

Women's Federation for World Peace (WFWP) – Slovenija

– Speech by Zvonko Bačar – June 29th 2021

Title: RETURNING TO THE ORIGINAL SELF

📌 Introduction

I would like to thank the Women's Federation for World Peace – Slovenija for inviting me to participate in tonight's lecture but most of all I would like to thank each and every one of you for sharing your precious time with us tonight.

During the time that we have here today, I will not be using power point presentation slides, graphs and going into what the research centers have published. That you have seen many times and you can find that information on the internet.

What I would like to convey to you is a simple and practical guide that you can put into your daily practice.

I am a bodywork therapist and what that means is that I am helping myself and helping others to maintain or get back their mobility.

Mobility is not just a physical form of movement, to have mobility also means to have clear – moving thoughts.

Mobility is regained and kept with mental, spiritual and physical activities and not only by listening how other people accomplished mobility and reading books about mobility.

Amongst other practices, I use breathing techniques, yoga, meditation, mindfulness, massage, energy healing, sound therapy, physical therapy, and various body movements to maintain the body – mind – spirit in their optimal vibration and form.

📌 What will we do here today

This will be an interactive evening reunion of people that know each other and a reunion of us that were destined to meet tonight.

This will not be just me doing the talking and you just listening.

Your activity and immediate action are necessary so that you can get more benefits from this time that we have together tonight.

You are all welcome to participate in an experiment that will give you an insight how to return to our original self and to stay there while at the same time carry out our daily life tasks.

During the interactive part I will ask a few people to unmute their microphones and to say a few words.

At the end of tonight's reunion, it would be beneficial for all of us to continue to get re-connected and stay connected with that what we call "I" and that loving energy that calls itself "I AM".

So here is my first question:

What do you expect from tonight's topic "RETURNING TO THE ORIGINAL SELF"?

Before we go any further, lets use a few moments and just listen to this music and words.

(PLAY part 1 of RETURNING TO THE MOTHER OF US ALL audio)

Ask a few people:

HOW DID YOU LIKE THESE SOUNDS AND WORDS?

Who are we?

If we would all be now in one big conference room and if we would be able to see each person in this room very clearly, to see their face, the color of their eyes, their wrinkles, and their body, most of them we would define as "People that we do not know".

Sure, some of you know each other by name and some of you collaborate on various projects and few of you are fortunate enough to know one another a little better.

You see, just as we do not know the people that are joined together tonight in this virtual room, we also really don't know very much about some of our friends, coworkers and family members.

Infect, some of us might not even know much about ourselves.

We, as is everyone else, are constantly changing and evolving.

Most times the changes on our body happen so fast that many details we don't even notice.

We call it aging.

Inside our body the trillions of cells are constantly modifying, adopting, rebuilding us from the inside.

Why are we Here and Now on Earth

We are not born only to go to school, get a job, start a family, pay the bills and retire and die with pain.

We are spiritual beings that have a human experience and through all these experiences we learn and grow.

Our awareness is not something that should only happen in the 10-minute meditation session or during a prayer.

Awareness of each moment sends information to our source so that it too can experience our “now moment”.

Our awareness serves as a two-way communication system.

Not only are we giving the source of all life input of where we are and how each moment makes us feel but the source of all life is also sending us messages, guidance, help and energy to walk through each life experience with our heads up high.

RETURNING TO OUR ORIGINAL SELF IS NOT A ONE-TIME ACT, IT IS A CONSTANT PHYSICAL, SPIRITUAL AND ENERGY INTERACTION.

In order for the Returning to our original self to take place, our thoughts, actions and energy has to be on a higher level.

Our energy should be on a different vibration so that the connection with the inner Devine part of us can take place and that the spiritual part of us can work its way in a direction of personal and spiritual growth.

Example:

AT THE SAME TIME, WE CANNOT HONESTLY THINK AND DO ANYTHING GOOD FOR ANOTHER PERSON IF IN OUR MIND WE HAVE ONLY UGLY AND HORRIBLE THOUGHTS ABOUT THAT PERSON.

**SAME IS WITHIN US, WE CANNOT CONSTANTLY THINK POORLY ABOUT OURSELVES AND EXPECT A POSITIVE CHANGE.
WE NEED TO CHANGE THE FREQUENCY OF THE THOUGHT PROCESS AND THEN THE RIGHT ACTIONS WILL MANIFEST.**

Each one of us has a functional, powerful tool that can instantly lower the vibration of our energy.

Luckily that same built-in feature can also instantly rise the vibration of our energy. That sophisticated tool are our thoughts.

HAVE YOU NOTICED HOW YOUR THOUGHTS CAN CHANGE YOUR MOOD AND CHANGE THE COURSE OF YOUR DAY?

