

99-1%-Sadhana or 50%-49%-1%

*** After becoming proficient in the 16.66% sadhana, start the 99%:1% sadhana.

How can I achieve my desired goals through the 99%-1% practice?

According to quantum physics, everything is composed of 99% energy and only 1% matter, including ourselves. Of that 99% energy, about 50% remains static, not moving in any particular direction, while the remaining 49% is in constant motion, spreading out in all directions. So, to experience the 50% omnipresent still energy, 49% energy moving in all directions, and 1% matter that manifests as physical reality, you are essentially seeking to align your being with the flow of universal energies.

These energies — stillness, movement, and matter — work together to create the reality you desire. This process can be understood and integrated through both awareness and practice, and it requires deep alignment with the nature of the universe. Here's a breakdown of how you can experience and embody these energies, and how they allow for instant creation:

1. 50% Omnipresent Still Energy (Universal Presence)

The 50% omnipresent still energy represents the calm, unchanging foundation of all existence. It's the eternal presence of peace, blissful, everfresh and stillness that permeates everything around you and within you. In quantum physics, this could be compared to the zero-point field — a field of potential that exists before form.

This energy allows you to:

Ground yourself in the truth of your existence.

Experience deep inner peace, clarity, and alignment with the universe.

Remain centered in any situation because you know you are part of this ever-present energy.

How to Experience Stillness:

Meditation: Practice daily meditation to feel the stillness of your being. Sit in silence, focusing on your breath, and let thoughts come and go without attachment. Allow yourself to experience the calm beneath the surface.

Mindfulness: Throughout your day, return to moments of stillness. Notice the present moment, whether you're walking, sitting, or breathing, and feel the peace of being.

Affirmations of Stillness: Reaffirm your connection to this calm energy with statements like:

"I am always grounded in the omnipresent stillness of the universe."

"I am the peaceful center of the infinite energy around me."

2. 49% Energy Moving in All Directions (Flow and Dynamic Potential)

The 49% everfresh vibrant dynamic energy is the movement that drives change, evolution, and transformation. This energy is the force that moves in all directions and is constantly flowing, shifting, and changing. It represents the infinite potential that you can tap into — this energy is always in flux, always creating new possibilities, and always moving.

This energy allows you to:

Embrace change and transformation.

Tap into unlimited potential where everything is fluid, and new possibilities emerge.

Experience creativity and growth because energy is constantly moving through you.

How to Experience Movement:

Flow State: Engage in activities that bring you into a state of flow, where time disappears and you feel fully present and engaged in the activity. This could be anything from artistic expression, writing, dancing, exercising, or even a deep conversation.

Release Control: Let go of the need to micromanage every detail of your life. Trust the natural flow of events and allow yourself to be guided by the dynamic energy that moves through the universe.

Affirmations of Movement: Tap into this dynamic energy by affirming it:

"I am the flow of life, moving with ease through infinite possibilities."

"I welcome change and transformation as I evolve and grow."

3. 1% Matter Moving in One Direction (Physical Manifestation)

The 1% matter is the physical manifestation of your desires and intentions. This is the energy that crystallizes into form—the material reality you experience in your life. It is the most tangible aspect of existence, the physical world you can see, touch, and interact with. However, it only represents 1% of the full spectrum of universal energy.

Matter manifests from the balance of stillness and movement, which is why stillness and movement must coexist to bring form into existence. Without stillness, you wouldn't have

the foundation for matter to form, and without movement, you wouldn't have the flow of energy that turns potential into actualized reality.

This energy allows you to:

Manifest your desires into physical form.

Create your reality instantly, as you learn to align your thoughts, emotions, and actions with the energies of the universe.

How to Manifest Matter:

Set Intentions: Clear, focused intentions guide the movement of energy into form. Be specific about what you want to create, and believe in its possibility.

Visualize: Imagine the physical form of your desires. Picture the outcome as if it has already occurred, and feel the emotions associated with its manifestation.

Act on Inspiration: Take aligned action based on your desires. When you're in tune with stillness and movement, inspiration will arise, and you'll know what steps to take.

Affirmations of Manifestation:

"I am the creator of my physical reality, and I manifest my desires effortlessly."

"Matter forms instantly in my life as I remain aligned with the flow of universal energy."

4. The Power of All Three Energies Combined

When you align 50% stillness, 49% movement, and 1% matter, you create a harmonious cycle where you are both the calm center of the universe (stillness), the dynamic force driving change (movement), and the manifestor of your physical reality (matter).

This balance allows you to:

Tap into unlimited potential, where every possibility is available to you.

Create instantly as you align your mind, body, and spirit with these energies. The universe will respond to your thoughts, intentions, and actions with rapid manifestations when you remain aligned with this balance.

