

MY
INTERVIEW
WITH
AN
ELF

BY DR NITIN BHATNAGAR

About the Author

Dr Nitin Bhatnagar, is a cardiologist and international inspirationalist, author of “ Don't just survive but learn to thrive in a lockdown, Perceptions of the Intuitive Cardiologist”, a Life Architect, and a Metaphysician.

He writes on his famous blog www.wheelsofthemind.com exploring the depths of human behavior and the heart.

His mission is to raise consciousness through inspiration.

He helps patients and clients alike with traditional medicine and energy medicine and human behavior tools.

THIS MATERIAL IS COPYRIGHT. NO EDITING OR COPYING ALLOWED
WITHOUT EXPRESS PERMISSION FROM THE AUTHOR

Introduction

Chapter 1 Something stirring

Chapter 2 A polite meeting

Chapter 3 An origin story

Chapter 4 The sharing of wisdom

Chapter 5 Adieu and blessings to all

INTRODUCTION

In this crazy time of covid19, there is a weird distortion of the entire holiday season. To many it may feel secluded, barren and cold. Yet to others the cheer of the holidays is still very much alive and burning strong in their hearts. Regardless of how the holidays may feel, the magic has always remained the same in the human heart, it is our perception that changes the joy and happiness into loneliness and misery.

This is my attempt at bringing the balance back to the season.

There are some who subscribe to the “Elf on the Shelf” paradigm and use it to coax the children to behave, obey and follow the rules in this winter season. Essentially it is used as an opportunity to reduce the stress that most adults face while buying gifts, meeting expectations of the family to prepare meals and also decorate the splendor of the season each year with more extravaganza of holiday glitter. A strategy well enforced that an elf is watching so they “must be good” otherwise they will end up on Santa’s naughty list and no presents will be provided. An archaic parenting

tool that really has little applicability as the children still get their gifts, as the guilt of the parents are played out irrevocably.

In our house we have had the tradition of a mysterious creature who visits each night after ThanksGiving night and has the amazing ability to keep a protective watch over the children. He travels by night and returns to bring great wisdom to the people of earth. We have had many a great chat that I then pen to paper and share to the world.

So I took the unique opportunity to interview this magical wonder. Come join me on this lovely heart felt interview of the origins of this entity and bring forth some of his universally inspired wisdom to you on this joyous season that is filled with magic and mystery.

CHAPTER 1

SOMETHING STIRRING

It was a quiet night, as most of these sorts of adventures culminate in. The day had gone off spectacularly with the family. All the hard work of the women of the house, as they slaved over mouthwatering dishes, the explosive decorations of Christmas finally all up with the help of the kids, and the kitchen cleaned up ready for the next day.

A final breath of relief that the next phase of the holiday season was ready. Thanksgiving festivities gradually transitioned into the Christmas spirit. Story time was complete and the children were tightly snuggled in their warm beds. I came downstairs to get a glass of chilled water. I was the only one downstairs and like the famous poem said “ The house was silent and nothing was stirring not even a mouse” It was quiet. Peaceful really. The humdrum of the day had settled to an ominous silence.

I walked over to the fridge and opened the door. As i reached for the pitcher of water, I heard a rustle behind me. It startled me. I slammed the fridge door shut and I spun around and examined the scene. It was serenely undisturbed. No more noise. Perhaps my exhausted mind was simply stoking my imagination.

I turned round again to complete my task. This time I heard a crack of a twig. This time I was ready. I zipped over to the decorated red and green tree in the corner of the room like a cat pouncing for its prey.

Nothing.

I looked carefully at all the Christmas ornaments on the tree. A few seemed to be moving to and fro. There was a gentle sway to the top of the tree. Curious. There was no draft that I could feel. But then again my imagination was probably getting the better of me.

i started to back away from the tree when my foot crunched on something sharp.

Ouch. Yes it was something sharp. I looked down and dug out something from under my foot. I took a closer look at the object in between my fingers.

A twig. A cracked twig. It looked distinctly like a branch from the Christmas tree. But how?

I had vacuumed the entire floor in the family room meticulously !

I looked at the twig and then I observed the tree. There were more pieces of the smallest of the tree branches on the floor next to the base of the tree.

