

MODULE 1: BASICS

THE W O R X

FROM MOM TIA

I TO *yOu*

A Journey to the Authentic Self

MODULE 1: BASICS

THE WORX



I TO you
A Journey to the Authentic Self

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THE WORX

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Only
the greatest mother
has agape love
to heal the ego
the wounded heart
for power love
to emerge into a
YOU

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Dedicated to our Mother

*It has been long since we acknowledged yOu
and the beauty yOu bring in our world.
We are all your children and we thank yOu
for all that yOu do for us.*

*A special thanks to Reach Publishers editing staff for
bringing this manuscript to the next level.
A special thanks to the graphic artist from
Reach Publishers
Lwandile Mhlono*

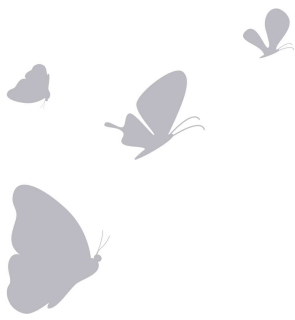
*Who captured the essence of the book
and the message it conveys.*

*A special and warm thanks to one of my mentors.
Pamela Hughes*

Who selflessly gifted us with knowledge and wisdom that she channeled.

*Finally, a special thanks to yOu
Who have undertaken to embark on this journey.*





Preface

So, the intention to write a book has been on my mind for a while now. Yet, even with an intention at hand, it did not start to materialise until I took action.

There were obstacles that were always hindering its materialisation. One of which was that I was not good enough. The other was a constant need to add more material from other sources of information.

What also started to happen was because I was open to all kinds of information; some information would not tie up with other sources of information, thus causing a tug-of-war between the different information, leading to confusion. This added more hindrances to the start of this book.

Obviously, there were other reasons that were also hindering its progress. There were external influences as to *who* was I to write this book, as well doubts that were coming into my consciousness when there were disharmonious experiences in the outside world.

The greatest obstacle I faced was procrastination. Now it has started so the only excuse would be me and no one else. So, whatever will be expressed in the coming pages will be a flow of what wants to come into manifestation from the un-manifest.

There were always these ideas as to how this book was going to come into form, yet an idea without action is indeed pointless.

I love the notion that all the pages preceding this one, all the letters, all

the words, all the sentences are all still not in form. All blank, ready to come to form. Quite exciting actually, for even *I* have no idea what will be expressed. All we need is to set the intention and all else will unfold.

There were many teachers in my life and one of them is you, that is, if you appeared into my field of awareness in person, in books, in documentaries, in experiences or the likes.

Without further ado, let's get started.

What is the intention of this book?

Well, it started with an idea to '*ignite the divine spark*' that YOU are. Whilst there is *this I* that is bringing this into form, the real YOU will express it into form. Will be open and allow what needs to be expressed to be expressed.

A thought just came in – another hindrance to the expression of this book is how other sources of information have a patent, a copyright or sorts that seems like it came exclusively through *that I*. So now, *this I*, wanting to be expressed, had another obstacle to overcome.

So, if one starts to see changes in wording, capital letters in the middle of words, it is because somewhere someone has placed an exclusive right to the ideas that came through them.

Now, for us to also understand what this YOU is. Well, a teacher once told me:

"The real YOU can hold the entire universe in the palm of its hands, it is just the conditioning and the formation of the I that loses perspective of what the real YOU is."

It was mentioned earlier in this book about others' exclusive rights that came through them. *This I* wants to use The Work needed to start ...

OOPs taken by some *I*. So, we will call it The wOrx that needs to be done. Already another hindrance that has gone away.

The characters in this book will not be mentioned by name, rather as teachers, for this is what they brought into my life. They taught me something.

Life is like this: we are constantly learning and growing. Life, or the expression of it, being our greatest teacher.

Another hindrance to this book was to bring *this I* into the picture. The character when there is an understanding that the story was one of countless stories and characters. Yet it seemed a prerequisite from a *YOU* that came into my field of awareness saying if *this I* writes a book, you will buy it.

