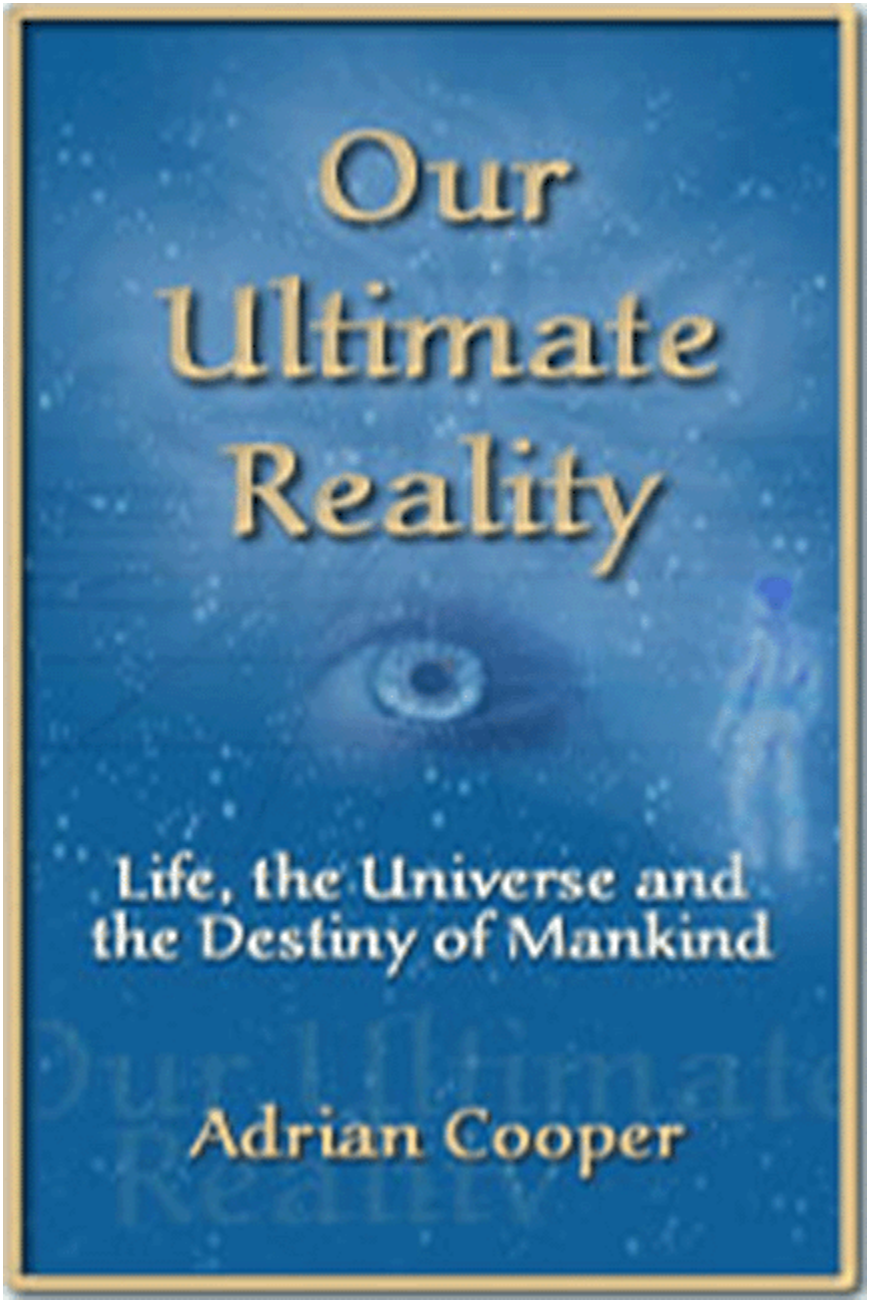

Life, The Universe and the Destiny of Mankind

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Our Ultimate Reality, Life, the Universe and the Destiny of Mankind

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Dedication

To My Sons

Tristan, Darryl, Declan

With Love

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Our Ultimate Reality

Life, the Universe and the destiny of Mankind

Prologue

From time immemorial, ever since the earliest days of thinking man, people the world-over have pondered the nature of the Universe, the planet upon which we live and of course of themselves. What does it all mean? Why am I here? What is the real purpose of my life? What will happen to me after I die? Will I return once again for another life on Earth?

The solutions to these ancient mysteries are at once both Universal and timeless, having always been available to mankind throughout the ages. Modern quantum physics is even now quite independently beginning to realise the true nature of this infinite, multi-dimensional Universe of Energy and Consciousness in which we live, thus once again emphasising there is, always has been and always will be only one ultimate reality, a Universal reality that can never be the sole claim of any individual, race, culture, science or religion.

Over the millennia the insidious agents of creed, dogma, doctrine, national and self-interest have frequently sought, often with very considerable prejudice, hatred and violence, to suppress or destroy those who would endeavour to reveal and teach the true knowledge to mankind, thus depriving most of humanity of its true purpose and destiny.

During the last two millennia in particular, deprived of the truth and the slave of mammon, much of humanity has steadily but surely succumbed to the increasingly detrimental effects of materialism, egocentricity, avarice, greed, prejudice, intolerance, discrimination and inequality, and the frenetic pace of “modern” life in general. This has frequently resulted in widespread misery, fear, instability, uncertainty and suffering, and a progressive moving away from The

Sources of true knowledge, and therefore the ultimate destiny of all mankind, in turn causing people to erroneously perceive themselves as completely separate individuals housed in a body of matter, physically separated from the Universe and from everything and everyone else in existence, often struggling to survive in a lonely or sometimes even hostile environment where nothing ever seems to make much sense.

Many people today find themselves suffering from the debilitating effects of stress, and very often the overwhelming feeling that their lives, reality, peace, harmony, happiness and even the most fundamental of daily needs are completely out of their own hands and at the mercy of other people, circumstances, chance, or other intangible factors often considered to be far beyond their own personal control.

Throughout the world we are increasingly witnessing gross extremes of wealth and poverty, with the wealthy become progressively wealthier and the poor become progressively poorer, inevitably resulting in yet more stress and other psychological problems, often with feelings of simply being unable to handle “life” anymore.

During the last few decades however remarkable changes have been steadily taking place. These changes are coinciding with the very rapid rise in the popularity of the Internet and other large-scale global communications media reaching hundreds of millions of people throughout the world. This convergence of factors is most assuredly no coincidence; mankind is indeed has been and increasingly moving into a new, very real and pivotally important era, where Universal knowledge must and will become much more available to everyone.

Today we are increasingly witnessing what are often considered to be “miraculous phenomena”, with people from all walks of life experiencing spontaneous and sometimes even dramatic Spiritual experiences. Often following such an experience is a sincere and

dedicated seeking of true purpose, often accompanied by an overwhelming realisation that there really must be much more to “life” than the physical material world which most people still erroneously identify as “reality”.

Such life changing experiences continue to arrive in many and varied forms and degrees, including but not limited to spontaneous Astral Projection, or “out of body experiences”, Lucid Dreams, during near-death experiences, and very often quite simply a sudden “realisation” in the form of unmistakable inspiration or intuition received from “inner” sources.

As these profound experiences become increasingly more widespread, the Internet is being used as the ideal medium with which to communicate them to ever larger numbers of people, many of whom in turn are becoming awakened to the greater levels of reality existing beyond the temporal, physical world of matter we call the planet Earth. The conclusion of this progression of events will in all probability be realised by a long prophesied transition, a transition resulting in a global expansion of Consciousness encompassing all humanity, where the dogma, indoctrination and materialism of the past will eventually give way to a new direction, a direction leading to the true destiny of all mankind.

Traditional sciences that have hitherto perceived the physical three dimensional Universe of matter as their only reality, are now, particularly in the field of quantum physics, rapidly arriving at the realisation that the three dimensional Universe of physical matter is but a very small component and lowest extension of an infinitely larger, inner, interconnected and integrated reality, comprising multiple dimensions and inner states of life and “being”.

Recognition is also growing, again especially in the field of quantum physics, that these inner dimensions of the Universe are in fact true reality, and Earth, the physical planet of matter, and indeed the entire three dimensional physical Universe of matter that still remains the basis of most of the sciences is but a pale reflection of

the inner levels of the true reality, Earth often being likened to a large scale illusion perceived only in accordance with the restrictions of the five physical senses. Quantum physics has metaphorically and most appropriately perceived the Universe as a magnificent fluid hologram known as the “holomovement”, a Universal projection of Consciousness and Energy in the form of vibration of which everyone and everything in all dimensions are inseparable aspects.

Science, particularly from the days of Newton, has generally sought to explain everything in terms of the three dimensions of physical matter when in fact these are only an extremely small subset of an infinitely greater multi-dimensional Universe. Science has also historically taken the view that everything, including all life must have originated from matter. However, it is only when science and mankind generally begins to fully understand and accept the true nature of the infinite Universe, of all life, and of the ultimate destiny of mankind as has been consistently taught by the many cultures of the world throughout the ages, can there finally be enduring progress towards a world of peace, plenty, harmony, health and happiness; “the Kingdom of Heaven on Earth”.

In the first section of this book we will compare and contrast various sources of wisdom and knowledge from both the most ancient and most modern world sources. We will discuss the profound importance of this knowledge in the context of the entire Universe, the Macrocosm, and each and every human being, the microcosm. We will discuss how to apply maximum ongoing benefit of this knowledge in living successfully, happily and securely with all needs fulfilled, how to progress in the inner spheres of life, and most importantly how to focus on the most sacred task and destiny of all mankind, the path of ascent as immortal Spiritual beings back to our Divine creator, the First Cause, God from whence we originally came.
During the course of this book we will also discuss the many dimensions of existence and reality beyond the three dimensional material world often known as “planes”, “realms” or “spheres”, both

from the perspective of the ancient wisdoms and of modern quantum physics. We will consider the nature of the many beings and intelligences inhabiting these realms including human beings, and of the great Universal laws prevailing. We will also discuss the significance of each of our own individual lives, and the process occurring after each physical “death”. We will discover why people return to Earth time and again in inner planes of reality including deceased friends and relatives.

We will finally discuss how you can maintain absolute control over your own life, how to manifest into your life anything and everything that you truly need and desire, how to create for yourself the life you have only dreamed of, how to heal yourself and others, and how to protect yourself and loved ones from dark psychic influences. Finally, and most importantly we will discover the true nature of, and how to live with the most powerful force in the entire Universe; Unconditional Love.

Part 1

Our Infinite Universe

Chapter 1: The Nature of The Universe

In normal circumstances most people perceive, understand and interact with their surroundings, the material world, exclusively in terms of the five physical senses; sight, hearing, smell, taste and touch. These senses are usually and quite understandably accepted beyond question as the only source of sensory feedback for everyday existence in what is commonly believed to be “reality”. This is true to such an extent in fact that unless something tangibly conforms to one or more of the five physical senses it is usually deemed not to exist at all, or might simply be considered to be an “illusion” or perhaps simply a “figment of the imagination”. To most people the only notable exception to any extra-sensory existence is the perception of the “God” or Gods of the various world religions and belief systems, generally accepted by most people without question as existing beyond the perception of the five physical senses. Accordingly, belief in such a God or Gods has become a complete act of faith, maintained only by the orthodox religions of the world.

Religions endeavour to teach their congregations how to live their lives and worship their particular God or Gods in accordance with a “belief system”, often based upon the teachings of their various “books” or bibles. At the same time, a wholly materialistic outlook of the world often causes people to think and live from an exclusively materialistic perspective, in turn resulting in a sense of “separateness” from the Universe and indeed from each other. These factors in turn cause many people to place their primary emphasis on temporal, material objects as if they are all that is meaningful in life. As a consequence the mission of the many is to gather as many such material and monetary possessions as possible during the course of what is generally perceived to be an only “life”, very often in order to increase perceived levels of comfort and wealth, and, urged on by the influence of the ego to “keep up appearances” among peers, friends, neighbours, work friends, relatives and others.

This situation has contributed in no small degree to the state of the world as we witness it today, with a gross imbalance existing between those who have vastly more than they could ever genuinely need for daily purposes, and those unfortunate people who have little or nothing, often having to exist each and every day in abject misery and suffering as if it were their last.