Something was not right here. Some mischief was afoot. I gazed back at the tree intently. I scanned each branch, each ornament. And there I saw it.

A little red foot behind the shiny glass ball hanging from the branch. Or at least it looked like a foot. I followed it up further and it was indeed attached to what appeared to be a leg. And sure enough as I pulled back a tiny branch there I saw the most amazing thing, uh person, a thing.

A small half a foot in height person. Or at least I think it was a person. It had all the features of a person, just smaller. Way smaller. Little eyes, little nose, little mouth, little red hat, little red outfit. I was sure that my tired eyes were playing tricks on me.

My face came closer to inspect it further. I was sure that it was some little soft toy the kids had left up there on the tree for a decoration. Just then it smiled back at me !!!

“Ahhhhh” I screamed as I leapt back in alarm.

“ OHHH” it yelled at me and also pushed back, nearly falling off the tree.

“ Wh.. wh.. what are you?” I inquired.

“ I am most certainly not a what, i am Alvin” it beamed.

“ what ?”

CHAPTER 2

A POLITE MEETING

“ My name is Alvin, good to meet you” he said as he lifted his hat with a gesture hello

“ My name is Jack, uh good to meet you too” I replied.

What are you doing in my tree I wondered in my head.

“ You are probably wondering what i am doing in your tree?”

“Uh yes the thought did cross my mind”

Can he read my mind? I thought.

“ Actually yes I can” he gently nodded.

“ How?”

“ i am an Elf” he smiled

“ WHAT !” I gasped with my jaw wide open

“ I am actually an Elder Elf”

At this point I was in so much disbelief that I did not have any words, just random thoughts. Why is he here? What does he want? Am I dreaming ? How do I explain this to the family? Do the kids know that elves exist? Where did he come from ?

Alvin laughed “ Calm down calm down. Let’s answer all your questions. I am here to help humanity to understand the holiday season a little better through deeper contemplation of themselves. I want people to open their hearts. No you are not dreaming. You have nothing to explain, the kids already know ! And as for my origins that’s another story, best heard if you sit down.”

I slowly got off the floor and stumbled towards the nearest chair and sank into it. I was not sure if I was ready to receive this elf in my home, I was not

even sure if I was even awake, but I was ready to explore whatever came next.

I still had so many questions in my mind that needed a reply like how did he get into the house? Is he going to be here tomorrow? What does he eat? how long is he going to stay ? Is he watching me all the time?

The mind was racing to get some sense of coherency in this most fantastic moment.

“Jack, you have nothing to fear I will answer all your questions please be patient, here goes” Alvin said.

CHAPTER 3

AN ORIGIN STORY

Alvin took a deep breath and began his tale.

“Jack, if you look up at the night sky just right of the Orion’s Belt there is a little far off purple red dot which you call a star. That is my home. A magical planet full of wonder and mystery. We call it Annwyn. It is part of the Icarian star system, your astronomers call it Messier 78. It is a fantastic place with red mountains, green oceans, clear skies, blue clouds. Each inhabitant of which there are precisely 144000, each have flowing robes made of light. Each of us have a unique distinct color of light that denotes our age, our place of birth and our level of consciousness.

You see as we get older and we gather more wisdom and provide more service to the worlds around us, our light changes and becomes more whitish as we absorb all the other colors of knowledge.”

“But how did you come to earth then?” I inquired

“ Simply by thinking it. You see Jack, we travel at the speed of thought which is faster than light. We think where we want to go, and we are instantly there. That is how I came into your house and will leave the same way” he replied.

“Where are you going to go next?” I asked.

“ Well back to Santa’s village in North Pole of course.” He winked.

“ Santa is real then?” I gasped

“ Well of course he is. He is also an elder elf, from Annwyn. All of us elves have come from our home to serve humanity awaken to their higher purpose.” He replied.

“ So does Santa travel around the world by uh ‘ mind transport’. I mean he thinks of all the places to go and he gets there?”

“ Of course silly. The physics of Santa travel cannot be explained by reindeer. It is not possible to fly around and deliver gifts of love and wisdom in one night by a reindeer and sleigh system. Believe me we tried,

but it just wasn't practical. Besides we had to spend too much time cleaning up the poop of the reindeer and they wanted to stop and eat after every 10 houses. Nope not possible so we went back to Plan G. “

“Oh, but then why the whole idea of flying reindeer and sleighs?” I asked again.

