# REALITY DECODER

## A SOUL'S GUIDE TO THE EARTHLY EXPERIENCE

Hitomi Sakamoto and Adi Andrei

Technosophics Publishing

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Cover art and illustrations by Radu Andrei

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# Table of Contents

**ACKNOWLEDGMENTS**

**PREFACE**

**PART 1: BASIC PRINCIPLES ..... 1**

**PART 2: LIFE DIRECTION ..... 19**

**PART 3: CONSCIOUSNESS TOOLS FOR YOUR JOURNEY ..... 49**

**PART 4: EVOLVING THROUGH LIFE EXPERIENCE ..... 69**

**PART 5: RELATIONSHIPS AND SOUL EVOLUTION ..... 117**

**PART 6: ADVANCED CONCEPTS AND CONSCIOUSNESS TOOLS ..... 137**

**PART 7: INTEGRATION ..... 163**

**APPENDIX ..... 177**

**REFERENCE ..... 181**

**BIBLIOGRAPHY ..... 183**

**ABOUT THE AUTHORS ..... 187**

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# Preface

"If you love your children, send them on a journey."
– an old Japanese proverb

The experiences you have outside of your familiar and protected environment make you grow. Ever since you were born, or perhaps even since before that, you as-a-soul have indeed been on a journey called "life", in which you had to face countless challenges.

*Reality Decoder: A Soul's Guide to the Earthly Experience* was written with the premise that the soul has a natural impulse and tendency to grow, and it does so through various life experiences. We hope to shed light on how your daily encounters, inner experience, and dreams are closely related to what your soul is trying to learn in this lifetime and the direction in which it is heading. In other words, your soul evolution happens right here on Earth, in this body, in your everyday life.

The authors have long been intrigued by dreams and other experiences that make you question reality. We would explore these subjects both in professional capacities and in private conversations with friends and people we knew. In 2010 we started hosting a meetup group called "Dream Cafe" in London and more recently online. Initially, the idea was to create a space where people could collectively explore the meaning of dreams. In 2018 Hitomi wrote *The Dream Compass: Using Dreams as Your Guide* upon requests by the Dream Cafe members who had been looking for a dream interpretation book for beginners.

Dream Cafe has since grown into an event group in which we offer monthly mini-workshops for exploring various ways to look at dreams and what is going on in our lives from a different, more spiritual but also practical perspective. In each workshop, we present a different theme, such as "initiation", "life direction", "astrology", and "inner polarity", for

which we would give a short lecture, a guided meditation, and "inner work" exercises. We then help the participants understand their dreams and related life experiences in terms of their transformational journey. It is always a pleasure for us to witness the participants as they light up with excitement when they gain more profound insights into their experiences or discover their untapped potential. Then one day a thought came to us, to write a book that packages together the ideas and approaches we have been sharing with people, including at Dream Cafe. Thus, *Reality Decoder* was born.

As the world goes through rapid and, at times, chaotic changes, the experiences one encounters become more and more challenging. An increasing number of people we met both in private and in our practice told us that they were going through major shifts in their lives. They also suddenly found themselves open to alternative methods and views to acquire deeper insights into what they were facing.

We wrote *Reality Decoder* with such readers in mind.

This book is informed and inspired by over thirty years of our experience working with people, as well as various psychological disciplines and spiritual traditions we have used in our practice. Our goal has been to synthesize the above in a simple and practical way so that the book will serve as a friendly guide and companion for anyone, regardless of their experience in the field or educational background.

We will first introduce you to a set of basic principles and "consciousness tools" that we feel are essential when embarking on the journey of self-exploration. We will then show you specific ways in which you can use your awareness to explore your daily encounters and deepen understanding of your inner world.

Each part of *Reality Decoder* includes plenty of examples and exercises. To get the best use out of this book, we recommend that you actually try the exercises and not just read them. We have also attached in the Appendix a list of exercises and useful tips for specific issues and situations for your easy reference.

As the stories introduced in this book are based on real people, whenever

we mention them, we have changed their names and other details to protect their privacy.