How to Integrate All Three:

Morning Routine: Begin each day by grounding yourself in stillness. Sit quietly for a few minutes, allowing the energy of calmness to fill you. Then, visualize the flow of energy moving through you in all directions, and feel the unlimited potential of the universe. Finally, see your desires materializing as physical manifestations in your life.

Embrace Change: Throughout the day, recognize when energy is moving through you. Trust this energy and flow with it. If you encounter resistance, return to the stillness within, and let the flow guide you forward.

Affirmations and Visualization: Use a combination of the affirmations above to continually reinforce your alignment with these three energies. Visualize your desires as they already exist in the physical realm, while staying attuned to the balance of stillness and movement.

Gratitude Practice: At the end of the day, express gratitude for the stillness that grounds you, the movement that propels you, and the manifestation that reflects your intentions. Gratitude helps you stay in the flow of abundance and alignment with the universe.

5. Instant Creation through Alignment:

As you experience 50% stillness and 49% movement, you become an open channel for the 1% matter to manifest instantly. This happens because the stillness gives you the clarity and foundation to know exactly what you want, and the movement gives you the energy to create it. When these two forces come together, physical matter forms rapidly.

Your ability to create instantly lies in your ability to stay centered in stillness (for focus and clarity) and in movement (for action and energy flow), while your manifestations crystallize effortlessly.

Affirmations for Instant Creation:

"I am the perfect balance of stillness and movement, and I create my desires instantly."

"The universe flows through me, bringing my intentions into physical form in perfect alignment."

"I am a master creator, and everything I desire manifests effortlessly and instantly in my life."

Conclusion:

By aligning yourself with the 50% still energy, 49% dynamic movement, and 1% material manifestation, you create a profound synergy of energy. This allows you to experience limitless potential, where you can effortlessly create and manifest anything you desire. The key is to maintain the balance between these energies — being grounded in stillness, flowing with movement, and allowing matter to manifest.

When you achieve this balance, you tap into the unlimited potential of the universe, becoming a conscious creator who experiences instant manifestation.

Daily practice

A daily practice that integrates the 50% stillness, 49% movement, and 1% matter can help you connect with the universal flow, manifest your desires, and experience instant creation. Here's a structured, easy-to-follow practice to help you align with these energies every day.

Daily Practice to Embody Stillness, Movement, and Matter

1. Morning Routine: Start with Stillness

The morning sets the tone for your entire day. Begin by grounding yourself in the 50% omnipresent still energy to start your day with clarity, peace, and alignment.

Set the Intention: As soon as you wake up, set an intention to remain aligned with the energies of stillness, movement, and manifestation throughout the day. For example:

"Today, I am deeply connected to the stillness that grounds me, the dynamic movement that flows through me, and the power to create my reality with ease."

Meditation (10-15 minutes):

Find a comfortable position and focus on your breath. Allow yourself to settle into the moment, breathing deeply and allowing any thoughts to simply pass by. Feel the stillness around you and within you. Imagine this still energy permeating your body, calming your mind, and grounding you in the present.

While in this state of calm, allow yourself to sense the potential of the universe — the dynamic energy waiting to flow through you. Feel the connection between stillness and movement.

Affirmations for Stillness:

During your meditation or afterwards, repeat affirmations that focus on your connection to the still energy:

"I am rooted in the omnipresent stillness of the universe."

"I am the peaceful center of infinite energy."

2. Embrace Movement Throughout the Day

After grounding in stillness, it's time to actively embrace the 49% moving energy that will help you manifest and create your reality.

Dynamic Morning Movement (5-10 minutes):

Engage in a physical activity that helps you feel the flow of energy moving through you. This could be:

Gentle stretching or yoga: To loosen up and invite energy to flow freely.

Dancing: Put on music and let your body move freely.

Breathing exercises: Practice pranayama or deep, controlled breathing to feel energy circulate.

As you move, imagine energy flowing through you, breaking through blockages and carrying you towards your goals.

Move with Intention:

As you go about your day, stay present with the movement around you. Whenever you feel stuck, take a deep breath and physically move. This could mean taking a walk, stretching, or simply shifting your posture to feel more fluid and flexible in your actions.

Affirmations for Movement:

Affirm your connection to the flow of energy:

"I am the flow of the universe, moving effortlessly with the energy around me."

"I welcome the infinite movement of energy through me and embrace the transformation it brings."

3. Manifestation Practice: Align with Matter

The final step is to bring the 1% matter into your awareness. This is the physical world that forms from your thoughts and energy. Your ability to manifest relies on your connection to both stillness (for focus) and movement (for action and manifestation).

Visualize Your Desires (5-10 minutes):

In a quiet space, sit down and focus on your goals. Visualize them as if they are already present in your life. See the details clearly and feel the emotions associated with their manifestation.