“ Really ? You see an elf and you are shocked. I tell you that we can travel across the galaxy with the speed of thought, you do not believe me.... so we gave you an idea of flying reindeer that defies logic and understanding in a story book and now you believe it ! You see your civilization is not ready to fathom the physics of the universe yet, but I have to admit you all did surprise us with your little $E=mc^2$ formula”

I sat silently processing his answers.

“ Ok back to my story. Where was I? Ah yes. So we Annwynians have travelled light years to come to earth and impart wisdom and nuggets of knowledge to help awaken your species so they can join the rest of the celestial collective of other worlds and civilizations. We have been around for millions of years and started once quite like you on your blue green

planet, except we were made of light and retained that structure as we evolved. We materialize into density when we come into contact with your species. And then dematerialize back into light when we need to. So when I finish this conversation with you tonight I will go back to the northpole, our base of operations and arrive each night till Christmas Eve, and then return back next year.”

“ Why not stay with us for longer? Why not stay with us each day?” I puzzled.

“ Think of it this way. Each elf goes to a home, and impart some level of wisdom that hopefully the people they come in contact with, will spend the time to understand, contemplate and then share with others. Now if each elf goes to each of these millions of homes, and each person then shares the knowledge with others, that is how the wisdom spreads. So it is like lighting a candle of awareness in each house over the next few weeks. Cumulatively the planet should be on fire with awareness and awakenings. Unfortunately, it does not work perfectly that way in practicality because each person has to take the time to process each piece of knowledge. This takes like a year to spread through the whole world. And so we return each year around Thanksgiving time when people are opening their hearts

up in gratitude. We then drop little parcels of magical knowledge that have come through the ages from the ancients and plant them into your hearts and minds and wait for them to grow like flowers blossoming in spring.

You see the problem also lies in that many of you receive this knowledge but then close your hearts and minds through judgments and fears and the seed does not sprout. But it lays dormant waiting for the right time to bloom. One day, your kind will be able to hold these candles of wisdom and shine bright throughout the planet. Hopefully not too far in the distant future, humanity will have evolved enough that all these flames of awareness collectively shine so bright that your planet will look like a star, brighter than your sun. This is how we all evolve throughout the universe.

As you can see this takes a considerable amount of time as calculated by your time clocks over the period of a year to light up each heart and mind and then over the centuries hopefully the light is kept going long enough to spread it across the globe and raise the vibrational frequency of your beautiful world.”

“ WOW !!” That is all I could muster.

“ You do not have to worry about if I eat anything or not. I don’t. I survive on the energies of love and light. I am an elf with a very long life span. I am 19548 years old. We Annwynians absorb light from our surroundings and radiate out love through our breaths and our bodies. We take in the love from humanity and radiate out more light. It is a cycle you see. It is 9th dimensional energy light and even higher dimensional love frequencies.”

“ That is a lot of birthday parties !” I commented.

“ We are in a constant celebration of life so it all sort of blends into 1 cosmic infinite party” he laughed.

“ I love this. I always knew that Elves were real and magical but guess somewhere along the way I forgot” I jumped up with joy.

“ Jack, that is because you knew me 38 years ago when I first came to visit you when you were 5 years old.” He said with a warm certainty.

“ What !! How come you stopped visiting me then?” I replied in a lower voice.

“ I came to see you every year till you were about 12. I would drop little nuggets of wisdom in the games we played with each other of hide and seek in the night. I would pop in and out of different places in your house each day leaving you magical knowledge in your heart. Till one day your Aunt Lucy visited and saw me on the shelf and started scolding you for believing in me when you told her all about our adventures. From that Christmas back in 1982, you shut your heart to believing in magic. Your mind was so full of shame at being belittled by her that you closed yourself to the wisdom that I had dropped into your heart. Over the years, you have read inspiring self actualization books, heard divine music, spoken to teachers and masters, attended self help courses, meditated and contemplated and those little seeds have sprouted, but not all of them. I have been watching. Much like a cosmic gardener.”