By the end of the book, we hope that you will have a new framework and bearings to see your life and your inner world in a new light and with a sense that you are living from the depth of your being.

Hitomi Sakamoto, Adi Andrei
London, UK, May 2025

# PART 1: BASIC PRINCIPLES

# Introduction to Part 1

> "The sea was calm and I had been enjoying the cruise for a while. One day, I encountered huge waves. Initially, I felt somewhat confused about how to maneuver. However, I somehow managed to ride them by gathering my courage and using the knowledge and skills I had acquired over the years. As the waves subsided and I looked back on the adventure that I had just gone through, I found myself having gained not only more skills but more confidence in myself for continuing with the remainder of my journey."

The above motif would not only belong to a fictitious adventure of a hero or heroine of a novel but could also be applied to all of us living on this Earth. In reality, if you have survived this far, you have experienced this process numerous times since your birth, each time improving your ability to navigate the challenging waves that life sent on your way.

You may also feel that the rate at which these events are occurring has been increasing in recent years. According to Rudolf Steiner, the Austrian-born philosopher, educator, and the founder of Anthroposophy, humanity, having gone through the densest period of materiality, is now in the process of transitioning back into a less physical and more spiritual state of being (1). In other words, the veil between the physical world and that of the non-material realm is thinning around us. In such times, your sense of stability and certainty can be shaken, and things feel more volatile. Situations may take sudden turns that bring unexpected outcomes. You might also experience a constant challenge to your sense of identity.

How do we find our bearings in the midst of such tumultuous times and navigate the waves of life skillfully and in a grounded way? This is the question we will address throughout *Reality Decoder: A Soul's Guide to*

*the Earthly Experience*.

We will give you a model, a simplified frame of reference, that will provide you with the basics for developing inner awareness and how to use it in your life. This model is also used in our work with clients and workshop participants, who find it very useful and practical. It is not by any means a comprehensive theory or an absolute truth, but rather a skeleton or a reference system on which you can build a body of your wisdom using your own experience and understanding.

In Part 1, we will introduce you to "The Five Principles of Soul's Journey", which should give you the big picture and the cardinal points of your life journey.

**The Five Principles of the Soul's Journey**

1. You are a soul having an earthly experience.
2. You are a soul on an evolutionary path.
3. Evolution of a soul happens through life experience.
4. Your evolutionary path has a certain direction.
5. You evolve by discovering and integrating different parts of yourself.

The above principles can help you form the foundation on which to build your inner life. You can always return to them when you feel lost or want a new perspective. Let us go through them one by one in more detail in the following chapters.

# Chapter 1: You Are a Soul Having an Earthly Experience

> "It's a beautiful evening. You find yourself walking alone on a footpath in a forest. Perhaps your dog, your best friend and companion, is walking beside you. You are enjoying the crisp air, the serene atmosphere, and the fragrance of the trees. Suddenly, you come to an opening in the forest. You have been walking for a long time and you decide it is time for a rest. As you sit comfortably on a tree stump, you start reflecting on the journey you've had that evening, the special feeling you've had, how the air has felt differently, and the thoughts you've had while walking. Then you start to reflect on your life over the past few days...weeks... months...and years. What a journey it has been!"

You are a soul on an exciting and at times challenging journey called "life".

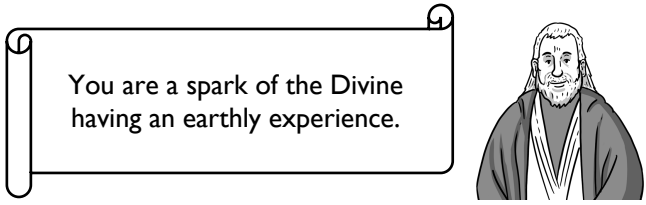
So, what is a soul? Your soul is the protagonist in the above story; it finds itself being on a path, has many experiences and encounters along the way, and once in a while it takes a break to reflect on the journey. It is the true "you" at a core level beyond your physical body or your mind.