Something that *this I* has been battling for a while is knowing that *this I* was going to be the greatest obstacle of all. For *this I* was to be used to bring another perspective into play. This perspective being one that will be an escape of the mundane world that many experience. That *this I* is merely a channel for this information. Hence this book was written by *YOU*. In this context, the *YOU* will be explained in detail further in this book.

Okay, let us get started.

[Added after the initial draft of this book.]

The I writing this book had no idea the trajectory this book was going to take. All the details will be revealed as the book unfolds.

The entire book was written down...

The experiments, exercises as well as experiences that this I went through was to see if indeed an intention was set with pure intent if the

target would be met.

It had its hardships that is for sure, which means likely that the I reading this book will also experience some hardships, or maybe not. Yet it is being brought up so that you are aware that this is what could be in store for you.

I to YOU is a transition to bring a different perspective to the life that we are currently living.

I have seen so much suffering with people that are in my circle as well all around me. It also includes people that are at the platform of our society, like movie stars, music stars, sports players and even royalty.

Somehow, we are stuck in a vibration that is not conducive for our wellbeing.

Yet it is a choice for anyone that is in this play called life.

This book gives you a choice to come live in another realm, another perspective of the life you are currently living.

My journey has taken many avenues to finally reach this point in time to bring in what we believe will be a solution to the current dilemma we are all faced with.

We observe the world and realise as a civilised society we are far from expressing that...

Values that used to define us are now rare traits in our human consciousness. It seems we are disconnecting more and more as our human family is growing.

During the typing of the book in this reality called 'life' there were certain hurdles to be overcome as the river of life flowed exactly the way

it was meant to.

I found out that instead of enjoying the magic that was being experienced when the breakthroughs came, a new target was set to type the book out.

Most of my free time was now taken up by the typing of the book. Balancing it with my day job and my yoga sessions, my free time was dedicated to completing a first draft.

Then it all came to an abrupt end. Covid-19 and I became intimately connected. It was a challenging experience that taught me new lessons – not to push but rather to flow with the river of life.

As this book was a workshop, it stopped after Module 2 and hovered there without any more progress. Then the realisation dawned on me that this was the way it was meant to be.

The book will be released in stages. As we progress and learn from Module 1 we can then proceed to the modules that follow. In this way it makes the book more approachable as well. If there is interest for further growth, then we will look forward to the modules that follow.

As this book has been an inspiration for me, while talking to others about it, feedback from them made me realise that more information needs to be added to this book. This is to allow the foundations to be set for the subsequent modules that will follow.

As more feedback is received, the more the books can evolve so it can hit the target it is meant to, to create more I to YOU transitions.

There are three prerequisites for this workshop. The first one is for you to love just one thing in this world. This one thing will be like the fuel, the catalyst to create the transformation. Next, you must be willing to do

the work. Then finally and most important of all, is not to give up.

[Came through after the third series of books. . .]

As there needed to be some verification on what was proposed in these series of books, this I continued the journey. I had to see it through to ensure that indeed everything that was proposed in these books and adhered to, did work.

There was a great level of authenticity to ensure that whatever was presented did work.

It is a journey, and it does not end here; it will continue. Growth is imminent and will continue regardless, as there is no final destination that we will reach.

I did take the time for the integration of the Energy work to transpire in my physical reality, which seems it has been accomplished and will be unfolding with this new understanding that has come in.

There have been some major shifts in my perceptions of this reality and, as more understanding comes in, so it will be shared with my human family.

A question was asked recently, "What can you say these books are about?" Well, it is almost like admiring someone's great physique and wanting to have a similar one. Yet when the instructions are given to get that same physique, you realise it is too much of an effort, so you give up.

Here is another analogy we can use here: There was a man called Milo of Croton. He was known as a very powerful man, an unbeaten wrestler. The story was that he was so strong that he could carry a bull on his shoulders. How he managed to do this was that as a young man

he carried a calf on his shoulders. Then every day he would carry on doing this. Then as the calf started growing, so did Milo's strength. Until one day the calf was a fully grown bull and so Milo's strength became fully developed.

Here is another one: There is this majestic mountain that you want to climb. You know that there is a path that might not have been treaded before. So, you decide to take the task to climb this mountain. All it requires is to take one step at a time and before you know it, you will be at the peak of the mountain. The pathway itself might have many obstacles, yet with perseverance you will reach the peak.