With this sad state of affairs, today we often see a world where greed, dishonesty, avarice, hate and sometimes violence exists side by side with fear, poverty and suffering. For a very long time the entire world has been in the grip of a major imbalance, an imbalance that has not only been escalating over the decades but indeed now threatens the entire immediate future of humanity and indeed the entire planet. Mankind is directly responsible for this state of affairs, bought about by the gross misuse of the very freewill granted by our Creator. Accordingly only mankind can now reverse this situation and bring about a state of harmony, peace, happiness and balance for everyone, the “kingdom of heaven on Earth”.

Although the true nature of the Universe has been known and taught throughout the ages by many and varied sources throughout the world, all of which are highly consistent and in broad agreement, it is also now being substantiated by the work of modern quantum physics, and increasingly by other branches of the sciences as well. All areas of the sciences will surely soon have to accept the fact that true Universal reality is not and never can be based entirely in the familiar three-dimensional world of physical matter as has been assumed since the days of Isaac Newton, but is rather an infinite, multi-dimensional reality, a Universe of living Consciousness of which everyone and everything without exception is an integral and equal aspect. The true nature of the Universe will certainly challenge the perceptions of most people, if for no other reason that throughout the ages there has been a prevalent misperception of a “God” who is completely separate from everyone and everything else in existence, and who “rules” over “his” three dimensional world of matter from high places.

Mankind has always perceived the three dimensional Universe, and in particular the physical world of matter as “reality”. It will surely be equally evident to most people however that beyond the perceptions of the five physical senses there must surely be a much more substantial reality. Throughout time mankind has contemplated and attempted to define the nature of this substantial reality. Often substantial reality has been considered to be the three dimensional planet on which we live. In other cases substantial reality has been identified by, and attributed to the name of a deity or deities. But however mankind considers its own particular concept of substantial reality of one thing most everyone agrees; such a substantial reality certainly exists beyond the limitations of a world perceived only by the five physical senses.

Over the course of many thousands of years, from the dawn of intelligent man, the reality of the Universe has been taught throughout the world by a variety of Beings who’s mission it is to teach these matters mankind. These Beings range from highly advanced Spiritual intelligences of the inner spheres of life, to great Masters, often ascended human beings who have from time to time have incarnated on Earth in order to teach mankind the Universal truths and direction required for every human being to fulfil their ultimate destiny as immortal Spiritual beings travelling the sacred path back to our prime Creator, to God.

These ageless teachings, knowledge and wisdoms have been taught to many students and teachers over the ages, who’s sacred task it has been in turn to bring these eternal truths and realities to the human race, that true purpose and destiny might be fulfilled. Many such students and teachers have remained in relative obscurity, steadily teaching those who would understand and in turn influence others, in such places and in such ways as to avoid the persecution.

Some of the greatest of these teachers did become very well-known and performed an invaluable service to humanity, alas

however over the millennia these teachings have often been drastically distorted and misunderstood, and in some cases even became the basis for orthodox, dogmatic religions. Fortunately however the truth is both one and eternal, and over the course of thousands of years has survived in cultures throughout the world where it still lives on today, ready to finally reach a much wider section of the human race, ultimately resulting in a global expansion of Consciousness where true purpose and destiny will be an integral aspect of the lives of everyone.

Following is a comparison of some of the better known and more widely available sources of wisdom and knowledge originating from a diverse range of Eastern and Western cultures. These comparisons will surely highlight the profound consistency of their respective teachings, which in turn are now being substantiated in the field of modern quantum physics.

Chapter 2: Definition of God

Before reviewing the wisdoms of the world the word “God” needs to be defined. During the course of this book the word “God” will be used frequently. It is most important to note from the very outset however that in using the word “God” we are not in any way referring to the deity as personified and worshipped by many orthodox religions such as Christianity.

The Universal God has numerous names in accordance with individual cultures and the way Universal truths are taught to followers. God has been frequently over the ages, and indeed today most appropriately referred to as; The Universe, The Source, The First Cause, The Ether, The Akasha, The One, The All, Spirit, The Great Spirit, The Prime Creator, and by many other names. Again, this is the Universal aspect of God Who exists, has always existed and always will exist beyond the temporal confines of space and time, the same God of which we are all integral aspects each having our own existence in the Mind of God as individuated, immortal, Spiritual beings, the very same God who is in every single one of us and we in God.

Throughout this book I will principally refer to “God “ by three different names:

The Source: Everything in the Universe, all Energy, vibration and life flows from The Source. Everything in the Universe is an integral aspect of, and an expression of The Source. Nothing can exist outside of, or separate to The Source. The Source is at once omnipotent, omniscient, and omnipresent. The Source is everything that Is.

The First Cause: The Source Energy is the First Cause of everything in the Universe. Everything in the Universe was and still is being created by The First Cause. It was The First Cause that brought the entire Universe into Being within The Infinite Mind of The Source. The Source is The First Cause, the Primary Creator in

the Universe, The Macrocosm. We human beings, as expressions of The First Cause, made in the true Spiritual Image of The First Cause are co-creators within the Universe, we are therefore secondary creators or causes within our local Universe, the Microcosm, realities we create with the power of our Minds just as The First Cause creates the ultimate reality within the infinite Mind of The First Cause.

God: God is The Source and The First Cause. God is a name that, although subject over the ages to creed and dogma and often even personified in a human form, is nevertheless a name that almost everyone in the world can relate to as the Supreme Being in the Universe, and is therefore a name that is entirely appropriate in that context, in a Universal, non dogmatic form.

Chapter 3: Hinduism

For many thousands of years the far-East has been a very rich source of Universal practice, wisdom and knowledge, especially within the countries and cultures of India, China and Tibet, which have given rise to many philosophies and pseudo-religions including Buddhism, Hinduism, and Taoism. There are also many variations and sub-traditions within these main traditions, the overall message however remaining totally consistent throughout.

Hinduism is one of the worlds oldest religions if indeed can be properly called a religion. Indeed, Hinduism cannot even be correctly referred to as a single philosophy, encompassing as it does a very wide diversity comprising numerous different social and pseudo-religious philosophies, cults and sects, although all ultimately originating from a common origin. These in turn involve equally numerous, diverse and colourful rituals, ceremonies and Spiritual practices. Hinduism has three main names; “Sanatana Dharma”, meaning “eternal religion”, “Vaidika Dharma” meaning “religion of the Vedas” and of course “Hindu” itself, the absolute origin of which is not precisely known.

One theory as to the origin of the name “Hindu” is a derivation from an ancient inscription that has been translated as meaning: the country lying between the Himalayan mountain and Bindu Sarovara, known as Hindusthan by combination of the first letter 'Hi' of 'Himalaya' and the last compound letter “ndu” of the word “Bindu”. Bindu Sarovara is called the Cape Comorin sea in modern times. The origins of Hinduism trace back to the Indus Valley civilisation dated at between 4000 and 2200 BCE Note: “BCE” is an acronym for “Before the Common Era”, previously known as “BC” or “before Christ”.

Among the most sacred of all Hindu texts are the “Vedas”, the Rig Veda, Sama Veda, Yajur Veda and Atharva Veda. Rig Veda, also known as Rigveda is the oldest work, having been originally

composed around 1500 BCE and written around 600 BCE. The Vedas contain hymns, incantations and rituals from ancient India.

Another group of important primary texts are the Upanishads. These are a continuation of the Vedic philosophy and were written between 800 and 400 BCE. The Upanishads expand upon how the Soul, Atman, can be united with the ultimate truth, Brahman, through contemplation and meditation as well as through the law of karma.

The Mahabharata were written around 540 to 300 BCE and have been attributed to the sage Vyasa. They record "the legends of the Bharatas", one of the Aryan tribal groups. Another very important and well-known work is the Bhagavad Gita, which is the sixth book of the Mahabharata. The "Gita" is a long and highly colourful poem describing a conversation between the warrior Arjuna and the God Krishna. It is an ancient text that has become central to Hinduism and other belief systems.

Another important text is the Ramayana, a love story with moral and Spiritual themes. The Ramayana is dated to the first century CE and has been attributed to the poet Valmiki. Other important texts in the Hindu culture include the Brahmanas, the Sutras, and the Aranyakas.

Although Hinduism contains many different variations and practices according to its various component traditions and regions, there are nevertheless very important Spiritual principles central to Hinduism and its various levels of teachings. These principles are encompassed by a collection of works known as the "Vedas" which were written by a number of ancient sages known as "Vedic seers".

There are four separate Vedas, the oldest of which is the "Rig Veda". The Vedas are written in ancient Sanskrit, the sacred language of India, and are considered to be the very highest source of religious authority for most branches of Hinduism. The Vedas comprise several sections composed between 1500 BCE and 500

BCE. The most ancient components of the Vedas consist of sacred hymns and prayers. Later additions to the Vedas include rituals associated with Vedic hymns and the final part is the Upanishads which have formed the most important basis of the Spiritual aspect of Hinduism and in particular of the Hindu concepts of Universal reality.

Most Hindus learned their traditions through a wide variety of stories and plays which served to teach them the very basis of what they need to know about the Universe and the nature and destiny of themselves in an entertaining, enjoyable and understandable way. Some of these stories and plays are massive epics still forming the basis of Hindu teachings for the majority today. The Bhagavad Gita is one of these, which as mentioned previously, is based around an exchange between the Hindu God Krishna and the warrior “Arjuna”, and is depicted by an elaborate and colourful story, ultimately describing the battle of human nature and his battle for enlightenment, the truth.

The basis for the teachings of Krishna is ultimately identical to that of similar teachings from around the world, and is completely in accordance and agreement with Universal knowledge and wisdom of the ages as taught by almost all world traditions, and ultimately with the principles of quantum physics. Krishna teaches that everything around us and everything happening around us are actually all manifestations of the same one and only ultimate reality.

In Hinduism this ultimate reality is called “Brahman” and is exactly the same as “The One”, “The All”, Spirit, “everything that is”, and in the West might be regarded as the true definition of “God”. Brahman, Universal Consciousness, considered to be the ultimate reality, is infinite, exists beyond the five physical senses and is incomprehensible.

Most ancient wisdoms of the world teach that human beings are “God” in the microcosm, immortal Spirits “made” in the “true image of God”. Hinduism teaches the same principle in the form of

"Atman" which is equivalent to the human Soul. The Hindu culture teaches Atman and Brahman, the individual reality and the ultimate reality are one. This once again completely affirms ultimate reality as known and recognised by many other sources of the wisdom and knowledge of the ages which teaches the microcosm, human beings, and the Macrocosm, "God" are one, and everything in the entire Universe is an inseparable aspect of everything else; there is no separateness.

The Upanishads affirm this most succinctly thus:

"*That which is the finest essence – this whole world has that as its Soul. That is reality. That is Atman. That art though*".

These truths are taught to the masses of followers of the Hindu traditions in the form of elaborate stories and plays in which Brahman is a great magician who uses his magical powers to transform himself into the world. In the Rig Veda this is the original meaning of "maya". Maya does not simply imply "illusion" as is commonly believed and often stated, but rather in this context means "power" and "might". Hinduism therefore views the world as an ever changing and fluid manifestation of the powerful magic of Brahman, where nothing ever stands still and everything is in a constant state of motion; this is the real meaning of "maya". This is also exactly the same as the Universal principle of "rhythm" as taught within the ancient wisdom of the West and which we will discuss in more depth later in this book.

Another aspect of Brahman is "karma" which literally means "action" which is also an aspect of the important principle taught by the wisdom of the West; that of "Cause and Effect". These both teach the truth that the entire Universe is always in a constant state of movement and action, and everything in the Universe is dynamically and eternally connected with everything else. Karma, in accordance with the Hindu teachings, represents the ultimate force of creation, The Source of all life. The concept and definition of karma has also been associated with a more fundamental

meaning which is widely applied at a personal level; specifically the accumulation and equilibration of good and bad, or positive and negative actions in life, which actions can carry over into multiple lives.

This sort of reduction of meaning also applies to “maya” which again has been reduced from its original Universal meaning as applies to the Macrocosm, to the more personal level of the microcosm. When taken together, maya and karma teach that while people usually perceive themselves and everything else in the Universe as being totally separate from themselves, accordingly causing people to behave independently of each other rather than being as one with everything, people will always be subject to, and be bound by the causes and effects of karma and reincarnation. Only when people finally realise complete unity with the Universe in all of its aspects, and to live in total harmony with Universe and thereby never being the cause of bad effects, can people be freed from the bonds of karma, and ultimately the cycle of reincarnation.