As you grow older, even though your physical body and your circumstances have changed, there has been a continuous sense of self. This is because you are not your body. You are a soul residing in an earthly body that functions as a housing or "temple" for your soul while in this realm. All of the great religions and spiritual traditions, such as Buddhism, Christianity, Hinduism, Islam, and Judaism, as well as the ancient Egyptians and the Greeks, all believed that a soul is immortal and continues on after bodily death.

It is important to note that you are neither your mind nor intellect. You can think of the mind as a tool, like a computer, used by the soul to model the physical, three-dimensional reality to make predictions, originally focused on survival and keeping one's physical integrity in this environment.

If you are someone who remembers dreams, you may have also noticed how in dreams you often find yourself in very different circumstances from your daily life, doing unusual things, and having different identities. Sometimes you do not even remember your everyday self. However, in these dreams, you still have a sense of being yourself. This sense of self beyond any identity or life circumstance is another way to understand the idea of a soul.

We would now like you to meet the Wise One, who will make his appearances occasionally in this book to share his knowledge of ancient wisdom. Here is how he likes to describe your existence as a soul.




As we close this chapter, we would like to share with you an imagination exercise that will help you understand what a soul is.

***Imagination Exercise: What is a soul?***

1. Imagine your life to be a road trip. The driver behind the steering wheel is likened to your soul, while the car would be your physical body.
2. Now imagine you have changed clothes, the way you drive, or even cars during the trip. You can appreciate that it would still be the same "you" behind the wheel on the journey.

# Chapter 2: You Are a Soul on an Evolutionary Path

> "You grow to heaven. You don't go to heaven."
>
> - Edgar Cayce

Although your sense of self is constant throughout your life journey, how you face different situations and how you see and carry yourself may change over the years. If we were to use the previous chapter's driver-car analogy, it is the equivalent of you gradually becoming better at handling tough roads and other drivers as you deepen your understanding of your strengths and challenges.

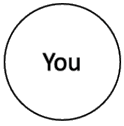
***Reflection 1: How you have evolved***

- List three things, however small, that you were unable to do ten years ago but are able to do now. These can be practical skills such as "I know how to cook my own breakfast now".
- Make sure you also include at least something about how you face certain life situations more skillfully than ten years ago. For example, you may now know how to consider multiple factors instead of just one when you make a decision. You may know how to calm down faster when upset, or be more aware of your intuition.

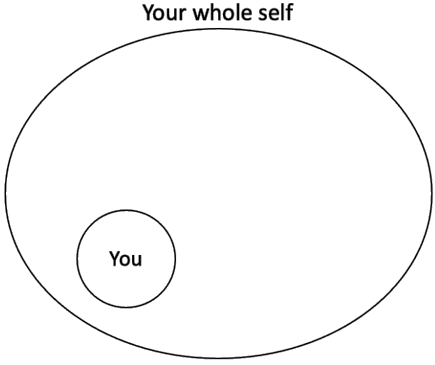
✎ How I have grown over the past decade:

✓
✓
✓

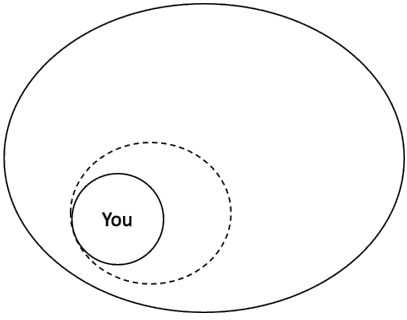
We would now like to present you with the following pictorial images to capture the process of soul evolution. Imagine that the following small circle represents "you" at any point in your life. That "you" has so far acquired certain skills, attitudes, and particular sets of belief systems.




Now imagine zooming out to find that the whole picture actually looks something like this:



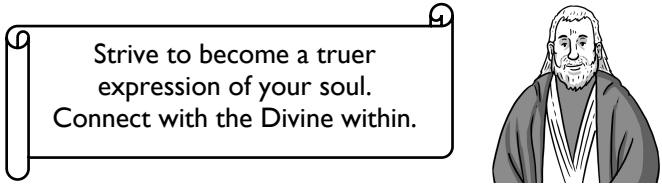

You can see that what you thought was "you" was just "a part of you". Imagine that this small circle becomes larger as you learn and grow as a soul.