“ But Jack, let me please correct you. I have never stopped coming. I have been here every year even after that day when you stopped believing in me. I have watched you grow from that little boy, to a grown man and now a husband and a father. I have been sitting on this tree watching those weeds of judgment, fear and frustration disappear and reappear yet more seeds grow every time you have asked for answers, worked on your inner shadows, and found the trapped light within be released. And every time

you awaken, I sprinkle some more knowledge onto your mind so that it may turn to wisdom from your heart. I never stopped believing in you.”

“ Then how come I saw you tonight and not all these years that you have been coming?” I asked with a puzzled look.

“ Simple, you started to believe in yourself, and that is when the magic opens up for you to see all that is in the other planes of existence. All that is magical is all around you, and you tap into it by BELIEVING in love and life and feeling it.”

I started to tear up. I was filled with emotion.

“I am sorry that I lost faith in you for all these decades”

“ Do not worry Jack, I did not lose faith in you, but it is not in me that you lost faith in, it is your sELF.. Get it ELF in Self..” he roared with laughter.

“ Oh my word I am quite a jester at times. But it is true you lost faith in your inner ELF. The magical part of you that holds all the wisdom, your inner self. And as for time, come on Jack 38 years is like a drop in the ocean to an elf, I live on cosmic time, so I have lots of patience that you

will come around. In fact I have a lot of faith in all of humanity that each of you will come around in good time and season. Patience. It is the hallmark of us elves, well at least most of us.”

“ So how do I get back where I left off?” I asked wiping away my tears.

“I will share with you the wisdom that I possess and think of this journey as a carousel, the knowledge is all there, you just have to hop back on for the taking. So you have been receiving nuggets all along just need to go be more focussed on them.”

“ What about my kids?” I questioned. “ What will they say about you when I tell them?”

“ Do you really think that I have not been visiting your children every year and each day imparting knowledge to them too? That is my job !! Your family along with countless others are my assignments. Your kids know all about me, they watch me during the day as I pretend to be frozen and plant those magical seeds in their hearts. Their minds are not clouded so they believe in me and are readily able to receive these gifts. Watch out for your 5 year old daughter though, she is quite the trickster, she can see me

when I move. Your son is clever, he believes in me so he feels the messages in his heart, but he doubts himself and thinks his mom moves me around each night ha ha ha ha !! But I like playing games with them and so I keep moving my spot each day”

“ So you do not report back to Santa heh?”

“ Nah, Santa is too busy, but more over that is not his job to plant seeds each night. His job if you must know, is to plant the seeds in the gifts he delivers to everyone. Besides, Santa is way older than all of us elves, he already knows what is in everyone’s heart anyway.”

“ I am ready to learn again Alvin. Thank you for being patient with me. I promise to share the wisdom with the world. May I take a picture of you each night on your exploits around the house to share along with the messages you bring to me?”

“ Indeed. I always wanted my own personal photo shoot!! All I ask is that for each message please explore them deeply and feel the words enter your mind and body. Feel it percolate in your heart and contemplate on them. Spend the time uncovering the meanings and let them take root with

purpose. Watch each day how these words bring you joy, happiness and enlightenment.”

“ Thank you Alvin, not just for never leaving me, but believing in me so that one day I can return the favor and spread this light into the world.”

“ You believed in yourself, that is what unveils the magic. We start with the gardening tomorrow night, same place same channel... I have always wanted to say that !”

And just like that in a blink of an eye he was gone. I quickly darted around the living room, the family room, and the dining room and then the kitchen to see if I could find him. He was nowhere to be found. I barely could contain this feeling of excitement. I composed myself, turned off the lights and I turned around one last time as I headed up the stairs to see if he was watching. Well he is always watching I suppose.

So each night I came downstairs to find Alvin. He taught me so much in just a few short weeks. I meditated each day on his words and we had lovely and lively discussions at night when everyone had gone to sleep. I share some of these entertaining conversations.

CHAPTER 4

THE SHARING OF WISDOM

We pay much attention to the cost of our perishables. Food, clothes, gas, children's toys, personal effects and the list is endless. Most are all bought on a whim with great expediency. We "need" and so we "buy" or rather we consume. It is very easy to do this as this is a part and parcel of life. We do this without question.