The Bhagavad Gita states the truism of the incorrect view of most people relative to the Universe in the following statement:

“A*ll actions take place in time by the interweaving of the forces of nature, but the man lost in self-delusion thinks that he himself is the actor. But the man who knows the relation between the forces of Nature and actions, sees how some forces of Nature work upon other forces of nature and becomes not their slave*”.

This is a profound statement indeed, quite simply meaning that all mankind is an integral part of nature, of the Universe, of The All, of God, and accordingly must always strive to work in perfect harmony with the Universe as an integral and inseparable aspect. This is as opposed to working against the Universe by perceiving a state of separateness, thereby perceiving the Universe as an adversary only to be conquered for selfish, material, egocentric purposes.

The importance of these lessons are such that only those who realise and know beyond all doubt that the Universe, The All, God, Brahman within exists beyond the five physical senses, and accordingly lives in total selfless harmony with the Universe thus realising Spirit within, can realise true personal peace and harmony while journeying the sacred path back to our Divine creator, The First Cause, God.

There are many paths leading back to our God. The Universe and therefore God does not formally recognise any particular religion, methods or concepts, but rather always operates in complete, immutable, perfect harmony in accordance with teachings of Hinduism and other Eastern cultures, as well as, as we will see later, with those taught by the ancient knowledge of the West.

The principle of Cause and Effect is particularly apparent in true individual progress; each effect achieved in the direction of true progress along the path being directly related to a preceding cause as to how the preceding progress was achieved. Ultimately all requirements for progress are the same, only the methodology and individual approach differs according to the teachings of the particular tradition or individual Spiritual path being followed.

Many Hindu's still approach Brahman by means of the mediation of a large number of separate individual deities all serving to provide followers with a point of focus, inspiration and understanding. The most popular such deities through which Hindu's approach Brahman are Shiva, Vishnu and the Divine Mother. It can be noted that this approach to the Divine is very similar indeed to the various pagan traditions of the western world where numerous deities in for example Roman, Greek and Celtic pantheons are all ultimately considered to be equal aspects of "The One", and therefore of the Universe. Also, particularly in pagan traditions, "The One" is approached through the mediation of both male deities and female deities, all of which are ultimately considered to be both the male and female aspects of The One, of God.

This is in stark contrast indeed to the popular dogmatic orthodox religions of the West that erroneously consider a single deity, usually known as “God”, to be totally separate, above and beyond everything and everyone else.

Both The Hindu and pagan approaches to God or Brahman fully agree with the principle of gender in accordance with the teachings of the ancient wisdom of the West as we will see later in this section. Hindu deities are not considered to be separate from The All as is the case with the Christian God for example, but are rather all considered to be equal and integral aspects of the one Universal Divinity known as Brahman.

Shiva is one of the oldest of the Hindu Gods and is seen by his followers in many different and diverse forms, each of which ultimately represents a different aspect of the ultimate Divinity of Brahman. When Shiva appears as the fullest aspect of the Divinity of Brahman he is known as “Mahesvara” or “the Great Lord”. One of the most celebrated aspects of Shiva is his appearance in the form of the “Cosmic Dancer” known as “Nataraja”, who is the God of creation and destruction through his dance as the eternal rhythm of the Universe. This once again can be likened to the teaching of the Universal principle of rhythm of the ancient Western Universal knowledge. It is apparent therefore the deities of the Hindu tradition, as followed by millions of people, are at the final analysis quite simply another means of teaching the immutable principles of the Universe through artistic rather than intellectual or philosophical means. The absolute meanings and importance of both methods of teaching are identical therefore, and only vary in accordance with each tradition.

Hinduism additionally has a strong philosophical and intellectual approach to Universal truths and realities, most notably through a Spiritual tradition known as “Vedanta”, which is based upon the “Upanishads”. Vedanta is one of the world’s oldest religious philosophies and also one of the broadest. Vedanta is based upon the “Vedas” which are the sacred scriptures of India, affirming the

oneness of all existence, the Divinity of the Soul and harmony of everything in existence in the Universe. Although Vedanta is the philosophical school of Hinduism, it is Universal in its application and is equally relevant to all countries, cultures and backgrounds. The word “Vedanta” is a combination of two words, “Veda” meaning knowledge and “anta” which means “the objective of”. In this context Vedanta is not, in and of itself a search for knowledge in absolute terms, but is rather the search for self-realisation, and therefore ultimately of Brahman. Brahman according to Vedanta is the infinite existence, the infinite Consciousness and the infinite bliss, which is exactly the same principle as the Mental Universe of the teachings of the ancient wisdom of the Western world.

The term given to this impersonal transcendent reality in accordance with Vedanta is again Brahman, the very same Brahman therefore as is approached by most Hindus through the mediation and form of deities such as Shiva, Vishnu and the Divine Mother. An extremely important aspect of Vedanta is the truth that Brahman dwells in the hearts of people as the Divine self, or “Atman”, the ultimate reality being Atman and Brahman are one. Atman is the human Spirit, was never born, will never die, and is therefore immortal.

In western terms, Spirit, or Atman, was created in the true image of God, Brahman. Atman in His/Her purest form is not subject to any human failings or of the fluctuations of the body or Mind, or is subject to grief, despair or ignorance. Atman at the purest is free from all limitations. The ultimate objective therefore for all paths in accordance with Vedanta, and indeed Universally, is to fully realise Atman within as Brahman.

Vedanta most importantly also teaches that the only objective of all human life as manifested in the physical world is to realise and therefore manifest Divinity in accordance with the reality that the true nature of all human beings is Divine, and realisation of the Divine, Brahman is our birthright. This again is totally in accordance with the teachings of the age-old traditions of both the East and the

West which teach that sooner or later every single person, after many lives and subsequent progress through the inner spheres of reality will ultimately manifest Divinity, for the greatest truth in the Universe is the Divine nature of man.
Vedanta also teaches there is ultimately only one truth, and ultimately all religions, philosophies and traditions are indeed related to each other, all teaching the true nature of the ultimate reality. Many thousands of years ago, long before the days of the beginnings of Christianity, the Rig Veda stated an extremely profound reality; "*Truth is one, sages call it by various names*".

The unity of all Universal existence is one of the central themes of Vedanta, and like most world Spiritual traditions have for many thousand of years taught exactly the same realities in different ways according to the cultures and peoples. The Vedanta says that the Divinity at the very core of our Being is the very same Divinity that illumines the sun, the moon and the stars.

There is no place in the Universe where we as human beings, infinite in nature, do not exist. In accordance with the teachings of Vedanta, and indeed all true Spiritual traditions, oneness quite literally means oneness with everything and everyone, from the very smallest atom, molecule and sub-atomic particle to the quantum level, through micro-organisms, through all animal life and through all human beings, no matter how much the ego might think they might despise another person or life form.

This is the epitome of Unconditional Love, which quite literally is truly "unconditional". The self within you, Atman, is exactly the same Self within everyone and everything else, no matter whether the "you" happens to be a Saint, a dog, a fly, a tree or a co-worker who the ego might find to be particularly irritating or obnoxious. As affirmed by Isha Upanishad, "*The self is everywhere*. *Whoever sees all beings in the Self, and the Self in all Beings hates none. For one who sees oneness everywhere, how can there be delusion or grief?*". These are indeed most profound words, and ones which

equally apply to every human being as immortal, Divine inseparable aspects of God, “made” in the “true image of God”.

These same truths have always been taught down through the ages, throughout both the East and the West. Vedanta goes on to teach the profound truth that all fear and misery arises from the sense of separation from the Universe. “*There is fear from the second*” stated the Brihadaranyaka Upanishad. The second refers to “duality” which is the sense of separation from the rest of creation, but which is always a misperception since it implies something exists other than Brahman.

There can be and is no other. The Self is the essence of the Universe, the essence of all Souls as is aptly affirmed by the Upanishads thus: *“You are at one with the Universe. He who says he is different from others, even by a hairs breadth, immediately becomes miserable. Happiness belongs to him who knows this oneness, who knows he is one with the Universe.”*

Hinduism is an ancient and very diverse culture approached by honouring many different deities by means of song, dance and ritual, and by the philosophy of the Vedanta; ultimate Universal reality in the form of Brahman and the reality of the personal Soul in the form of Atman. All Hindu traditions teach the same ultimate reality; Atman and Brahman, God and the human Soul and Spirit are one.

Chapter 4: Taoism

Tao is another great culture of the Orient, based around the nature and destiny of mankind and of the Universe. Taoism teaches its followers how to progress in life, and evolve as immortal aspects of the Divine. Taoism fundamentally teaches, as with other ancient wisdoms the world, that there is an ultimate reality, the basis for everything and everyone in the Universe. The Tao can be approximately translated as meaning “the path” or “the way”, and refers specifically to a power enveloping, surrounding and flowing through all things, living and non-living alike. The Tao regulates natural processes, nourishing balance in the Universe, and embodies the harmony of opposites.

The founder of Taoism is believed to have been Lao-Tse, 604-531 BCE, a contemporary of Confucius. Lao-Tse was searching for a way to end the constant tribal warfare and disharmony prevalent at the time.

Taoism, along with Confucianism and Buddhism, became one of the three main traditions of China. With the end of the Ch’ing dynasty in 1911, official state support for Taiosm came to an end and much of the Tao heritage was destroyed. When the communists came to power in China in 1949, religious freedom of all types was severely curtailed. The communist government was particularly hard on Taoism, putting Tao monks to manual labour, confiscating ancient temples, and plundering the Tao heritage.

Several million Taoist monks were reduced to a number of around fifty thousand by 1960. During the cultural revolution of 1966 to 1976, much of the remaining Taoist heritage was destroyed by the communist government. This was in total a typical example of a government who would deny the truth of life and the Universe to its own people for no other reason than self-interests and control. Later Deng Xiao-Ping did restore some leniency towards Taosim and other ancient traditions.

Throughout the world Taosim currently has around twenty million followers, and has had, and continues to have a very significant impact on the culture of North America, particularly in the areas of acupuncture, herbalism, holistic medicine, meditation and the martial arts.

After the decimation of the ancient Tao culture by the communist government of China, Taoism is now making a large and increasing comeback at a time when it is becoming particularly important once again, not only to the people of China but also to many other countries throughout the world. Like other ancient traditions of the East and West Taoism is an extremely important source of wisdom, knowledge and teachings which ultimately no tyranny or suppression can destroy or withhold. The truth must and will always prevail, always being available to mankind, and like other sources of truth and wisdom Tao survived and will continue to survive and become stronger once again.

Taoism teaches that Tao is the First Cause of the Universe. Consistent with all teachings of the ancient knowledge of the East and the West, it is the ultimate and most sacred objective of the followers of Taoism to become one with the Tao. A very well-known Taoist symbol is “Yin-Yang” which represents the balance of the opposites in the Universe. When Yin and Yang are equal and balanced, all is calm and harmonious. When either Yin or Yang becomes dominant then confusion and disarray are the inevitable result. Yin-Yang can be considered to be the same as the principle of gender as taught by the wisdom of the West as we will see later. Yin represents the aspects of the feminine, being soft, cool, calm, introspective and healing, Yang representing the aspects of the masculine being hard, hot, energetic, moving and sometimes aggressive. However, as nothing in nature is completely positive or negative, the Yin-Yang symbol recognises this reality by including a small black spot in the white swirl and a corresponding white spot in the black swirl of the symbol. Yin and Yang are ultimately considered to the opposing forces for nature in which humans can involve themselves, and in so doing upset the balance of nature, a

principle including every aspect of nature from the individual human being, the microcosm, to the entire Universe, the Macrocosm.

Huai Nan Tzu, a philosopher of around the second century BCE said:

"*He who conforms to the course of the Tao, following the natural processes of Heaven and Earth, finds it easy to manage the whole world*".

These are certainly profound words indeed, and a reality of which everyone should endeavour to fully understand the significance. It literally means "going with the flow" of life rather than striving to oppose it.

Most people today tend to force their life in the direction their ego, conscious and subconscious Minds insist it should go. This in turn creates ongoing imbalances in the Universe that can escalate until the life of people who approach life in this way will be severely and negatively impacted.