LET’S HEAR A FEW PEOPLE FROM THIS GROUP SHARE WITH US THEIR LIFE EXAMPLES THAT WILL HELP US UNDERSTAND HOW THIS MECHANISM WORKS.

Imagine that you are like a tuning fork, the kind that is use to adjust the sound of a musical instrument.

Regardless of how off balance the instrument is, by adjusting it to the tuning fork sound vibration, it will have a universally accepted sound.

We humans also need to be periodically re-tuned back to the vibrational level in which our thoughts, our body, our mind and our soul resonate and function on a healthy frequency.

As water has the capability to change the molecular structure upon being exposed to the words like “**LOVE**” and “**HATE**”, as the plants can register and react to the “pain” that another plant is “feeling” when it is for example burned, can you imagine how our inner self reacts to the words that we are exposed to during the day, hearing them or saying them.

If you don’t like what you hear from other people or what you say to other people, change the environment or your choice of words and expect great results.

Just as training for a marathon requires action before one goes and runs the marathon, so is it with reconnecting and adjusting to the vibrational level that will facilitate us on the path of Returning to our original self.

When our physical body, mental body, emotional body, energy body are full of Love energy and when they resonate at a high vibration, we are then whole – healthy.

❑ Where, how and why are we Returning ❑

The words “**RETURNING TO THE ORIGINAL SELF**” can have different meanings because each one of us might have an idea about what the **Original Self** should be and how the process of Returning should take place.

The science of today is telling us that within 7 years all of our body cells are completely renewed.

That means that every given moment our body is only 7 years old while our life time here on Earth is measured on a different scale.

So, if we are only 7 years old, where are we returning too❑

What is it in us that is older than 7 years and what relevance does that have to the title of our meeting today – **RETURNING TO THE ORIGINAL SELF**.

The way I like to interpretate this is that we all have a base from which we departed and to which we can return.

* On the physical level most of us were born healthy and over the course of our life, due to life circumstances, we might have lost some of that health.

On this same level **RETURNING TO THE ORIGINAL SELF** means to take actions that will help us to return to the state of physical wellbeing and health.

* On the energy level we are all born with a certain amount of energy and that level can drop as we age. Sure, during our life we also get life energy from food, water, air and so on.

The best way to save energy is to be aware of what and who wastes our energy and to stay away from those people or situations that drain us.

There is another way to maintain our energy level high and that is by connecting ourselves to the Devine energy with conscious and ongoing practices.

* On the emotional level **RETURNING TO THE ORIGINAL SELF** means to understand the concept of being pulled into situations where some emotions and “programs of behavior” tie us down. If we want to return to the original self, we should let go of old habits that are not useful for our personal growth and learn a different way to be.

* On the spiritual level **RETURNING TO THE ORIGINAL SELF** means to find peace within ourselves, in our heart and mind, and to embrace that peace and embark on a daily journey.

RETURN TO YOUR ORIGINAL SELF and stay on that higher spiritual plane – stay consciously connected to the source of all life.

At the same time perform the life tasks that are put before us, serve others and practice expressing gratitude for each day and the lessons that are offered.

THAT WHAT WE ARE RETURNING TOO IS NOT SOMETHING DISTANT AND DOES NOT NEED TO TAKE TIME BECAUSE RETURNING CAN TAKE PLACE INSTANTLY, – HERE AND NOW.

Energy and matter

Science is telling us that matter is energy that within each atom there is vast space. Sounds like that there is a lot of NOTHINGNESS and a little bit of SOMETHINGNESS.

Humans are sending sophisticated space crafts to different planets; telescopes are pointed towards objects and huge antennas are listening to sounds from space.

Other humans are looking deeper into the human body and understanding more and more how and why it functions in a certain way.

We ordinary people rarely explore the endless space that is around us and within us. Few of us take time for ourselves because the lifestyle that we lead is so busy and hectic that we don't even feel the energy and the significance to the matter that we call “I”.

Many people prefer to leave it up to those that take the time to study scriptures, that investigate into the realm of “WHO AM I”, “WHY AM I HERE” . . . and to those that scientifically prove by measurements and tell us what to do, how to live, where to go and how to think about this magnificent Life.

All of us have the capability to find our individual – personalized way, to explore, to have extraordinary results from Returning to our original self.

We humans give names in various languages to everything.
We are not only the name that we have and the education or work title.
While we are that – in part, we are also something much more.

We are all the most sophisticated living “instrument”.

While we might not be able to see immediate, instant results of our practices and actions, be assured that each and every conscious breath where you inhale Love – exhale Joy for Life returns you to the original self.

It is with such breathing that our blood does not only carry oxygen to each cell, it also carries the returning message from the source of all life that is contained in every atom of our breath and it's in every water molecule within our physical body.