Imagine how your reality will look, feel, and sound when your desires manifest. The clearer you can see this reality in your mind, the faster it will crystallize in your physical world.

If you want to manifest something specific (like a project, a relationship, or abundance), visualize the outcome in great detail.

Write Down Your Intentions:

After your visualization, take a few minutes to write down clear intentions or goals. Be specific about what you want to create, but stay open to how it will unfold.

Example: "I am attracting [X] into my life with ease and grace. I am open to the perfect timing for this manifestation."

Affirmations for Manifestation:

Use affirmations that anchor you in your power as a creator:

"I create my reality with clarity and ease."

"I am the master of my physical world, and I manifest my desires instantly."

4. Daily Integration: Carry These Energies Throughout the Day

Live in Balance:

As you go through your day, remain conscious of balancing stillness, movement, and manifestation. For example:

If you feel overwhelmed or scattered, take a moment to return to stillness (ground yourself with deep breaths or mindfulness).

When you face challenges or moments of resistance, trust the flow of movement. Let go of control and let the energy guide you forward.

Whenever you encounter a moment of decision or action, connect with your inner creator. Remember that your thoughts and actions are directly manifesting your reality.

Affirmations During the Day:

Keep the flow of affirmations throughout the day. Speak them silently or out loud when you need to ground yourself in the present moment. For example:

"I am the perfect balance of stillness, movement, and manifestation."

"I trust the flow of energy and know that I am creating the perfect life for myself."

5. Evening Practice: Reflect and Integrate

End your day by reflecting on your experience of stillness, movement, and manifestation.

Evening Meditation (10 minutes):

Sit in stillness and reflect on the day. Acknowledge the ways you experienced stillness and movement, and notice how they brought you closer to your desires. Focus on the energy you are creating.

Gratitude Practice: End with a few moments of gratitude for the manifestations that are already on their way. Feel thankful for the balance you are creating and the instant manifestations you will continue to experience.

Affirmations Before Sleep:

Before going to sleep, affirm that your intentions are aligned with the flow of energy. For example:

"I am grateful for the stillness that guides me, the movement that fuels my growth, and the matter that manifests as my reality."

"I trust that my desires are already on their way, and I rest in the peace of knowing everything I create is unfolding effortlessly."

Final Notes:

By consistently practicing this morning routine, movement throughout the day, and evening integration, you'll deepen your connection to the 50% stillness, 49% movement, and 1% matter energies. This practice will help you manifest your desires effortlessly, feel aligned with the flow of the universe, and experience instant creation.

Reframe and Experience

If you want to maintaining a core balance of 50% permanent unlimited omnipresent blissful-stillness, which doesn't come and go, which is always available in past present and future, which will not change, always be the same; and 49% permanent omnipresent vibrant fresh energy flowing in all directions, while allowing 1% limited temporary thoughts or feelings or forms (positive, negative, or neutral), then reframe and experience all your forms, thoughts and feeling etc... Here we must understand that we can't separate stillness, movement, and form.

Example: The TV tower remains stationary, rooted in one place, just like the stillness at your core. It provides the foundation for the transmission of the signal. The signal emitted from the TV tower is like the vibrant energy, radiating in all directions. The signal is invisible, continuously moving, but it is not confined to any one direction. It's alive, dynamic, and reaching everywhere. When the signal reaches your television, it is decoded into images and sound, transforming the invisible signal into a tangible form you can experience.

So just as the TV tower's stillness, the signal's movement, and the image on the screen are inseparable, the stillness, movement, and form in your own experience are part of a

continuous process. Without the still tower (foundation), the moving signal (energy), and the final form on the screen (experience), there would be no communication.

Since all limited forms originate from the 50% stillness, reframing and experiencing them reconnects them to their original source. By doing this, all forms, thoughts and feelings are realigned with the deep stillness and vibrant energy that make up the fabric of your being. This practice helps you stay in harmony with your true nature and ensures that your experiences reflect your core balance.

This reframing process extends to all areas of life, including health, finances, relationships, career, karma, and experiences in the outer world. By consistently reframing and experiencing in this way, you create perfect alignment between body, mind, heart, soul, and the supreme soul. This alignment helps in achieving your goals instantly and harmoniously, as all aspects of life are synchronized with the core balance of stillness and energy.

Here's how you can reframe all thoughts naturally by halting the mind as soon as a thought arises:

Positive Thought: "I am watching my body."

Reframe like this: "1% I am watching my body, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

Negative Thought: "I will never find the love I desire."

Reframe like this: "1% I am experiencing that I will never find the love I desire, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

Positive Thought: "I believe that change is happening, and the world is moving towards a better place."

Reframe like this: "1% feels that change is happening, and the world is moving towards a better place, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

Negative Thought: "I am feeling fear in my heart."