The entire Universe, from the very highest down to the physical world of matter is in a perpetual state of harmony and balance; anyone affecting that inherent harmony and balance will be surely subject to the Universal principle of Cause and Effect whereby personal harmony will become unbalanced; these issues will be discussed in much more detail later in this book.

Living for the present moment, going with the flow of life, is often known as "going with the Tao". Being in complete harmony with the Universe means in turn enjoying a harmonious life. It becomes easier to manifest anything you need into your life by always living in the present moment, and with the natural and immutable flow of the Universe, the Tao.

Chapter 5: Buddhism

Buddhism has become widespread throughout many Asian countries including India, China, Tibet, Nepal, Korea, Japan and Sri Lanka, as well as many countries in the western world where there is an increasing Buddhist following. There are currently approximately three hundred million people following the Buddhist tradition in its various forms.

The title “Buddha” derives from the word “budhi” which means “ to awaken”. The “awakening” to which this refers is a Spiritual awakening whereby practitioners seek enlightenment, the “Buddha within”, which is analogous to discovering the truth that the Universe, God is within everyone. The person who became known as the Buddha, Siddartha Gautama, achieved full awakening or enlightenment at the age of thirty five years old.

As with many enlightened traditions Buddhism transcends the title of a mere religion, not being dogmatic or orthodox in its teachings and with no rigid doctrines. Like Hinduism, Buddhism is more of a philosophy and indeed a way of life to the many of the hundreds of thousands of people practicing it today. Philosophy means “love of wisdom”, and the Buddhist philosophy broadly embraces the need to live a moral life, to be Mindful and aware of all thoughts and actions at all times and to develop Universal wisdom and understanding.

Notwithstanding being born into a royal family with all the wealth he could possibly need, Siddartha Gautama realised himself at the age of twenty nine years that wealth and luxury did not guarantee, and was not a route to ultimate happiness. After several years of dedicated searching and meditation Siddartha Gautama finally discovered the middle path and was enlightened, after which he devoted the remainder of his life to teaching the principles of Buddhism, known as the “Dhamma” or “truth”, until his death at the age of eighty.

Although there are many variations and traditions of Buddhism, the central focus is always to teach the word of real truth. Buddhism is based upon four noble truths and the eightfold path. The four noble truths may be summarised as follows:

The first noble truth: teaches that to most people life is suffering, including pain, disease and untimely death. Suffering also includes loneliness, fear, frustration, disappointment and anger. Buddhism teaches how all of these problems are due to the way people live, and how to avoid them.

The second noble truth: states that suffering is due to craving and aversion. It teaches that people will suffer if they expect others to conform to their expectations. This noble truth also teaches that wanting deprives people of contentment and happiness due to always striving for more and more material gain and possessions over others. A lifetime of craving and wanting, especially the craving to want to continue to exist in the current physical body, creates a powerful Energy in which people become trapped, and ultimately the result after passing is to be reborn once again in order to learn the lessons failed to be learned in the previous life.

The third noble truth: states that suffering can be overcome and happiness attained. This noble truth teaches the reality that if all useless craving and desires are set aside, and each day is lived one at a time not dwelling on the past or an imagined future, then you will be set free and attain happiness and contentment providing at the same for more time to help others. This is a condition known as “Nirvana”.

The fourth noble truth: states that the “Eightfold Path” is the path that leads to the end of suffering.

The Noble Eightfold Path consists of eight principles that may be summarised as follows:

First: “Samma-Ditthi”: complete or perfect vision. The vision of the true nature of reality and the path of transformation.

Second: “Samma-Sankappa”: perfected emotion or aspiration. This is to maintain rightful thinking and attitude, liberating emotionality and acting from love or compassion.

Third: “Samma-Vaca”: perfected or whole speech. Clear, truthful, uplifting and non-harmful communication.

Fourth: Samma-Kammanta: integral action. An ethical foundation for life based upon the principle of non-exploitation of self or others.

Fifth: “Samma-Ajiva”: proper livelihood. Based upon correct action and ethical principles of non-exploitation. This is the basis for the ideal society.

Sixth: “Samma-Vayama”: complete or full effort, Energy or vitality. Consciously directing life Energy to the transformative path of creative and healing action, thus fostering wholeness. This is conscious evolution.

Seventh: “Samma-Sati”: complete or thorough awareness, also called “right Mindfulness”. Levels of awareness and Mindfulness of everything, oneself, feelings, thought, people and reality.

Eighth: “Samma-Samhadi”: full, integral holistic “oneness” with The Source or The All. This includes concentration, meditation, and single pointedness of Mind, and the progressive establishment of the whole being into the many levels of conscious awareness. Note, the word “Samma” means whole, perfect, integral complete, thorough.

The importance of the four noble truths and the eightfold path simply cannot be under-estimated, not only for those practicing Buddhism but indeed for anyone who genuinely desires to make true progress during this life, future lives, and most importantly

within the inner spheres of reality, our true home as immortal Spiritual beings on the path back to our Creator, The Source, God. In other cultures and traditions these principles might have different names and be taught in different ways, but all ultimately lead in the same direction towards ennoblement, realisation of true Spiritual nature and ongoing progress in the Light on the path back to God.

Although Buddhism is more of a philosophy than a religion, its ultimate objective is to teach the way to enlightenment, a full realisation of self and of the whole Universe, “everything that is”. The four noble truths and eightfold path are the ways the Buddha put forward to achieve this based upon his own years of strenuous and arduous efforts, finally achieving his ultimate objective which now forms the basis of Buddhism throughout the world.

In addition to the teaching and realisation of enlightenment through the four noble truths and eightfold path, Buddhism also fully recognises the “holistic” nature of the Universe being to all intents and purposes identical to that recognised and taught by the wisdom and traditions of the West, and indeed also of modern quantum physics. Buddhism teaches the “wholeness” of everything in the Universe including all life, and the methods by which to become as one with the wholeness. This is the ultimate aim of enlightenment; once enlightenment has been achieved there are no longer any doubts whatsoever as to the true nature of the Universe or of true purpose, and the ultimate reality and destiny of all mankind.

The Buddhist is acutely aware of the existence and nature of karma and of the continuous cycle of birth and re-birth known as “reincarnation”, all of which are discussed in more depth later in this book. It will become the life’s work of a Buddhist to transcend both karma and the cycle of reincarnation.

By comparison with the wisdoms of the West and of Hinduism, and indeed quantum physics, Buddhism does not endeavour to teach the very nature of the Universe in depth or at a philosophical level, these are instead taken for granted as truisms to be ultimately to be

discovered by those who achieve “Buddahood”, and therefore left to the dedicated follower of the Buddhist tradition to discover for himself by way of enlightenment or “Nirvana”.

Buddhism does however teach three important Universal characteristics, namely the characteristics of impermanence (Anitya), of suffering (Dhukha), and “not-self” (Anatama), which are taught as always present in, or are connected to existence, and hence teach of the true nature of all existence.

Like the wisdom of the ages of both West and the East, Buddhists fully recognise Unconditional Love as the most powerful force in the Universe, and accordingly, unconditional compassion and love for everything and everyone, known as “metta or “loving kindness”, are fundamental tenets of Buddhism.

Chapter 6: The Wisdom of the West

Over the millennia there have been many very great teachers of the wisdom and knowledge of the Universe, and of the true purpose and destiny of mankind, some of whom have remained in relative obscurity and others who became very widely known, some even becoming legendary or the basis of major, orthodox world religions. It was never the intention of course of these great teachers to become the focal point of such dogmatic, orthodox religions, or to be responsible for the indoctrination of millions of people, but rather to be the messengers of pure Universal truth and knowledge. Indeed it is a most unfortunate yet true fact that the creation of certain religions and their associated creeds and dogmas have resulted in exactly the opposite of the intentions of the great Masters and teachers of the past.

Universal knowledge has been available since long before the beginnings of the great world civilisations of the Middle East, and elsewhere. The knowledge was known to most ancient civilisations of the world, which for the most part are no longer visible due to apparent environmental cataclysms or the actions of man. These in turn provided future civilisations with the sacred knowledge, that mankind should continue to fulfil its true destiny.

It is generally recognised that the seat of the ancient knowledge and wisdom in the western world, the Occident, was set in ancient Egypt long, long ago; long before even before the first pyramids were constructed. The greatest of all teachers of the time, and in the opinion of many ever since, was a man known as Hermes Trismegistus who dwelt in ancient Egypt many thousands of years ago; thousands of years before Christianity and the other modern world religions ever came into being. Hermes was widely known and respected as the “Master of Masters” and the teacher of teachers such was his influence and greatness. People came from all over the world, from both the West and the East to learn Universal truths, knowledge and wisdom directly from Hermes

himself, and accordingly much of the ancient wisdom of both the East and the West originated directly from this great man.

The life work of Hermes seems to have been dedicated to the sowing of the seeds of truth regarding the true nature of the Universe and of mankind, that they might grow, flourish and multiply over the coming millennia, handed down from generation to generation of teachers and students.

As decades, centuries and millennia passed, the words, wisdom and teachings of Hermes and other great Masters were kept alive throughout the western world by word of mouth and writings which were kept safe from those who would seek to destroy the truth.

Hermes was later deified and became known as “Thoth”; Hermes himself being considered the messenger of the Gods carrying his vital messages to humanity. Hermes when depicted as a God is pictured with wings attached to the sides of his helmet.

Also at around the same time there were other contemporary great and ancient civilisations possessing the true knowledge, and which were almost certainly in direct and frequent communication with the civilisations of ancient Egypt. These ancient, and in many ways advanced civilisations were lost to the visible world many thousand of years ago, although some evidence still remains as to their former existence today, much more evidence will almost certainly be discovered in the future.

During the years of Hermes the wisdom and knowledge of the Universe, and of the Spiritual nature and destiny of mankind was taught far and wide, having a most profound influence on many diverse civilisations and cultures of the time. And so it was until thousands of years later that the advent of orthodox religions sought to destroy those who were in possession of true knowledge so vital to humanity. They did not succeed, however there followed many dark centuries where the creed, dogma and oppression of orthodox religions became prevalent, and the ancient wisdom was

closely guarded and kept safe by the few until such time came once again for it to be made available for the benefit of mankind.

Of course, Hermes Trismegistus was by no means the only teacher of Universal knowledge over the millennia. Other great civilisations of the western world before, during and after the time of Hermes were also in possession of, and taught these ancient truths. Such great civilisations existed in central and south America including the Inca, Toltec and Maya, and in the Middle East the Assyrian, Sumerian, Anatolian and Babylonian civilisations of Mesopotamia, all of whom knew or were taught the ancient wisdom and knowledge still existing today.

Among other, and now lost and legendary civilisations who were in possession of, and could apparently apply Universal knowledge to great effect, include the lost legendary continent of Atlantis, evidence of which is now beginning to emerge from the Atlantic Ocean in various forms, and Lemuria, also known as Mu, which was widely thought to have existed in the area of the Pacific Ocean around Easter Island, the home of the famous giant statues.

Many firmly believe the Atlanteans were in direct contact with the ancient civilisations of both the Americas and the Middle East, and indeed in support of this, artefacts including ancient writings in the form of glyphs have been found which link all of these great ancient civilisations together. Both Atlantis and Lemuria were thought to have been destroyed by major global cataclysms causing them to very suddenly sink beneath the ocean; many believe this is the basis for the Old Testament account of the great flood.

It is highly probable that evidence of these ancient and long lost civilisations will soon be discovered in abundance, at which time considerably more will be known of their cultures and links to ancient Egypt and other ancient civilisations of the world. Many ancient teachings from a diverse range of western sources have thankfully survived to this day, having been closely guarded, maintained and taught over the millennia, and are now being taught

more widely as the influence and power of the orthodox churches diminishes.

All known knowledge and wisdom of the West is understandably totally consistent, and is epitomised by the legacy and teachings originating in ancient Egypt at the time of Hermes Trismegistus. All of the knowledge and wisdom handed down throughout the ages is totally applicable to everything known about the nature of the Universe in all of its spheres of life and reality, and which fully explains everything taken for granted during everyday life, and also those things which most people either regard as miracles, supernatural, paranormal, occult or mystical, as well as many other “phenomena” which most people are simply not yet aware of.