As Benjamin Franklin said, "There are three things extremely hard: steel, a diamond, and to know oneself."

This is to know yourself beyond all the labels and programmes you were given.

You will want to adopt the mind-set that you want your life to be improved.

Complacency is what keeps us stagnant in the frequency we are emitting.

Time for change is here.

Are you prepared to do it?

There will be sacrifices that you will have to make. You will have to release the old to bring in the new.

Wish there was a magic wand that could be waved in front of you, for the magic to happen immediately. But what would be the point of that? You want something without making the effort.

Once you get to know who you really are, your life will unfold to bring you spiritual and physical abundance. A life filled with love, peace, joy

and abundance in all spheres.

There is so much information that has come through, so it is time now to share it.

At a workshop that this I attended at Kripalu in Lenox, USA, one of the facilitators was voicing something loudly in the background as a workshop process was going on.

"How dare you! You have something to share with us and you are keeping it to yourself."

It is time to share it...

Let us start our journey...

Important Notice

*T*his course material has been gifted for us all to make the shift from the I to the YOU. As it is a gift, it is not exempt from anyone that wants to do the course but does not have the money to do it.

The primary focus of this course is to assist in our transformation, yet it needs a high calibre of authenticity for it to work. Authenticity means a high level of honesty.

So, people that can afford to pay must please do so because it will balance and assist the ones that cannot afford to do so.

The course material will be structured in such a way that it is affordable to most. We also need to understand that there is no price you can place on freedom.

As we reach higher levels in this workshop material, for it to work, honesty plays a critical part in the transformation.

Deciding on a price for this course was a challenge. For as mentioned, it needs to be affordable to most.

It was decided that to make it affordable, the Modules would be broken up into smaller sections.

Module 1: Basics

Module 2: Advanced

Module 3: Integration

One can start with the first level and if there is further interest, one can take the next step.

For anyone that cannot afford it, please email:

ene.g.hope@gmail.com or ene-g@webmail.co.za
asking for a discount or what is affordable for you.

Website: www.ene-g.co.za

This is the first iteration of this manual. Once feedback is received, this manual will be improved on, so it can assist in more I to YOU transitions.

When it came to copyrighting the material, that too proved to be a bit of a challenge, knowing the density of this reality. Then Spirit keeps making me aware that for the I to YOU transition to happen, one needs to be authentic. The authenticity of the seeker is then the copyright. The YOU is beyond the constructs of the I, thus in its essence is pure.

For anyone that has come to this material and has benefitted from it, please give back to the source of this information.

Visit Ene-G H.O.P.E www.ene-g.co.za. You will find a donation box there.

This is the first level of the journey from the I to YOU.

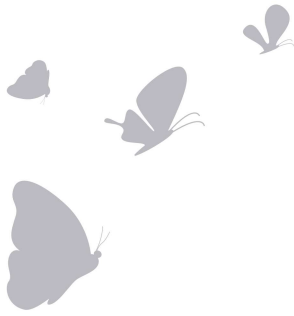
If you commit, you will be able to complete it within three months.

To break the structures of the old, one must be prepared to do The wOrx. The I is a challenge, as it has been so conditioned with all the programming that is in our reality.

There is a passion in our hearts to see the beauty that is YOU to come back into this reality.

YOU are the light.
With Love
Ene G H.O.P.E





A Story of Hope

There was a village once that was ravaged with drought. It was months since they had rainfall and as a result, the crops were all dying. It became very critical, and unless a drastic measure was taken, they would all have to abandon their homes.

A call for the last ray of hope was made, so the priest and the community decided that they would all congregate at the church to pray for rainfall. There was not one person that did not go to the church as it was critical to have a group effort.

Lo and behold, as they were all in the church and church hall praying for rain, clouds started appearing over the town and rain started to pour.

They were all ecstatic that God heard their prayers. However, now there was another issue – none of them came prepared for the rain, with the exception of one little girl who had brought an umbrella.

It was clear who brought the rain; it was the little girl.

Once we break through with the aid of this course material, then we are like this little girl, but what we are bringing in is the rain of the divine to come and cleanse the dense Energy of this reality.

See you on the other side.