Chi or Energy is not only the power that helps us move our body, Chi or Energy is a two-way communication pathway that allows us to constantly be connected with the source of all life – or return back to it when life's tasks and activities mentally – temporarily take us away from this source.

Awareness in an awake state of mind is a powerful tool that we can use daily to achieve deeper connection with ourselves, thus with the world around us and within us.

When through conscious breathing the echo of that Devine healing energy comes within us, we have instantly returned to the source from where all life comes.

For as long as we are alive, we inhale and exhale.

If we use this life-giving phenomenon to be in constant – conscious connection to our original self then there is no need to return to our original self – we just **ARE** our original self.

❏ Practical guide of Returning to the original self

Each one of us can create our own direct link to the source.

The more we practice, the better we get at it.

Once you establish your own practice and have your own system you will not say to yourself that you are constantly “**RETURNING TO THE ORIGINAL SELF**”, but rather that you **ARE** your original self.

The most efficient way to measure at what level you are on your journey of **“RETURNING TO THE ORIGINAL SELF”** is by feeling and seeing how much you love yourself.

It is vitally important to constantly allow more love to overtake our whole being because we can only love others to the amount that we love ourselves.

*** With more love for ourselves we will automatically throw away old programs that were installed in us during our childhood and later in life.**

*** With more love we will choose our food wiser, we will have more self-respect and thus respect others more.**

*** More self-love means better health because loving energy is healing energy.**

If you can stand Infront of your mirror every morning and night and look deep into your eyes as your lips pronounce the words “I LOVE MYSELF JUST THE WAY I AM” then your level of self-love is at a good level.

As a practical guide I would like to share with you a simple breathing method that will prepare you for your journey of **“RETURNING TO THE ORIGINAL SELF”**.

Upon this method you can install additional elements that will help you to deepen your personal practice.

Best of all is to create a modality that is YOURS because in life it is always better to be a bad original rather than a good copy.

PRACTICAL PART 1:

Let's listen to the same music with lyrics.

This time we will just listen to the words and music – without focusing on our breathing.

PRACTICAL PART 2:

Let's listen to the same music with lyrics but this time we will try out a simple form of conscious breathing.

- To the rhythm of the music, with the first word RETURNING we will take a slow and deep breath IN, while mentally saying the word LOVE.

The duration of the breath intake is the same length as the word RETURNING being sang.

- To the rhythm of the music, with the second word RETURNING we will do a slow and deep breath OUT, while mentally saying the word JOY.

The duration of the breath exhale is the same length as the word RETURNING being sang.

- To the rhythm of the music, with the third word RETURNING we will take a slow and deep breath IN, while mentally saying the word LOVE.

The duration of the breath intake is the same length as the word RETURNING being sang.

- To the rhythm of the music, with the words TO THE MOTHER OF US ALL we will do a slow and deep breath OUT, while mentally saying the word JOY.

The duration of the breath exhale is the same length as the words TO THE MOTHER OF US ALL being sang.

After this practical part ask this question:

PLEASE LETS HERE A FEW PEOPLE SHARE WITH US THEIR EXPERIENCES.

☐ Summery

Even if for just a few minutes each day, such and similar breathing techniques will help you to not just Return to your original self but they will keep you connected with that peace and clarity that is needed for a more joyful way of living.

You are back in control of your life and you have returned to your original self only when you stand at a higher vibrational level from how the society programed you.

You will feel and know that you have returned to your original self when you feel much more compassion, love and gratitude towards all life forms and all individuals that are on this life journey with us.

It might seem as hard work to return to our original self and it might seem hart to maintain the connection but there is nothing more important in our life then to love ourselves, respect ourselves and grow and rise to higher levels and spend more and more time in that realm.

☐ Conclusion

To help us rise the vibration of our energy, to use it for self-healing, and to regain vitality there are wonderful Products Borrowed from Nature that can help.

Regardless of which modality you use to do your spiritual practices as a form of **“RETURNING TO THE ORIGINAL SELF”** it is always a good idea to use an energy product that enhances and rises your energy vibrations.

As this was not a talk about the treatment modality that I named **RETURNING** Self–Healing Technique and about **RETURNING** brand product line – like the **Healing Pad**, up until now I did not mention this tonight.

I leave it up to each interested individual to take appropriate actions and either visit my website and web-shop or contact me by email, Viber or WhatsApp.

Each month I organize a FREE Full Moon Event for everyone that wants to experience and have benefits from the **RETURNING** Self–Healing treatments.

You are welcome to get in touch with me any time after tonight's virtual reunion and ask questions. Please ask our tonight's moderator – Kristina for my contact information.

Thanking all of you for your participation tonight, for your time and for your desire to improve the quality of your life.

Mr. Zvonko Bačar web page:

<http://www.thetravelingtherapy.com/>