According to the ancient teachings of the West, the Occident, the true nature of the Universe is described by seven fundamental principles by which everything in the Universe functions and can therefore be explained; these are the principles of Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect and Gender. All of these principles at their most complex are highly involved, and would require an entire book to discuss and analyse in detail. However, the fundamental characteristics of each of these principles and their profound importance to everyone and everything within the entire Universe can be summarised in the following seven chapters on these important Universal principles.

Chapter 7: The Principle of Mentalism

This principle embodies the reality that the entire Universe is an infinite living Mind and Consciousness of which everything and everyone is integral aspect and has there Being. Everything in the Universe in all of its dimensions or spheres therefore has its existence within the infinite living Mind, and which living Mind in turn might truly be called “God”, The First Cause, The Source Energy.

This principle fully explains and accounts for all of the “phenomena” which people regard as “miracles” or “supernatural” such as psychic powers, telepathy, telekinesis and many others. This principle of Mentalism also explains the true nature of Energy, power and matter, and why these are ultimately under the control of, and subordinate to the power of the Mind. Mentalism, infinite living Mind, explains why as humans made in the “true image of God” we can create mentally in the microcosm just as God created the entire Universe, the Macrocosm.

Chapter 8: The Principle of Correspondence

This is another extremely important Universal principle, teaching the truth that there is direct correspondence between all of the planes of reality. As we will discuss later in this book, the material world of matter is but the very lowest plane or dimension of an infinite Universe of inner, ever more subtle planes of increasing vibration, Energy and decreasing relative density.

Everything in the entire Universe without exception is subject to order, otherwise there would be chaos and the Universe would collapse in an instant. This order is prevalent between all of the great planes of life whereby anything occurring in one plane has in turn to be reflected in all planes in exactly the same degree.

The Principle of Correspondence is most aptly represented by the famous axiom “as above, so below”. The principle of correspondence is also one basis for true Magic. We should note that by “Magic” we do not mean the tricks performed by the so called stage magicians, prestidigitators, illusionists and the like, but rather Magic in its truest and highest form, the name Magic being given by the Magi themselves. In true Magic, the Magician utilises Universal laws with focus, intent and Energy in order to First Cause something to manifest in a inner sphere of reality, and which subsequently, in accordance with the principle of correspondence has in turn to manifest in the physical world in accordance with the objectives of the Magician.

This is also the exact same principle applying to manifestation by imagination including creative visualisation, to be discussed in depth later in this book.

Chapter 9: The Principle of Vibration

This is another extremely important Universal law, and one we will gain discuss in detail later in this book. The basis of this principle is that everything in the Universe is constantly in motion; nothing ever rests for a single moment. Vibration is in fact exactly the same as Energy, a fact which quantum physics is now rapidly coming to realise and accept as being the fundamental basis of the Universe.

The principle of vibration also explains the differences between all manifestations of matter, Energy, and Spirit, all of which are ultimately pure vibration, or Energy. Everything therefore from the highest aspect of God, pure Spirit, the very highest manifestation of vibration, all the way down to the world of matter are all ultimately degrees and manifestations of vibration or Energy, all within the Mind of God.

Chapter 10: The Principle of Polarity

This principle teaches the truth that everything in the Universe is dual, in other words has two poles. This principle also proves there are no absolutes in nature; for example when people refer to “hot” or “cold”, these are not absolutes, and what is actually being referred to are degrees of hotness and degrees of coldness.

There are therefore no extremes but rather only degrees of the same thing. North and South, East and West are merely degrees of direction. Similarly light and dark are only degrees of the same concept, the question being where would light begin and darkness end? The same principle applies to large and small, black and white, hard and soft, noise and quiet, high and low, positive and negative and so on.

Another example are the concepts of “love” and “hate”, which again are only degrees of the same emotion, with “like” and dislike” being within these two parameters. There can be no absolute love or absolute hate, and the concepts of these two polarities will also vary in accordance with the perceptions of different individuals; something one person might “hate” might well be “loved” by the next person. This particular example of the principle of polarity highlights the possibility for mental transmutation, also known as “Alchemy”, whereby the hate of some-thing can be transmuted to the love of the same thing with transmutation taking place along the same polar axis.

Similarly bad or negative attributes of the Soul or Spirit can be transmuted along the same axis to their corresponding good or positive attributes. The principle of polarity and therefore alchemy is therefore extremely important in the process of the ennoblement and perfection of every human being on the sacred path back to God.

Chapter 11: The Principle of Rhythm

This principle encompasses the truth that in everything there is always action and reaction taking place along the same axis of polarity. A pendulum swings from side to side, the tides of the seas ebb and flow, and on a much wider scale we witness the rise and fall of entire organisations and even nations. All of these are examples of the Universal principle of rhythm. The entire Universe and everything and everyone within it are all subject to the principle of rhythm from the very highest to the very lowest aspects.

Chapter 12: The Principle of Cause and Effect

This principle, also known as “Causation”, is another extremely important Universal law, some would say the most important and exalted law, and one affecting everyone profoundly. Causation will be discussed in much more detail later in this book.

The principle of Cause and Effect is based upon the truth that nothing in the entire Universe ever happens by chance. There can be no such concept as “chance”, everything happening resulting in an “effect”, always being associated with a preceding and directly corresponding “cause”; there are and can never be any exceptions to this principle. The vast majority of people progress through life completely oblivious to this exalted Universal law, ascribing everything happening to them to such notions as chance, luck or fortune. One of the most important aspects of Causation is karma. Karma is extremely important to everyone, and will be discussed in much more detail later in this book.

Chapter 13:The Principle of Gender

This principle embodies the truth that everything in the Universe has both masculine and feminine principles; this not only applies to humans, animals or other life where it manifests in the physical world, but to everything in creation.

The principle of gender constantly works in the direction of generation, regeneration and creation. Every male element includes an aspect of the female element, and likewise every female element contains a degree of male element; this is again is in full accordance with the laws of polarity where there can be no absolute male or absolute female, but rather only relative degrees of “maleness” and “femaleness”. Everything in the Universe manifests gender to such degrees as to render them predominantly male or female; this principle again applies to everything from the very highest aspects of the Universe to the very lowest aspects.

As we will discuss later in this book, all of these Universal principles are vitally important and integral to the harmony of the Universe in all dimensions, and are accordingly integral aspects of the most important truth which everyone should know and thoroughly understand; everyone and everything in the Universe is an equal and integral aspect of God, The All, The Source, and therefore of each other. There is no separateness in the Universe whatsoever which brings us to the most important truth of all, a truth which has been taught by all civilisations throughout the ages; the truth that every single person without exception is an immortal Spiritual being, a true son or daughter of God.

Chapter 14: The Emerald Tablet of Hermes

The Emerald Tablet of Hermes is an extremely important and very ancient text, documenting by means of an inscription on a green stone tablet the nature of the Universe, and how the Universe came into being. Although the tablet is “emerald” it is thought to actually be a green stone such as jade. The Emerald Tablet was originally thought to have been discovered by a person named “Balinas”, who subsequently wrote down the entire text as inscribed on the stone in the ancient Syriac language from which it has since been subsequently translated by several people in various different languages.

The Emerald Tablet is not only very important from the point of view of describing the process of creation and the nature of the Universe, a process that is fully supported by many other independent sources including increasingly quantum physics, but is also the basis of Alchemy which, contrary to popular belief, is not necessarily the transmutation of base metals into Gold as legend presumes, but rather refers to the ennoblement of the Soul and Spirit on the path of perfection.
Following is the 12th century Latin literal translation of the Emerald Tablet of Hermes:

“*True without falsehood, certain most certain*
What is above is like what is below, and what is below is like that which is above. To make the miracle of the one thing.
And as all things were made from the contemplation of The One, so all things were born again from one adaptation.
It’s Father is the Sun, its Mother is the Moon.
The Wind carried it in its womb, the Earth breastfed it.
It is the Father of all works of wonder in the World.
It’s power is complete.
If cast to Earth, it will separate Earth from Fire, the subtle from the gross.

With great capacity it ascends from Earth to Heaven. Again it descends to Earth, and takes back the power of the above and below.
Thus you will receive the glory of the distinctiveness of the World. All obscurity will flee from you.
This is the whole most strong strength of all strength, for it overcomes all subtle things, and penetrates all solid things.
Thus the World was created.
From this comes marvellous adaptations of which this is the procedure.
Therefore I am called Hermes Thrice Crowned, because I have three parts of the wisdom of the whole World.
And complete is what I had to say about the work of the Sun.

These are most profound and important words, which, although written with highly symbolic meaning can be explained as follows:

"*True without falsehood, certain most certain"*:

The text of the Emerald Tablet starts by affirming that everything that follows is Universally true and accurate, and applies to "everything that is" without any exception.

"*What is above is like what is below, and what is below is like that which is above. To make the miracle of the one thing":*

This statement affirms the entire Universe in all spheres of reality is not separate in any way whatsoever, but is rather a continuum from the very highest aspect of "The One", "The Source", the "First Cause", down to the physical world of matter. This phrase also affirms the continuum of the Universe is equally effective and integral in all directions, above and below, below and above, all working in complete harmony as an inseparable aspect of the whole. This is in accordance with the Universal Law of Correspondence. The word "miracle" does not mean miracle in absolute terms, but rather working in complete harmony with the Universe, the results of which might well seem like miracles at

times, but rather are in absolute terms the application and workings of immutable Universal laws.

"*And as all things were made from the contemplation of The One, so all things were born again from one adaptation."*

This again is a most important statement affirming the entire Universe is a "Mind world" from which everything originated, and is held entirely within the infinite Mind of "The One", of God. It also affirms the entire Universe was created by the contemplation, or meditation of "The One", and is therefore a projection of, and contained entirely within the Mind of "The One".

This statement also confirms therefore everything in the Universe is an integral aspect of everything else in the Universe and therefore of "The One", all mirroring the power of, and following the power of "The One" by adaptation of the process of following "The One".

"*It's Father is the Sun, its Mother is the Moon."*

This is analogous to the creative process whereby the sperm of the father seeks the egg of the mother, the constant cycles of the Sun and the Moon representing the rhythm of the Universe and infinite creation.

"*The Wind carried it in its womb, the Earth breastfed it*":

In this statement, "wind" is analogous to the Universal as opposed to the physical element of Air, which is the mediator of the Universal elements of Fire and Water. Wind or Air as a mediation of Fire and Water therefore represents the forces involved behind the process of creation, ultimately resulting in the final Universal element of Earth in the creation process; Earth representing solidification. Earth nourishes the creation thereby providing for independent form and existence as can be clearly witnessed by the presence of the physical world of matter.

"*It is the Father of all works of wonder in the World"*:

Father represents the Prime Creator, The One, The All, the First Cause, the Quintessence of the four elements of Fire, Air, Water and Earth, the Ether, often known as "God" from Whom the aforementioned processes originated.

It is particularly important to note this statement also confirms the creative process was carried out by "The One" as an act of full, ultimate, infinite Consciousness awareness within the Mind of The One, within which all the Universe exists as infinite living Mind and Consciousness.

"It's power is complete. If cast to Earth, it will separate Earth from Fire, the subtle from the gross":

This affirms the power of Consciousness of The One is absolutely complete in every aspect. It goes on to say the forces involved, Fire, Air, Water and Earth which originally acted in a "downwards" manner thus creating the Universe in all of its spheres commencing from the highest aspect of The One, eventually reach the lowest levels, the physical world of matter whereupon there is a reversal of the forces involved back once again towards The One. This results in a separation of force from form, thus leaving in place the physical aspect of the Universe in the form of solidification, whereby the Fire of creation is separated from the solidification of the Earth, thereby separating the "subtle", the inner worlds, the Astral and Mental planes from the "gross", the physical Universe of matter so familiar to everyone.

It should also be noted that while the Emerald Tablet and sources generally talk in terms of "higher" and "lower", The Source, The First Cause, God is at the very centre of all creation, the innermost Source of Energy, while the physical space-time bound reality, the material Universe is the outermost Energy level forming the "epidermis" of the Universe.

"*With great capacity it ascends from Earth to Heaven. Again it descends to Earth, and takes back the power of the above and below.*"

This tells us that conscious awareness of The One releases itself from the solid aspect of Earth, the physical Universe, and returns upwards once again through the continuum of vibration, Energy, back towards the highest aspect of The One, The Source, sometimes known as the "Godhead" from whence it originated.