Yet I have often wondered what is the cost of not following your heart. Attaining your lofty goal. Reaching out and touching that old seeded hope. Embracing an idea that can help others and not just yourself. Holding that dream in the palm of your hand. What is the cost of never doing any of these things?

Much of the time we spend the currency of our lives wishing we had achieved our purposes, yet in the quagmire of a daily routine we pick up a handful of sand of lost ideals. These quickly slip away from our grasp taken away by unforgivingness of time. We all know that we age, this is a reality

and we do not question yet are surprised when it sneaks up on us in our morning aches on awakening, or our wrinkled reflected faces in the mirror.

It does not dawn on us that this has happened, yet I would urge you to not worry about this as much as to be concerned about the loss of time to fulfill your purpose. The cost is too great to live in complacency. The price is too high of a life un-lived or unloved. I for one have attempted to not dwell on the past losses of time, and instead gain momentum to cherish all that I have in the moment.

Are you following your heart? Regret is the high price tag of wishing you had.



Alvin's secret identity

With great power comes great responsibility

The power to give and receive love is not only great yet equally necessary in every human heart. The cause of our suffering is when we cannot see this balance.

When we believe that we are worthy of love is when we begin to unleash the true strength of our humanity.

Each of us is a super hero of love....

Spreading love is our greatest asset and gift that this world has ever known.



Yoda : Doubt leads to frustration..... frustration leads to fear...

fear leads to anger.....

Anger leads to hate...

Hate leads to suffering.....

Suffering leads to the dark side

Elf : kindness leads to gratitude..

Gratitude leads to grace.....

Grace leads to love

The path to love is shorter.

I love you yoda

Yoda : love you too I do



Being an elf is hard work.. I must keep myself fit mentally with meditation as well with exercise. So I follow this simple idea...

"My maximal growth occurs at the edge of my greatest challenges. Failure cannot overcome me, if my determination to succeed is strong."

(Practicing ring dips and bench press)

#crossfitelf



Alvin encounters the Sith

Darth vader : you donot know the power of the dark side

Alvin: I do, but I also know Light side which together brings the balance of Love

Darth vader : feel your anger, it will make you stronger, it can give you focus

Alvin : your faith in your darkness is your weakness, I feel only love

Darth vader : come join me and together we will rule the North pole

Alvin: you are delusional, smoking pot again in your oversized espresso machine suit?

DARTH vader : santa never told you what happened to your father...

Alvin: he told me plenty, he also told me who your daddy was?

Darth Vader (deep breathing and cough) : uh what? Who?

Alvin : Santa is your father.

Darth vader : no, no, it cant be..its impossible

Alvin: search your feelings you know it be true

Darth vader: (sobbing)

Alvin: when you find gratitude for who you are, where you have come from, you will discover the love that you have searching for.... this is what will bring balance back to the force

Darth vader: but the shroud of the dark side fallen it has.. just watch the media

Alvin: your anger leads to suffering, and suffering leads to hate, and hate leads to the dark side, not the media, let it go.

DARTH vader: meditate upon this I must. Thank you. Uh I love you

Alvin: I love you too bro

Darth: bro? Are we....?



Even if you are a master Jedi Elf, you don't always need a weapon to bring balance to the Force. Awaken your inner force of love to become the bridge



The universe will always lend you timely assistance in some fashion when you least expect it, to help you in the direction of your travels and purpose, even if you can magically fly and you are a Santa elf... someone will always help you with a ride

Trust the universe, trust yoursELF



Whether you are hard at work observing everyone around you, or
busy flying constantly to and fro to the north pole,
or tirelessly helping build wonderful toys for all the children in world,
or compiling detailed daily progress reports for your big jolly red boss...
work is work and you have to find time for yourSelf to meditate, relax,
refresh, rejuvenate and recharge...
especially if you are an Elf !!



There are times when we are faced with many questions in life.

Who am I?

Why am I here?

Where do I come from?

Where am I going?

Our job is to simply discover the answers to these questions as best we can.

It is in the answering of these questions that the mysteries of life are unraveled.

It is in the understanding of the answers where the magic lies.

It is in answering these questions, that IS the journey of a lifetime.

Little secret: we already have the answers.