Around 500 B.C., the Greek philosopher Heraclitus proclaimed: "Never will you find the boundaries of the soul, by whatever paths you search; so all-embracing is the soul's being."

Rudolf Steiner replied 2400 years later: "The boundaries of the soul are indeed so wide that we have to search for them by all possible paths, but we can hope that *by extending these boundaries ourselves*, we shall progress further and further in our knowledge of the soul." (2)

Whether you are aware or not, *your soul has a desire to constantly learn and grow.* Perhaps as an individual manifestation of the Divine, a soul wishes to deepen its understanding of itself, yearns to manifest its potential, and *to be a more fully realized expression of itself in this earthly realm*.

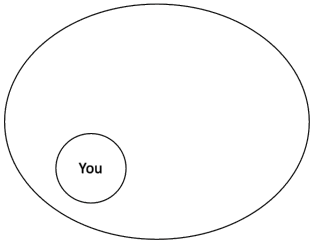


# Chapter 3: Evolution of a Soul Happens through Life Experience

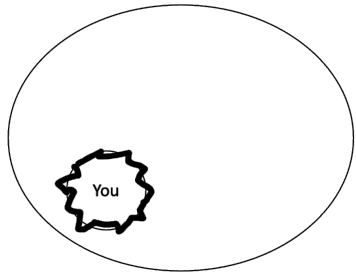
If you have made it this far, you have faced many challenges that made you a little stronger each time. You must have also encountered pleasant and joyful experiences that helped you develop a sense of compassion and gratitude. All of these experiences that you have here on this Earth have been there to further your growth. To put it another way, *a soul is seeking to have many different experiences during a lifetime, as they are the initiations through which its evolution takes place.*

We are now going to use the pictorial images that we showed you in the previous chapter and take it further to illustrate what soul evolution through life experience looks like.

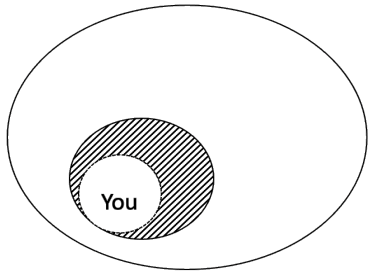
As we mentioned, the smaller circle within the larger circle represents "you in the current state in your evolution". Maybe you have been feeling more or less stable in this position for a while.




When it is time for your soul to stretch its boundary and expand, something starts to happen that rattles the current state, and *you start to feel tension in yourself*. This "something" could be a situation, feeling or idea that is new to you. You may experience the tension as either exciting and positive or unpleasant and disturbing.




As you wrestle with this experience, you slowly begin to expand your comfort zone and discover a part of you that has so far been in the background. In the end, a new and expanded "you" has emerged.




In other words, *the experiences you encounter in life somehow harbor the seeds of previously unknown and unused parts of yourself. Therefore, by understanding and exploring your experiences as such, you will expand and transform yourself.* We will explain this point in detail in Chapter 5, as well as Parts 4 and 5.

Once transformed, you will deal with similar challenges with a different skill set and attitude. As you gradually and continuously renew yourself this way, it will be exponentially easier to meet and flow with various experiences that life throws at you.

We would now like you to meet Shihan, a Japanese martial art master, who will be stepping in throughout this book to have his say.

Life is a training ground for the soul.
When you are rattled, it is a sign the
Universe is knocking on your door.
Answer it and step into the path of
soul evolution.

As mentioned, life experiences that help you develop your soul do not always have to be unpleasant ones. You have also been growing and learning through experiences that felt positive. As we approach the end of this chapter, we would like you to reflect on such experiences and explore how they have helped your soul to grow.