As this process occurs, Consciousness brings with it the experience of "capacity" or "wisdom". This is also analogous to the destiny of mankind in the microcosm whereby each new individual experiencing a first ever life in the physical Universe is a direct result of the original descent from the Logos, The Source, God of a "spark" of Spirit, an aspect of God, which will then unite with a human embryo resulting in a new, individual life, the beginning of an individual, immortal Spiritual being.

It is important to note that Spirit has always existed in the "Eternal Now" but does not become an "individual" or "individuated" with physical, Astral and Mental bodies until the time of the very first physical incarnation. The destiny of every single person therefore, as with the very process of creation itself, is to first descend to the Earth and then to rise again back to the highest aspect of The One, our Divine creator, during the process of ennoblement and perfection; the ultimate meaning of life.

This statement then goes on to tell us that the powers, the Consciousness of The One then descended a second time to Earth integrating all aspects "above and below", thus finally resulting in a fully aware force infinitely uniting the "above" with the "below" as integral aspects of the continuum of the entire Universe, from the very highest to the physical world.

"*Thus you will receive the glory of the distinctiveness of the World. All obscurity will flee from you*":

This confirms that as a result of the processes thus involved, with force descending into form during the original act of creation, and form then acting upon itself with Consciousness once again ascending into a formless state.

Finally the force thus self-realized once again descends back into form in which to consciously express its Self, thereby receiving the "glory of the distinctiveness of the World", and thus receiving the Light (distinctiveness) whereby the dark (obscurity) will be expelled; "flee from you".

"*This is the whole most strong strength of all strength, for it overcomes all subtle things, and penetrates all solid things*":

This confirms that through the act of creation as previously described, the Consciousness of The One is "whole", complete and of infinite strength, and with the ability to work without restriction in all directions of the continuum of the Universe from above to the below and below to the above at any level of density and vibration, and in particular the power to surpass any "upwards" travelling entity. This statement also affirms that this infinite power is similarly unrestricted in the downward motion towards the physical Universe, whereby it can inhabit the lowest vibration and the highest density of matter. This also confirms the truth that The One, God exists in everything and everyone, and accordingly everything and everyone in the Universe is pure conscious awareness, often known as Spirit.

"*Thus the World was created"*:

This confirms by this process of force descending into form thus realising self-awareness, followed by another cycle of creation, followed by a further descent into form, this eventually results in the physical "world", or more specifically the entire physical Universe of matter in the space-time reality. It should be noted that science only recognises the physical aspect of the creation of the Universe, often known as the "big bang", but is as yet largely unaware of the

Divine forces of infinite and ultimate Consciousness involved that started this entire creative process; the very highest and most incomprehensible aspect of all, The One, God.

"From this comes marvellous adaptations of which this is the procedure":

The "marvellous adaptations" referred to here is the physical Universe of matter, the physical World known to everyone that is indeed a marvellous adaptation of The One. It should be noted that beyond the physical Universe everything consists of subtle Energy in the form of vibration, and physical matter simply does not exist. Therefore by comparison the physical Universe is indeed "marvellous adaptations". David Bohm, eminent physicist, very aptly describes the physical Universe as "frozen light".

Everything and everyone in the Universe, including the physical Universe, contains the Light of The One, the physical Universe thus created becoming the seed of the future ultimate self of The One, and thus the creative act.

Human beings and all other life within the physical Universe must work while in physical form within the physical world of matter as mirrored powers of the "one thing", causing "marvellous adaptations" as opposed to the "miracles of the "one thing". Working within the physical world of matter humans therefore "adapt" the physical world, or Universe, and which adaptations are mirrored ultimately as an aspect of the "one thing".

Physical Consciousness, or awareness, or Spirit of the human being is an example of "force" within the "form" of the human body, with which we develop the future self by the process of perfection and ennoblement as it ascends the Divine path back to the Prime Creator from whence Spirit first came.

"*Therefore I am called Hermes Thrice Crowned, because I have three parts of the wisdom of the whole World*":

This statement is not intended to be a self-proclamation of greatness on the part of Hermes but rather represents the trinity of the levels or aspects of the continuum of the Universe; physical, Astral and Mental. This specifically refers to the physical, Astral and Mental levels of Energy, of vibration within the continuum of the Universe and the corresponding bodies within each human being, specifically the physical body, the Astral Body also known as the Soul, and Mental Body also known as the immortal Spirit. The final part of the statement affirms that this is a Universal level of knowledge or experience.

"*And complete is what I had to say about the work of the Sun"*:

This final statement affirms the testimony of Hermes as to the creation and true nature of the Universe. Hermes Trismegistus, Hermes the Thrice Crowned, was indeed a true symbolic "messenger of the Gods", of the advanced Spiritual beings of the inner spheres of reality, in bringing this most sacred knowledge from the inner spheres for the benefit of all mankind. "The work of the Sun" affirms that this is all an ongoing and active process within the glorious continuum of the Universe, the "Sun" representing the Divine creative process.

Chapter 15: The Kabbalah

Kabbalah is a philosophy and tradition originating in ancient Judaism, long before the beginnings of Christianity and the orthodox churches. It is an important western source of Universal wisdom and principles based upon age-old knowledge originating from intelligences of the inner spheres of life and reality.

Kabbalah can be highly complex, but at its most basic level it represents the wisdom to realise the Divine within. The Kabbalah sometimes refers to the “inner dimensions of reality”, which are in fact exactly the same as the “inner dimensions of reality”. When viewed from a Universal perspective, the physical world of matter with its lowest vibrations and highest density is the outermost aspect of the Universe, analogous to an “outer skin”, an “epidermis”, and God is the innermost, at the centre of all creation existing at the very highest vibration and lowest density of all. Divine Energy radiate outwards pervading the whole Universe.

Kabbalah most importantly teaches that in order to move inwards closer towards God, The Source, it is first necessary to understand the stages and nature of the continuum of creation of Universal reality. This commences with an understanding of how all creation originally occurred, and continues to take place within the “Eternal Now” of the infinite mental Universe of Consciousness, Consciousness and vibration, of which we are all integral aspects.

In the beginning there was only “The Source”, God, the “Eternal Now” existing beyond all space and time. The book of “Genesis I” symbolically and mystically chronicles the creation and formation of the Universe in the beginning, a process which is also documented in another related holy text known as the “Sephir Yetzirah”, the “Book of Formation”. This whole process of creation was symbolically put into motion by those well-known words “let there be light”, “fiat lux”.

It should be mentioned that when ancient texts refer to “The Word”, “in the beginning was The Word, and the word was with God, and the word was God”, this does not mean a spoken word as commonly understood by people by way of communicating by word of mouth. “The Word” is actually a conscious act of creation on the part of God, involving the issuing forth of vibrations in the form of colour, sound and other Divine manifestations of vibration, most of which are beyond the comprehension of humans living in the physical world, and resulting in highly complex Energy patterns forming the basis of all creation.

The entire continuum of the Universe is vibration and therefore Energy. Nothing exists outside of Energy. Creation is an ongoing and infinite process, always involving vibration, Energy, the very fabric of the entire Universe. The Source, God is pure Energy, often known as “Spirit”, and everything in the Universe. “The All” is therefore ultimately pure Energy, existing as an aspect of, and emanation from within the infinite Mind of The All, The Source, of God.

Judaism originated with Abraham who devoted his entire life to realising God within himself. During the course of his life many secrets of creation were made known to him by the intelligences of the inner spheres of reality, and therefore ultimately from God. The very first and most important work of the Kabbalah, the Sephir Yetzirah, the Book of Formation, is attributed to Adam himself.

The basis of the philosophy of Kabbalah, the method in which it teaches its Divine wisdom, is to describe and explain symbolically the 32 paths of wisdom, all of which are symbolic aspects of the ultimate act of creation. These 32 paths are based around an important symbolic structure known as “The Tree of Life”, which directly represents all of the inner spheres of reality from the Astral worlds to The Source, The First Cause, God, from where all creation commenced and continues.

The Tree of Life consists of ten “Sefirot” which are considered to be “Divine lights” acting as conscious channels of creation, and the twenty-two letters of the Hebrew alphabet. These together symbolically represent the “building blocks” of creation, permutations of which are used by God to create the entire continuum of the Universe of Energy.

Kabbalah has a long and continuous tradition and philosophy spanning the millennia, and which did not suffer from the constant and often self-serving biased retranslation and reinterpretation as with other popular religious books or bibles.

Around 100 CE Rabbi Shimon Bar Yochai was granted permission from intelligences of the inner spheres to reveal, discuss and teach the complexities of the Kabbalah. This resulted in a work known as the “Sefer Hazohar”, the “Zohar”, the “Book of Brilliance”.

Over one thousand years later another famous Rabbi, Yitzach Luria, discovered, while deeply studying the Zohar, that there were even more inner dimensions to the Kabbalah that were not immediately apparent within the Zohar. This resulted in the great works of the Arizal, which explains the complexities of the interplay between all of the factors involved in the act of creation, and the secrets and purpose of the Soul.

These mysteries are discussed in considerable depth in the texts of the Arizal. Two hundred years later a person by the name of Ba’al Shem Tov also known as “Besht” revealed yet another totally new and much deeper aspect of the Kabbalah. This resulted in the “Kabbalah of the Besht”, also known as “Chassidut”. The great importance and significance of Besht is to not only focus on the various stages of creation, but to also bring into the focus the individual Soul and Spirit, the ultimate Divine Light of God, the same primordial Divine light as has always been present before, during and after all creation, and which Divine light will always be omnipresent in the Universe, being infinite and eternal.

The ultimate meaning of Kabbalah is exactly the same as the ultimate meaning of the knowledge and teachings all of the worlds great cultures of both the West and of the East; specifically that each and every human being as an immortal Spirit, made in the true image of God, is an equal partner in the creative process of the Universe, as God in the microcosm. This is in full accordance with quantum physics, and conforms to all known Universal Laws, and in particular the law of Cause and Effect.

The ultimate destiny of every human being is to achieve the opportunity of re-unity with God through the process of ennoblement, perfection and the full realisation of God within.

The “true image of God” does not, as widely believed imply God has a human form after which everyone is fashioned, but rather means the immortal Spirit.

As we will discuss in depth later in this book, everyone should know the absolute truth that we all create our own reality, no one else creates our individual realities for us. Whatever we are as individuals is precisely what we have created for ourselves, our own reality, a reality that is not fixed, is infinitely fluid and can always be influenced in the desired direction in order to achieve anything we truly need or desire. As we will see later in this book, the central importance of this principle simply cannot be understated.

It should once again be noted the word “God” is not the same meaning as “God” in the orthodox, dogmatic religious sense, but rather the representation of the Ultimate Divinity, The Source, The One, The All, The All in All, The First Cause, The Prime Creator, Spirit, The Primordial Light, Everything that Is, and the numerous other names by which the cultures of the world approach the Divine.

In Judaism and therefore Kabbalah, the true name of God is said to be only known by a very few, and must never be spoken. The true,

ineffable name of God is therefore often represented by four ancient Hebrew letters, together known as the “Tetragrammaton”. The letters of the Tetragrammaton, originating from ancient Hebrew, are “YHVH”, sometimes written “IHVH”, pronounced “Yod, Heh, Vahv, Heh” or “Yud, Heh, Vavh, Heh”.

Judaism generally avoids writing down any name of God lest it be later treated with disrespect in any way. In Judaism and Kabbalah God therefore has many alternative names, for example “Adonai” which literally means “Lord”. When writing down the word “God”, Judaism usually represents this word in written form as “G-d”, again so the written word cannot later be altered or treated with disrespect.

The “Tree of Life” of the Kabbalah consists of a total of eleven “Sefirot” or “kingdoms” often known in Kabbalah as “vessels”, each of which represents a connected channel of Divine Energy. From a symbolic perspective each Sefirot is also analogous to a particular attribute. There is usually considered to be ten Sefirot, as “Keter” and “Da’at” are considered to be the same, each representing a different dimension of the same God force. The Sefirot, together with their respective analogous attributes are as follows, descending from the highest to the lowest:

“Keter”; Crown; is the first and the highest of the ten Sefirot, and corresponds to the super-conscious realm of experience. Keter is represented by a crown representing an aura around the Consciousness.

