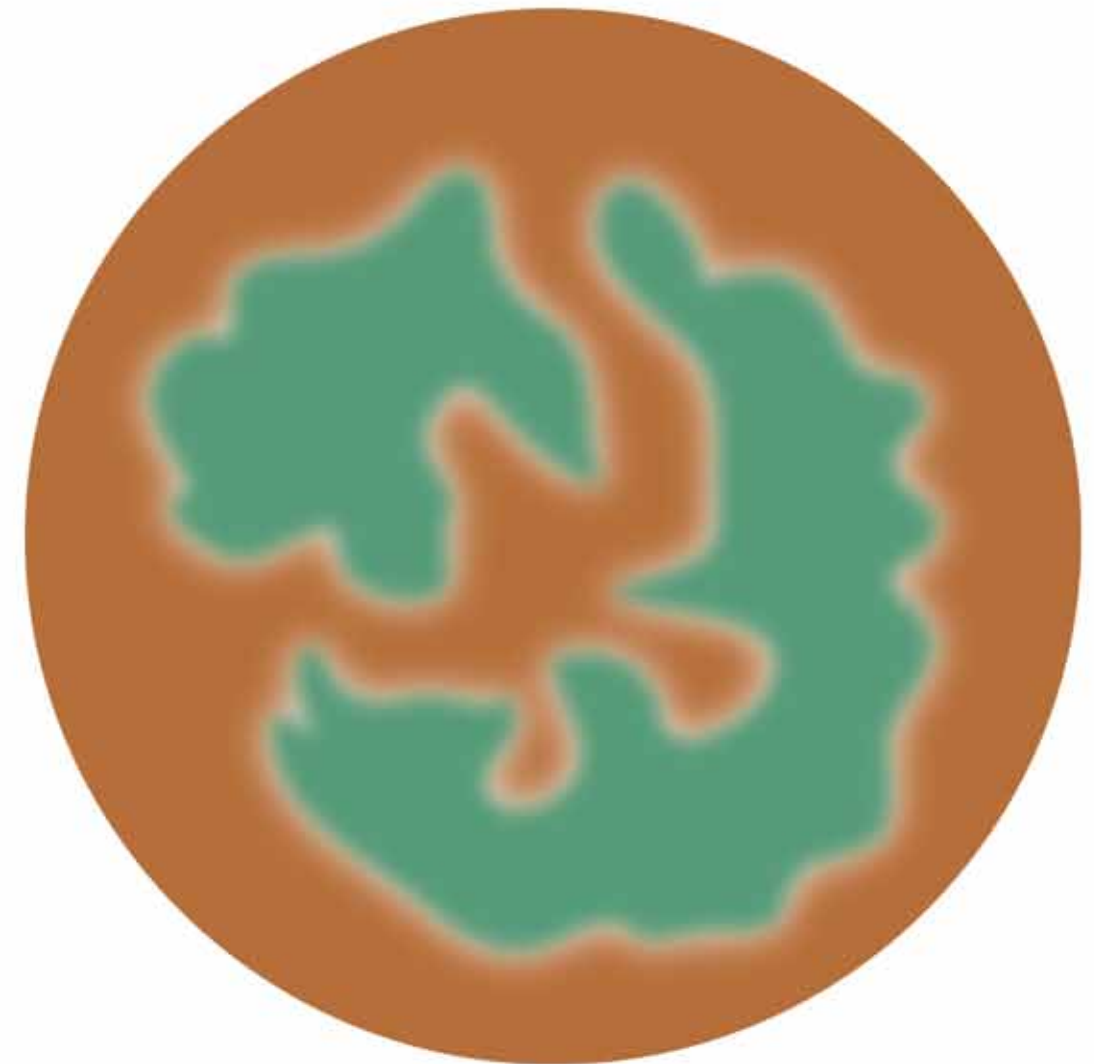
Shyness
Loneliness
Isolation
Solitude



Strength

Strength remedies:

Weakness
Helplessness
Exhaustion



Thankfulness

Thankfulness remedies:

Arrogance
Entitlement



Thoughtfulness

Thoughtfulness remedies:

Selfishness
Egotism



Trust

Trust remedies:

Distrust
Mistrust
Suspicion



Wisdom

Wisdom remedies:

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Foolishness
Immaturity
Ignorance



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