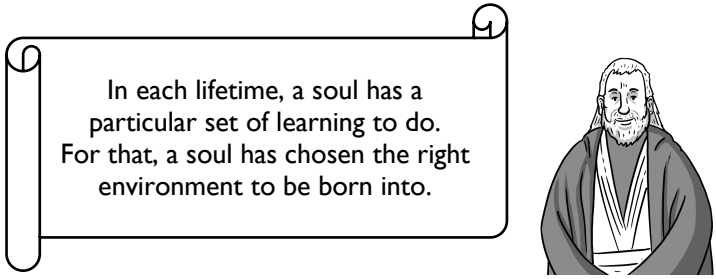
***Exercise 1: Good experience that has helped you grow***

1. Sit comfortably and take a couple of deep relaxing breaths.
2. When you are ready, think of an event that touched you somehow. Imagine it happening in front of you.
3. How old were you? Where were you? What happened? What was the experience like? Watch the scene for a while and see if you notice anything else.
4. As you watch it as an observer, ask yourself the following question (do not think too much, but rather catch what comes to you); "how did this experience help shape my current self even in a smallest way?" In other words, how was this event necessary for your soul's evolution?

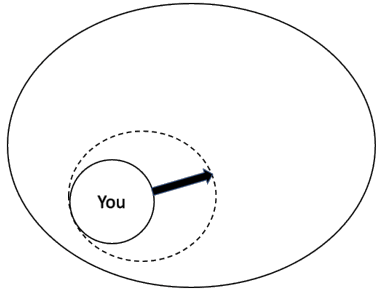
   Maybe it was a part of a group of experiences, and when looked at together, you can see that they brought about a specific realization or development in yourself.
5. Finally, give gratitude to the experience and whoever was involved in it.

# Chapter 4: Your Evolutionary Path Has a Certain Direction

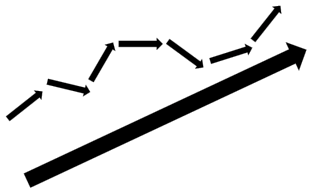
So far, we have established that each of us is a soul seeking to be the best expression of itself by trying to learn and grow through various life experiences. We have also introduced to you some pictorial images to help anchor the concept.




Throughout your life, and even beyond, if the Wise One is correct, you will continue expanding the area that you consider "you" and becoming closer and closer to fulfilling your potential. In other words, *your soul is moving along a certain direction on its evolutionary path: from "the current you" toward your wholeness.*



In real life, however, an evolutionary path rarely forms a clean, straight line as shown in the above illustration. Just like going through a forest with many winding paths, you would sometimes feel like you are going in different directions depending on where you are in the process. However, when you gain a panoramic perspective of the journey, you will notice a larger path advancing in a single direction. Needless to say, the life direction as well as how you walk your path is unique to you, as it is for everyone else.



When you find yourself in the midst of an overwhelming situation or encounter numerous obstacles, it's common to believe that your life is stagnant and devoid of any way out. The image above is a gentle reminder that what you are going through is part of a much larger path and that there may even be a deeper meaning to your experience when seen from a higher perspective.

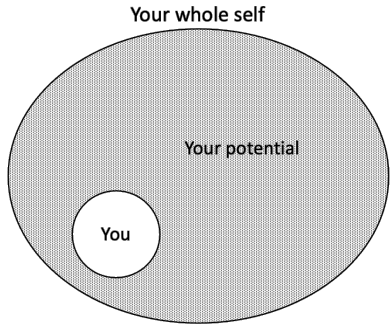
Now, wouldn't it be helpful to know in advance, roughly, which direction your soul is heading and what kind of experiences you are bound to encounter in this life? This understanding may also help you make sense of some of your past experiences while preparing you to meet similar experiences in the future with more confidence.

In Part 2, we will expand on this topic and will share some ideas on how to start understanding your life direction as well as the main themes that your life is inviting you to focus on.