Chochmah; Wisdom; is the first power of conscious intellect within Creation.

Binah; Understanding; is the second power of conscious intellect within Creation.

Da’at; Knowledge; is the third and final power of conscious intellect within Creation.

Chesed; Loving Kindness; is the first of the emotive attributes within Creation.

Gevurah; Might; is the second of the emotive attributes within Creation.

Tipharet; Beauty; is the third emotive attribute within Creation.

Netzach; Victory; is the fourth emotive attribute within Creation.

Hod; Splendour; is the fifth of the emotive attributes with Creation.

Yesod; Foundation; is the sixth of the emotive attributes within Creation.

Malkut; Kingdom; is the seventh and final emotive attribute within Creation.

Sequentially from Keter down to Malkut the Sefirot together represent the various stages of the creative process of the Universe, whereby God generated from the very core of His/Her own Being the progression of created realms culminating in the infinite Universe. Note; this is exactly the same process as independently described by the Emerald Tablet of Hermes.

It is and is also the true solution to the origin of the “big bang” as sought by astronomers and astrophysicists, except for the fact that the origin of all creation, The Source, is Divine, and the physical Universe rather than originating within the confines of the three dimensional Universe as currently supposed by science, actually originated beyond all space-time in the very highest dimension of God, The Source, The First Cause.

According to the Kaballah, The primordial Light of God progressively manifested down through sequentially lower dimensions, levels of Energy, vibration, analogous to the realms of

the ten Sefirot, until finally achieving material density in the form of the physical Universe, as the rate of Energy, vibration, became low enough to manifest in the form of physical matter. Again, Quantum physicist David Bohm most appropriately described the physical Universe of matter as “frozen light”.

The interaction between the ten Sefirot, realms or dimensions of reality is depicted in the Kabbalistic tree of life by a network of connecting channels or “tzinorot”, which serve to illustrate the flow of Divine Energy. Following is a short description of the meaning of each of the ten Sefirot. It should be noted that the Tree of Life and all it represents is extremely complex, and could easily be the subject matter of an entire large book.

Each Sefirot of the Kabbalah consists of both an external as well as an internal dimension of reality. The external dimension is associated with its function in the process of creation. The internal dimension is associated with the hidden “motivational force” inspiring the activity of that particular Sefirot of creation, and serves to describe how it manifests in the individual Soul. “Chassidut therefore describes the inspirational force behind each Sefirot while the individual names of the Sefirot describes the Divine effect of each of these individual powers upon creation.

The Kabbalah also describes the actual stages of the entire Creative process, beginning with the very highest, The Source, God, the primordial Light, all the way down to the physical world of matter. These stages can be summarised as follows:

Or Ein Sof: “God’s infinite Light”. The ten stages of God’s Infinite Light.

Sod Ha’Tzimtzum: “The secret of Contraction”. The three stages of the secret of Contraction, the “removal” of God’s infinite Light.

Adam Kadmon: “Primordial Man”. The two stages of Adam Kadmon. God’s specific will and plan to emanate the Worlds, the Lights emanating from Adam Kadmon.

Akudim, Nekudim, Brudim: “Binding, Points, Connection”. The tree stages of “vessels” originating from the lights that emanated from Adam Kadmon.

Keter D’Azilut: “The Crown of Emanation”. The eight stages of the rectification process of the World of Atzilut, beginning with the rectification of it’s Crown.

Olam Ha’Atzilut: “The World of Emanation”. Ten stages of the World of Atzilut, the exclusive Consciousness of Divine unity.

Worlds of ABiYA: Atzilut, Beriah, Yetzirah and Asiya. Four stages, which emerge out of the infinite Light of God.

The last of these, the Worlds of AbiYA; Atzilut, Beriah, Yetzirah and Asiya, are extremely important in the understanding of the mechanism of all creation from the perspective of Kabbalah. Atzilut is the world of Emanation, Beriah is the world of Creation, Yetzirah is the world of Formation and Asiyah the world of Action. All of these emanate from the Divine, primordial Light of God, the Prime Creator, the First Cause, resulting in the sequential process of creation, ultimately culminating in the Astral worlds and the physical Universe as is known to science and mankind generally.

Again it is important to note that this sequence of events, the creation of the multi-dimensional Universe, is exactly the same as that detailed completely independently by the words of the Emerald Tablet of Hermes.

The detail behind each of these stages of all Creation would justify a complete book in its own right, but suffice it to say that the foregoing does give a very comprehensive overview of the creation of the Universe in accordance with the Kabbalah.

Notwithstanding the Hebrew names and descriptions which are necessarily used, the description of the creation and nature of the Universe in accordance with the Kabbalah is still also completely in accordance with other world wisdoms and knowledge of the ages, but like the wisdom of other cultures is simply expressed and documented in such a way as is appropriate to the particular culture or tradition. Ultimately however there is only one truth, and which truth has been known and taught to mankind throughout the world since time immemorial, and the Kabbalah does, without doubt support most other ancient works originating in the inner spheres in detailing the origins and nature of the entire continuum and glory of the multi-dimensional Universe, in all of its spheres or planes of reality from the very highest of The Source, The First Cause, God, down to the world of matter, the physical Universe.

Chapter 16: The Wisdom of Quantum Physics

From the second half of the seventeenth century until the very late nineteenth century, the mechanistic model of the Universe, largely in accordance with the work and theories of Isaac Newton, dominated most scientific thought and direction, and in particular the various branches of physics. This Newtonian view of the Universe was accompanied by the general and popular orthodox concept of an archetypal, patriarchal God, Who is completely separate from the Universe, ruling from above by the imposition of Divine laws in accordance with the various world religions and their books or bibles.

It is this strictly inflexible, mechanistic, three dimensional view of the Universe, a very popular and convenient view of everything, that suited the concepts and aspirations of most people very well indeed, and which accordingly completely dominated all scientific thought until the early twentieth century, and indeed still dominates scientific thought even today.

The Newtonian model of the Universe and the popular perception of “God” was indeed so convenient for all branches of science, religion and for the population at large, to challenge it was largely unthinkable; the popular consensus being if it appears to work it is best to leave it well alone.

Over two centuries of such thought has unsurprisingly and progressively resulted in the principles of most sciences through to today being rooted firmly in the Newtonian three dimensional, mechanistic model of the Universe and its functions, which became the basis and driving force behind all scientific thought. Many areas of science, even now in this early twenty first century, still think exclusively in terms of atoms, molecules and perhaps sub-atomic particles as forming the basis of solid three dimensional matter, which in turn is generally believed to constitute the physical world and physical Universe so familiar to everyone, and as is perceived and experienced by means of the five physical senses.

The first three decades of the twentieth century began to witness radical challenges to the hitherto traditional basis of science. Two emergent theories, those of relativity and atomic physics began to shatter the traditional Newtonian view, and therefore the basis for the prevailing scientific view of the Universe. The fundamental concepts of absolute space and time, of solid particles, and the causal nature of physical phenomenon could no longer be sustained by the new emergent theories of physics, and in particular those of one particular man, Albert Einstein.

In 1905 Einstein published two articles, one of which was his special theory of relativity, and the other, most significantly, was a new way of looking at electromagnetic radiation, which was most importantly a pre-cursor to what would become the quantum theory, ultimately arrived at twenty years later by a team of physicists.

According to Einstein's theory of relativity, space is not three dimensional and time is not a separate entity, both of which are extremely important realisations, and also unbeknown at the time confirms the true nature of the Universe as has always been known and taught throughout the ages.

Einstein postulated that both space and time are connected by a fourth dimensional continuum known as "space-time". Accordingly space and time could no longer be considered to be separate from each other as was previously commonly believed in accordance with the then well established Newtonian concepts of absolute space and absolute time.

The theory of relativity arrives at the extremely important realisation that mass is a form of Energy. Again, this realisation is in full agreement with the wisdom of the ages, which has always taught that the Universe in all of its dimensions, or spheres is in fact pure Energy, or more specifically Energy in the form of vibration at progressive degrees originating from The Source, and progressively descending down to the physical world of matter.

During the early part of the twentieth century scientists were observing atoms as they were affected as a result of being bombarded with x-rays. This in turn led to another famous scientist, Ernest Rutherford, bombarding atoms with alpha-particles which led to the then astounding discovery that rather than being solid, as traditionally believed, atoms were in fact comprised of vast regions of space in which extremely small particles known as electrons moved around the centre of the atom, the nucleus, bound by forces.

Soon after the discovery of this “planetary model” of the atom, it was further discovered that the number of electrons in the atoms of an element determined the chemical properties of the element. This later became the basis for the periodic table of elements as is still used today in modern chemistry.

It also came to be understood how interactions between atoms resulted in chemical reactions forming molecules and therefore the many chemical compounds known to science today. This resulted, very significantly and importantly in the realisation that the principles of chemistry could be entirely explained in terms of the laws of atomic physics. It would later also become apparent, as the ancient wisdoms of the world have always taught that matter, whether in a form which is readily apparent to the five physical senses, or in the form of molecules, atoms or sub-atomic particles, is at the final analysis ultimately pure Energy in the form of vibration, the very same vibration of which everyone and everything in the entire Universe in all spheres are an integral and inseparable aspect, integral and inseparable aspects of the very highest vibration and manifestation of Energy of all God, The Source, The First Cause.

In the 1920’s an international group of scientists came together to progress these discoveries. This eminent team included Niels Bohr, Werner Heisenburg, Paul Dirac, Erwin Schrodinger, Wolfgang Pauli and Louis de Broglie. This group of distinguished scientists worked

together on the then emergent field of the exploration of sub-atomic particles.

The work of these physicists in the area of sub-atomic particles was faced with paradox after paradox as they came to realise from their experiments that nothing could be explained in terms of traditional physics. The real breakthrough eventually came when they eventually set aside their traditional knowledge and way of thinking, and viewed these recently discovered phenomena in a completely new way. As Werner Heisenburg said, “they somehow got into the Spirit of the quantum theory”.

These revelations initially came as quite a shock to these distinguished scientists because the concepts of quantum theory were not at all easy to accept after years of high-level involvement with the Newtonian inspired traditional principles of physics. This was particularly evident when the realisation came, due to the work of Ernest Rutherford, that atoms actually consist of vast regions of space in which extremely small particles move. The physicists were now able to further postulate that even these sub-atomic particles were not solid in and of themselves. This led to the beginning of the extremely important realisation that molecules, atoms and sub-atomic particles far from being solid, are actually pure Energy vibrating at extremely high but varying frequencies. This further led to the realisation that sub-atomic particles have no meaning whatsoever as separate entities, but rather displayed an intrinsic oneness with the entire Universe.

By the 1930’s, scientists were reaching the position of believing they had finally discovered the building blocks of matter, and in particular that atoms consisted of protons, neutrons and electrons; the sub-atomic particles. As experiments proceeded and became progressively more sophisticated, more and more sub-atomic particles were discovered. By 1935 six such particles had been discovered, and by 1955 eighteen particles had been discovered. Modern science has since identified the existence of over two hundred sub-atomic particles.

The theory of relativity of Albert Einstein also had a profound effect on the concept of matter around the time of the early discoveries of sub-atomic particles. The relativity theory clearly demonstrates mass is not related to substance, but is rather a form of Energy in and of itself. Energy however, being dynamic in nature, is associated with activity, vibration. The mass of a particle being directly equivalent to a certain amount of Energy proves the particle cannot be considered to be a static object, but rather involves Energy, or vibration, which in turn constitutes the mass of the particle.

These discoveries and theories have been pivotal to the entire understanding of quantum mechanics and quantum physics to the stage it had progressed, and formed the basis for considerable future ongoing work in these important areas, which are taking the entire range of sciences to new levels, and in turn to a new understanding of the true nature of the Universe.

A further and extremely important breakthrough in the quantum sciences arrived due to the work of physicist David Bohm, a protégé of Albert Einstein. David Bohm is the physicist who first realised the entire Universe can be metaphorically likened to an infinite, magnificent hologram of which everyone and everything is a constituent component. It is worth noting as this point that any fraction of a hologram also reflects the totality of the hologram as a whole, which also accordingly reflects the reality that everyone and everything in the Universe is an integral aspect of the whole, of God. As previously mentioned, David Bohm also most aptly referred to the physical Universe of matter as “frozen light”.