What we have been searching for are the questions that make the answers transparent.



The magic of success is to create a series of highly productive habits that will have prolonged and sustained effects if done correctly and done daily....

Just like keeping the teeth clean and healthy by flossing and brushing teeth everyday and twice a day.... I create habits that will keep my mind, heart, body and soul from deteriorating..

Such as. Exercise, meditation, gratitude journaling..

What are your successful habits?





Learning from the teacher

"To attain that which is unattainable, and to avoid that which is unavoidable is the cause of human suffering "-Buddha

Every morning upon awakening spend a few. Minutes in ritual of the following

INHALE and welcome the future without expectation

HOLD your breath for a count of 5 and BE in the present moment

EXHALE out the past without reservation



Take a break....

Take a break from your past....

Take a break from your mindless screams..

Take a break and enjoy this moment....

Take break and Love



It is always important to explain your anger and not simply to experience it.....

The distinction of explaining and experiencing is what will end up opening up the door within, that will allow for solutions and not arguments.

Better still understand the triggers of your anger.





Your JOURNEY is your LIFE..

Your TRANSPORTATION is your SOUL..

Your PASSPORT is your LOVE..

Your VISA is your TRANSPARENCY....

Your DESTINATION is your FREEDOM...

Ready?

Do you have everything you need?

Have a safe and lovely trip...

All too often we are constantly chasing love. We are always hoping that we will be loved and that love finds us, yet rarely do we actually CHOOSE love.

We fear the power of love and easily confuse what it can mean to us. We use love to control others and succumb to love by being controlled. Yet rarely do we simply EMBRACE love.

We pretend we are stronger than love and boldly believe we do not need love, yet rarely do we SHARE love.

We are constantly searching for love in many places such as in people, behind a tree, under the blankets, amongst the stars, yet rarely do we ever BECOME love.

Silly. Have you forgotten that you do not need to chase, fear, pretend, or search for love?

You ARE love. Simply choose it, embrace it, share it, and become it.



Surround yourself with people to fill your soul with music, love and purpose

Life is a perfect orchestra created by an unconditional heart



At times we are faced with challenges that are unexpected. We are thrust into areas of responsibility that we may have been unprepared or scared. Whether the death of loved one, or taking over the position of a superior or face situations in life that may have appeared too daunting.

Stepping into bigger shoes takes a leap of faith and courage. More over it forces responsibility and accountability. Whatever the task, the challenge only presents itself when the universe knows we are ready to face it.

When we believe that the person's "shoes to fill" are too big it is because we believe that the person was greater than us. We keep them higher than us on a pedestal. Yet if we stand to discover the traits that this person displayed to make us feel they were superior and own them, we then uncover their humanity and ours in the process and restore our minds to balance.

They say that it we do not understand another person till we "walk in their shoes." I beg to differ. It is only until we walk in their feet, is when we truly can understand another human being.



Everything is perfect

Everything in the past was perfect

Everything in the present is perfect

Everything in the future will be perfect

Nothing happened that was bad

Nothing that is happening is to harm us

Nothing that will happen is there to hurt us

When we see that the universe occurs not to harm or hurt but as a magnificent cosmic dance to bring us back into balance through equal support and challenge we see the perfection.

Everything is occurring at the perfect time

Everything is happening in the perfect space

To behold this mystical flow of energy at play while emanating within and around us is breathtaking to observe

The most beautiful realization for us to have is that we are that perfection as well

The universal perfection is us as we are that universe in motion



It is not about that you need to let things go...

Or even that you have to keep reinventing yourself again and again....

It matters more that you did.



Trying to be perfect is very hard work.

Believe me I have tried.

It is very hard.

Painful to try to be perfect physically.

Frustrating to try to be perfect socially

Agonizing to try to be perfect in my relationships

Desperate to try to be perfect in my finances

Exhausting to try to be perfect mentally

Tiring to be perfect at my job

Being perfect is very hard

It is wise to be who I truly am for who I am rather than being perfect.



Masters spend their lives by discovering their purpose through experience and how they can serve others.

Fools spend their lives by discovering how they can live for themselves and what others can do for them.



Do you find yourself complaining often?

How does it make you feel when you do?

When we complain we are already feeling miserable within ourselves.