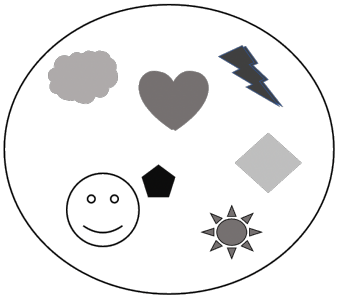
# Chapter 5: You Evolve by Discovering and Integrating Different Parts of Yourself

If the soul is "a spark of the Divine", then why does it have to evolve? Is it not perfect to begin with? Well, yes and no. While it is perfect in a sense as a spark of the Divine, it is like a baby, not fully aware of itself yet. A soul's evolution is all about becoming self-aware by experiencing and integrating every aspect of itself. There are multiple aspects, or "parts" of yourself that you may already aware of. However, the majority of these aspects remain undiscovered.

Let's look again at the diagram with a small circle ("the current you") within a larger circle ("your whole self") again. The entire area outside of the smaller circle represents your potential that you will discover during your soul journey. As you discover your potential, the smaller circle expands continuously.



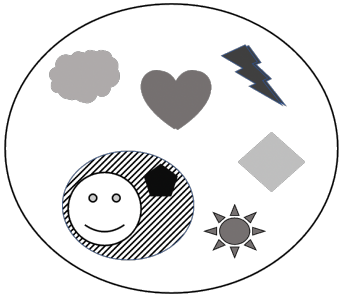

Here is another way to look at it, taking into account the many different parts and aspects of yourself.



By "different parts of yourself" here, we mean different qualities and aspects that you hold within. It is often useful, for the sake of self-exploration, to regard them as different energies, attitudes toward life, feelings, and views of reality. For example, a normally gentle and caring mother, when she sees her child is in danger, may suddenly embody a fierce and fearless attitude that she did not know existed.

Schools of psychotherapy, such as Gestalt Therapy and Process-Oriented Psychology, use the concept of "an individual holding different parts" in their practical applications in order to facilitate clients' awareness of their inner world.

Whereas you can express and use the familiar part of yourself naturally and effortlessly, less familiar parts will take some learning to be developed. Just like riding a bike or driving a car, they will not feel natural to you in the beginning. Your soul journey is about *recognizing and integrating as many parts of yourself as possible so that you become closer to your wholeness*.



The soul can be compared to a jigsaw puzzle. Your evolutionary journey

entails discovering and familiarizing yourself with each individual piece and assembling the puzzle.

You may wonder what parts and potentials you have that you are not aware of. On the other hand, you may be a little afraid to discover these "hidden" parts of yourself. Whether being fascinated by them or anxious about them, it would benefit you to bring more awareness to these parts of yourself so that you can be the driver of your own car instead of allowing some unknown aspects of yourself to drive you or catch you off guard from the back seat. As we will discuss later in the book, you will also discover that such parts of yourself, when explored in specific ways, are neutral or even positive energies to be lived by you more consciously.

As we discussed earlier, you will be accessing these parts through experiences in life that give you some kind of tension. One simple way to discover them is by taking compliments you receive more seriously. When someone compliments you, you may feel surprised, flattered, or tempted to deny it. You are now experiencing a tension. After all these reactions, it would help to remind yourself that the lesser-known parts of you are often in your blind spot and that it is sometimes easier for someone else to recognize them. Your family and friends may be seeing something important that you have not acknowledged about yourself.

***Reflection 2: Compliments I have received***

> What are the compliments you received more than once that surprised you? What have your family or friends said your strengths are?

Let us now introduce you to Psy, who is trained as a clinical psychologist but also has a passion for integrating different alternative and spiritual approaches into her practice. She will occasionally chime in to share her thoughts on these subjects.

When different parts of you work in unison, you will feel more whole. You can then deal with your life experience in flexible and rounded ways.

***

We hope you have enjoyed reading Part 1 of *Reality Decoder*. You may have begun to see some of your life experience in a new light and be eager to learn more.

In Part 2, we will expand on one of the principles, "Your Evolutionary Path Has a Certain Direction" by introducing you to the concept of "Soul Direction", an important and useful one to know when it comes to decoding your reality. We will also discuss an aspect of astrology that can be of great support for finding your long-term life direction.