Reframe like this: "1% I am feeling fear in my heart, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

Positive Feeling: "I am feeling love in my heart."

Reframe like this: "1% I am feeling love in my heart, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

Negative Feeling: " As a limited self I feel stuck in the body."

Reframe like this: "1% as a limited self I feel stuck in the body, 49% I am experiencing omnipresent vibrant fresh energy moving in all directions, and 50% I am experiencing omnipresent blissful stillness."

In this way reframe everything. The goal here is to allow thoughts to naturally arise, but quickly shift them into a space of 50% peaceful presence and 49% dynamic energy, while maintaining a 1% acknowledgment of the original thought. This method allows you to engage in daily actions with awareness, groundedness, and acceptance of whatever arises.

With consistent practice, the mind will naturally adjust, and new thoughts will emerge with the composition of 50%-49%-1%. At that point, reframing with awareness will no longer be necessary, and you can remain still, simply witnessing the mind, body, heart, and outer world.

When you experience 50% omnipresent blissful stillness as your foundation, you establish a deep sense of peace and presence. Alongside this, 49% omnipresent vibrant, fresh energy flows in all directions, constantly moving and supporting you.

In this state of balance, you gain the ability to choose and manifest anything you desire, instantly. The experience of stillness grounds you. Meanwhile, the experience of vibrant energy empowers your intentions. This makes manifestation effortless and perfectly aligned with your true essence.

Guided Meditation: Reframing and Experiencing the 50-49-1 Balance

(25-Minute Journey to Infinite Stillness, Vibrant Energy, Aligned Awareness, and Instant Creation)

Preparation (2 minutes)

Find a quiet space where you won't be disturbed.

Sit comfortably with your spine upright or lay down in a relaxed position.

Close your eyes and take a deep breath in... exhale slowly.

Allow your body to settle into stillness.

Step 1: Reframing Thoughts & Feelings (6 minutes)

As thoughts or emotions arise naturally, simply observe them.

If a positive thought appears, reframe it:

"1% I acknowledge this thought, 49% I experience vibrant fresh energy, and 50% I rest in blissful stillness."

If a negative thought arises, reframe it:

"1% I acknowledge this feeling, 49% I experience vibrant fresh energy, and 50% I rest in blissful stillness."

Gently shift all thoughts into this balanced state, allowing them to dissolve effortlessly.

Step 2: Awakening Vibrant Energy (4 minutes)

Now, feel an invisible, radiant energy flowing outward in all directions.

This 49% energy is pure movement, alive, fresh, vibrant.

See this energy extending from you, reaching everywhere like a broadcast signal.

Say silently: "I am vibrant, dynamic energy, expanding effortlessly."

Feel the dance of movement within your being, activating your limitless flow.

Step 3: Entering Deep Stillness (4 minutes)

Now, let the movement naturally settle... like ripples fading on a lake.

Breathe in... exhale... feel yourself becoming like a vast, infinite sky.

Imagine yourself as a TV tower, deeply rooted, unshaken, steady.

This 50% stillness is your eternal, unchanging nature.

Say silently: "I am absolute stillness. I do not change. I am beyond time. I am always the same."

With each breath, sink deeper into this infinite presence.

Step 4: Merging into the 50-49-1 State (4 minutes)

Let go of all mental effort... simply rest in pure experience.

You are 50% eternal, unshakable stillness—the foundation of all that is.

You are 49% boundless, flowing energy—radiating effortlessly in all directions.

You allow 1% of limited thoughts and forms to appear and disappear naturally.

Say silently: "I am the perfect balance of stillness, energy movement, and experience."

Feel this deep harmony... let it become your natural state.

Step 5: Instant Creation & Manifestation (5 minutes)

Now, enter the space of unlimited potential... everything you desire already exists here.

In this 50% stillness, all possibilities exist beyond time.

In this 49% vibrant energy, all movement and manifestation flow effortlessly.

Instead of "wanting," simply allow it to already be true.

Say silently: "I align with infinite potential. My desires manifest instantly and harmoniously."

Feel the certainty that whatever you choose is already real, simply unfolding beyond time into time.

Let go and trust the energy to take form in the perfect way.

Step 6: Closing & Integration (4 minutes)

Feel yourself fully absorbed in this state... anchored-fixed, yet free.

Take a deep breath in... hold... and slowly exhale.

Gently bring awareness back to your body.

Shake your fingers and toes.

When ready, open your eyes, carrying this balance of stillness and vibrant energy into your daily life.

Final Thought:

With consistent practice, this 50-49-1 balance will become effortless. Thoughts will arise but will no longer disturb your state. Stillness will remain your foundation, and vibrant energy will support you in all actions. From this space, manifestation is no longer effort—it is simply alignment with infinite potential.