We feel frustrated and dejected.

We react to being entitled or act in entitlement.

We enter lower states of vibrational frequency and consciousness

We then tend to live uninspired

Done fb We feel life is a burden and then we find everything to be un-joyful, a hassle and remain fearful.

When we live in gratitude, we play with the frequency of love.

This vibration leads to higher states of empowerment.

We then welcome vitality.

We pursue challenges

We then see difficulties as obstacles to overcome and not be avoided.

Life is a privilege.

Life is a sacred union of cells to come together to create experience.

Complaining about the same life that is special defeats the purpose of why we are here.

WE rush in looped timelines losing the luster of our divine purpose and vision.

Staying in ones highest frequency and being unique is the highest gift that we can offer ourselves, humanity and the world.



If you look at the sun through your window you enjoy the sun rays and see part of the star.

If you stand outside in front of a tree and look at the sun you see more of the sun yet it is hidden behind the branches and leaves.

if you stand in an open area beyond the trees and look up at the sun you get an unobstructive view. Yet still you cannot see the complete magnificence of the star.

When the sun is seen from space it is respected in all its beauty and glory. The sun has never changed, our perspectives of it vary depending what we have in front of our own eyes.

The same holds true for our mind. It filters and creates perspectives and then when we add mind created fears and nightmares or dreams and fantasies, we are distorted in seeing the complete picture that is in front of us. It remains an out of reach illusion.

the truth yet remains unchanged.

When we come closer to the truth we let go of our illusions and delusions and focus on that which is authentic.

shifting perspectives may be one of the hardest things we do.

Yet just like stepping out of our comfort zone, it may be one of the most important thing that we do, to reach the truth.



Is it a bird? Is it a plane? No its Super Elf... No matter where you are from, helping others is crucial and selfless and not restricted to having superhero powers. From Krypton? From North pole? Or from earth? If you want to wear tights or a cape that's fine too



There is no such thing as the unknown.

It is just temporarily hidden

When we perceive as the fear of the unknown in our mind, it is only our fears of what we "painfully" imagine is going to happen as a result of remembering what may have happened at an earlier time.

Yet if we shed light on this fear and identify it. Give it a name. It steps out of the realm of shadows and into the light. And as you know, nothing remains a dark in the light. It is no longer hidden. It is known.

Unknown to known.

Balance.

No more fear.

Each perceived imagined emotion or memory of the past has benefits and drawbacks. If you can see both simultaneously, past and future, there is no fear.



Your mind affects your body

Your body affects your mind

Your emotions affect you physically

Physical health and emotional health are interrelated

Balance allows for wellness and eustress

Imbalance allows for illness and stress

Your psychology alters your physiology.

We are more connected than we think.

Check in

Check out.

Get back in balance.



Friendship is the most beautiful expression of unconditional Love



Helpful tips for the season.

- Wash your hands
- Stay hydrated
- Smile more
- Look up at the stars often
- Talk to trees
- Dont wait to start anything your heart desires
- Share your journey with others
- Stop worrying about anything
- Pause and Breathe
- Be silly at least once a day
- Eat right, exercise often, rest regularly
- Take pictures of special occasions, but enjoy them too.
- Be grateful
- Remember who you are.....Beautiful.
- Never underestimate the magic around you.
- You are worthy of love, always.
- Wash your hands

Dr Alvin



If I indulge, I bulge.

The understanding comes in realizing why I indulge... what is the void that the indulgence is attempting to substitute and fill?

Be it sugar, junk food or unhealthy treats... once the void in my psychology is detected I can better see why I have the urge to eat uncontrollably.

Health is a state of balance.... when it is out of center.... my unhealthy behaviors arrive to show me to seek my voids in my mind and life



CHAPTER 5

ADIEU

Thank you Alvin for your wisdom and love that you shared with me during these few weeks. I wish you well on your travels to all the other homes and eventually back to your own home Annwyn.

I look forward to your visit next year. In the meantime, I will continue to work on these lessons of wisdom and embody them.

And thank you for reading this book, hope you can also enjoy this lovely holiday season with your friends, family, and loved ones near and far.

And to all a good night :)

Dr Nitin Bhatnagar

TO JOURNAL AND CONTEMPLATE