# PART 2: LIFE DIRECTION

# Chapter 6: Soul's Journey and Life Direction

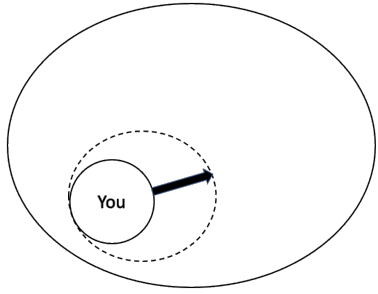
## What is Life Direction?

Just as an expedition sets sail to explore the lesser-known parts of the world, your soul is on a constant journey to discover the unknown territory within itself. Whether you are conscious of it or not, this inner journey has a direction: *from the familiar sense of "I" toward the currently unfamiliar, unknown, full-of-potential self, and eventually to the totality of your "Self"*.

Carl Jung, the founder of the school of analytical psychology, called this process of realizing one's inherent potential and becoming closer to one's wholeness "individuation". (1)

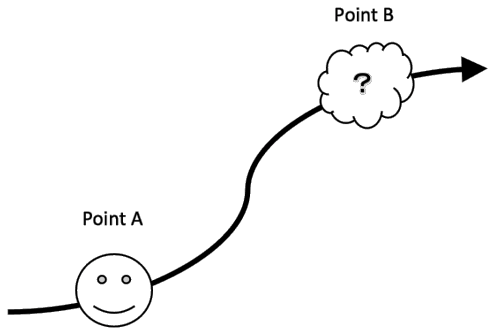
You are indeed refining your "I" and becoming your own person.

In order to illustrate this process, we used the following image in Part 1 with the area that you call "you" gradually expanding:




Let us now look at the same process from a different angle. This time, we will place "you" represented by the smaller circle in the above diagram somewhere on a line. Let's say this "you" was yourself at a certain age. We will call it Point A.

You have now developed a different sense of self that incorporates the previously unknown aspects of yourself, having wrestled with various experiences and deepened your understanding of yourself and your life since then. You as a soul have now arrived at Point B. This direction in which your soul is being carried on its evolutionary path, from Point A leading to Point B and beyond, is what we will call in this book your "Soul Direction".




## Soul Direction and life experience

As discussed in Part 1, the evolution of your soul happens by going through various experiences in life, especially the ones that create some kind of tension with your status quo. This tension is a sign that "your current self" and "what is emerging" are temporarily not in alignment and playing tug-of-war with each other, so to speak. This is why you can learn about your Soul Direction by examining the nature of the tension and the energetic polarity it creates.

Let us look at an example to illustrate this in more detail.

**Story of Yuko**

Yuko is a high school senior and an all-A student who is regarded by her schoolmates, as well as her teachers, as being hardworking and reliable. Her parents barely have to ask her if

she has done her homework or studied for upcoming exams. She makes sure that everything is ready for the next day before going to bed, and she has never been late for school.

Then all of a sudden, something strange started to happen a couple of weeks ago. Yuko was late for school three times in two weeks because something unexpected happened each time that was beyond her control:

- Although she and her mother left home in the car much earlier than usual, they were caught in heavy traffic caused by not one but two accidents.
- The next morning, as she struggled to open a bottle of milk, the liquid splashed all over her hair and clothes, as well as her shoes. She had already dressed for school, but now she needed to wash and dry her hair and change her clothes.
- Finally, yesterday, she overslept due to an unplugged alarm clock cord. Her parents did not wake her up because they assumed she had already been up and getting ready in her room.

Such events have never occurred before, and she feels very frustrated.

Normally, one would think they were just random events that seemed coincidental. However, this is precisely the kind of situation that may hold a key to her soul's evolution. What kind of learning could possibly be hidden under this series of events for Yuko's Soul Direction? Her best friend, Elena, had an idea, and this is what she said to her:

"You know, Yuko, this may be the Universe's way of saying that you need to slow down a little bit".

At first Yuko resisted the idea and lived with this internal tension, where part of her was trying to slow down, while another part kept going as usual. Eventually she had to admit that all of the above incidents *did* seem like they were trying to slow her down. She also realized that she