



# Waking Up On Your Own Plane of Existence

*Benjamin Rucker*

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# Waking Up On Your Own Plane of Existence

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## **Waking Up On Your Own Plane of Existence** Benjamin Rucker

This is your plane of existence. You can own it. The exercises in this book will give you the personal power to create a life of health, wealth, and happiness. Letting go to the breath with empathy is the path to higher consciousness and the solution to all of our problems. There is another world of subconscious feelings where we can create our own reality. The secret is... we already are. Our subconscious minds create our experiences daily, and letting go to the breath is the doorway to releasing the stagnant energy of negative emotion that remains repressed in the subconscious. Through the practice of feeling empathy while letting go to the breath and clearing stagnant emotion in the subconscious, we can live more harmonious lives. In *Waking Up On Your Own Plane of Existence* by Benjamin Rucker, Earthsun Cygnus was born on a planet in the Cygnus star system to assess the people's ability to evolve during a Great Shift. While studying with Mazzaroth, a shaman master, Earthsun realizes the true path to power by connecting with his deeper spiritual identity and reconnecting with nature.

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