David Bohm attended Pennsylvania State College where he became fascinated by quantum physics and began to study the work and discoveries of the pioneers in this area. One of the most important discoveries of quantum physics is that an individual electron can manifest either as a wave or a particle, a characteristic of all subatomic particles, and also includes frequencies that were

once thought to only manifest as waves, such as light, gamma rays, radio waves and x-rays, all of which can alter form from waves to particles and back to waves again.

Physicists came to believe these particles should not be classified simply as waves or particles but as a single, all encompassing classification, which came to be known as “Quanta”. Most importantly, scientists came to agree the entire Universe is made of Quanta. “Quanta” constitutes the primordial Light as has always been known and taught by the wisdom of the ages.

It is very interesting to note how the various pioneers in the field of quantum physics are, even by this stage, inexorably arriving at a wide range of conclusions confirming the integral and inseparable nature of the Universe, facts that have been taught around the world for many thousands of years by the teachers of the most ancient knowledge.

One of the discoveries that proved to be most astonishing to physicists was the observation that the only time Quanta ever manifest as particles is when people are actually looking at them. The significance of this realisation alone is extremely profound in terms of the understanding of the material world and of all creation. The wisdom of the ages has always maintained and taught the physical world of matter is nothing but an illusion, only perceived by most as “reality” due to observation and experience by the mediation of the five physical senses. Quanta, now an established scientific fact, clearly demonstrates the sensory illusion of the physical world, which is in effect only the reality of the people actually experiencing it through the mediation of the five physical senses, and is not the reality of the inner spheres of life, or indeed of ultimate reality.

The discovery of the characteristics of Quanta further underlines the extremely important fact that everyone without exception creates their own reality; an extremely important truth to be discussed in depth later in this book. Also, again as we will see

later in this book, these factors equally apply to the inner worlds, the inner spheres or dimensions of reality including the Astral worlds to where people will transition after physical death, and where anything can be manifested as an instant reality through the focussed powers of the Mind in the form of imagination.

The Astral and inner dimensions or spheres of reality exist at a much higher level of vibration or Energy than the physical world, and accordingly Quanta of Energy, identical to vibration or Light in the Universal sense, are much more easily influenced by the power of the Mind; the inner spheres of life being “Mind worlds”. Physicist Nick Herbert likened the behaviour of Quanta to “a radically ambiguous and ceaselessly flowing quantum soup”. Nick Herbert most profoundly goes on to observe “humans can never experience the true nature of quantum reality, because everything we touch turns to matter”.

David Bohm was particularly interested in the observation relating to the strange state seemingly existing between apparently unrelated subatomic events, an area most scientists had hitherto seemed to disregard. This disregard was due in part to the views of physicist Niels Bohr who maintained that if subatomic particles only came into existence in the presence of an observer, it is also meaningless to speak of a particle’s properties before they are actually observed.

David Bohm was meanwhile pursuing his work in quantum science, becoming increasingly dissatisfied with the views of his peers in these areas and in particular those of Niels Bohr and his interpretation of quantum physics. Later, David Bohm, still not satisfied with the prevailing situation surrounding the theories of quantum physics, wrote a paper on the subject with view to increasing his own understanding, copies of which he sent to both Niels Bohr and Albert Einstein for their opinions. Niels Bohr failed to respond, but Albert Einstein suggested they meet at Princeton University where they were both located at the time in order to discuss the paper of David Bohm. Over the course of time these

great physicists met frequently in order to discuss the whole area of quantum physics, and gained considerable mutual respect in the process, both men benefiting greatly from these meetings.

In due course David Bohm published a work entitled “Quantum Theory”, published in 1951, and hailed as a classic. David Bohm himself however later became increasingly disenchanted with the theories he had put forward in his own work and continued searching for a better way to describe reality.

During the course of the next few years he continued his work, constantly finding himself at odds with the theories of the highly respected physicist Niels Bohr. Among the issues in question was that of Cause and Effect, where David Bohm postulated that any particular effect could have an infinite number of possible causes behind it. David Bohm’s position was based on the assertion that any particular effect was the result of a cause, and in turn the cause was an effect of a further preceding cause and so on, and accordingly no single Cause and Effect relationship can be separate from the entire Universe as whole. Once again this is totally consistent in every way with the teachings over the ages, in particular of the Universal principles of Cause and Effect and of karma.

Over the next few years David Bohm continued to refine his theories and research into the field of quantum physics, looking more and more deeply into the meaning of the “quantum potential” he had discovered, and notwithstanding his radical departure from traditional Newtonian based theories upon which most of traditional science was and is still based. One of the most important aspects of his quantum theories was that of “wholeness”, which, probably unknown to him at the time has also long been known and taught by the teachers of the ancient wisdoms for many thousands of years.

By the late 1950’s, David Bohm had moved to England where he continued his research at Bristol University as a research fellow

where he met another research student, Yakir Aharanov. Working together they discovered another important example of non-local interconnectedness when they found that under the right circumstances an electron can sense a magnetic field in an area where there would otherwise be no chance of finding the electron. These findings became known as the “Aharanov-Bohm effect”. Unfortunately, notwithstanding the fact that this phenomena has been proven time and again in subsequent experiments by several different scientists, many scientist still do not believe it to be possible even today, preferring to remain with the traditional Newtonian models of physics with which they already feel so comfortable.

To his immense credit, and the future integrity of all areas of science, David Bohm stood firmly by his work, stating most appropriately, “*in the long-run it is far more dangerous to adhere to an illusion than to face what the actual fact is*”. The “illusion” to which he refers is the illusion under which most of science was still operating based entirely upon traditional Newtonian theories, and to which much of science still steadfastly adheres even today.

As David Bohm continued his research, his attention moved to the matter of “order” where he began to realise there are different degrees of order, and accordingly some things were more ordered than others. This led to the realisation that there are an infinite number of “orders” in the Universe, indeed a whole hierarchy of orders, and accordingly in the context of the Universe as a whole there was positively no disorder; the Universe always consisting infinitely as a perfect hierarchy of orders from the very highest to the very lowest order of matter. Again this realisation is fully supported by the ancient wisdoms of the world, which have always taught the nature of the Universe has to be ordered by Divine perfection, otherwise the entire Universe in all dimensions would instantly collapse into chaos.

David Bohm later experienced a major breakthrough in the progress of his theories when watching a television program where

a demonstration was being shown consisting of a large transparent container with a rotating cylinder connected to an external handle. This container was filled with glycerine, suspended in which was a single drop of ink. When the handle of the drum was turned the drop of ink appeared to disperse throughout the glycerine and seemed to disappear completely. However when the handle of the drum was turned back in the opposite direction, the droplet of ink reappeared, collapsing upon itself once again thus reconstituting as the original drop of ink precisely in its original form. David Bohm immediately realised the significance of this when he wrote:

"*this immediately struck me as being very relevant to the question of order, since, when the ink drop was spread out, it still had a hidden order that was revealed when it was reconstituted. On the other hand, in our usual language, we would say that the ink was in a state of disorder when it was diffused throughout the glycerine, this led me to see that new notions of order must be involved here*".

This resulted in a major breakthrough in realisation and thinking for David Bohm, enabling him to bring together the various threads of his previous thinking and theories in quantum physics with very considerable force and clarity; it was the beginning of his "holographic" perspective of the Universe, and a new method by which "order" could be understood. Like the metaphor of the ink drop in the cylinder of glycerine, it became highly evident to David Bohm that the Universe possesses complete orders which can be either folded or unfolded, only the latter of which is the more immediately apparent. The folded orders are still a completely integral aspect of the order of the Universe as a whole, and therefore also of unfolded orders in the totality of order, thereby illustrating the complete order of the Universe in all its completeness and perfection. This in turn led inexorably to the realisation that the Universe could, in and of itself, be likened to an infinite flowing hologram which he termed the "holomovement". This again is totally consistent with the teachings of the ages of the principle of rhythm. Everything from the very highest to the very lowest ultimately flows from the infinite Mind of The Source, The

First Cause, God. Nothing ever rests in the Universe, everything is always flowing and in motion, which is completely apparent in accordance with the theories of David Bohm, folded or unfolded orders revealing the order and perfection of the Universe as a whole.

During the early 1970's David Bohm published his first papers on the "holographic universe" which eventually led to the publication in 1980 of an extremely important, and indeed ground-breaking book entitled "Wholeness and the Implicate Order". This book not only crystallised the life work of David Bohm in the field of quantum physics to that juncture, encompassing and integrating all of his previous work over many years, it was also a brand new and highly revolutionary way of perceiving the reality of the Universe in scientific terms.

One of David Bohms most startling conclusions was a fact that has always been taught by the wisdom of the ages, specifically the truth that everyday life that most people call "reality", is in fact nothing more than an illusion, a holographic projection of the multi-dimensional Universe as a whole.

On a deeper level is an infinitely larger reality whereby the entire Universe, including the physical world perceived by people with the five physical senses as their own particular "reality" including all objects and manifestations of the material world, actually exist as individual units of a hologram, each of which is also identical to the hologram as a whole.

David Bohm calls the level of reality perceivable by means of the five physical senses, the physical Universe as the "explicate order", the unfolded order, and he calls the deeper level of reality, the enfolded aspect of the Universe, the "implicate order". As we will see later in this book, the Universe does indeed have many levels of reality beyond those merely apparent to human perception by the mediation of the five physical senses. This also explains the fact that the Universe is constantly in motion and manifesting as an

infinite number of “foldings” and “unfoldings” occurring between the implicate and explicate orders. The very existence of a deeper order also explains why reality becomes non-local at a sub-quantum level.

David Bohm also further demonstrates the Universal reality of “wholeness”. Everything in the Universe is constituted by the seamless holographic material of the implicate order, and therefore cannot properly be viewed in terms or parts or separateness. These realisations again are fully consistent with the ancient knowledge that teaches the entire Universe is a projection within the Mind of the “The One”, or “The Whole”, a mental Universe of infinite Consciousness where everything in the Universe is an integral aspect of everything else in the Universe; accordingly separateness simply cannot exist. This is also fully supported by Albert Einstein’s theory of relativity stating space and time are not separate entities, but are rather components of an infinitely larger reality known as the “space-time continuum”.

David Bohm extends this to include the realisation of the fact that everything in the Universe without exception is a continuum, including space-time and implicate and explicate orders. Most people today, including most of the sciences view their own “reality” purely at the explicate level, the physical level, thereby giving rise to the illusion of separateness, sometimes known in the East as “duality”; one of the major reasons why the human race is in the state it is today.

Everything is a seamless aspect of everything else, and even the implicate and explicate orders ultimately blend into each other to include the ultimate whole. Once again, this same reality has always been taught by the ancient wisdoms of the world throughout the ages, affirming all spheres of reality from the very highest vibration and lowest density of the First Cause, The Source, God, down to the very lowest vibration and highest density of the physical world of matter, are a seamless continuum of Energy, vibration. Most importantly the theories of David Bohm are also in

complete agreement with the wisdom of the ages when he realised the fact that most people viewing and treating the world as fragmented and separate is not only directly responsible for the misdirection of much of science today, but is indeed responsible for most of the social problems currently facing humanity. David Bohm further stated that continuing to fragment the world into parts could ultimately lead to extinction; an extremely important and justified observation.

These are major reasons why mankind absolutely must sooner rather than later come to understand the true meaning of reality, its purpose and ultimate destiny, and thereby the very meaning of life. This also emphasises the fact that whenever man harms or destroys anyone or any part of the environment whatsoever, whether it is another human being or any creature, however large or small, a tree, any flora or fauna at all in fact, or indeed any aspect of nature or of the natural order of the world, he thereby equally destroys a part of himself. The importance and significance of this profound truth simply cannot be understated.

David Bohm also most importantly recognised Consciousness as a more subtle form of matter. The entire Universe is “mental”, and is in reality infinite Consciousness. Because the Universe is not static, but rather a perpetual state of movement and action, David Bohm began to use the word “holomovement” in order to more accurately describe the dynamic nature of the Universe. Because everything in the Universe is an integral aspect of the same “holomovement”, David Bohm believes the relationship between matter and Consciousness exists deep in the implicate order rather than at the level of the human perception of reality, and is therefore present in the various degrees of the foldment and unfoldment of matter.

As we will see later in this book, thought itself is Energy in the form of degrees of vibration, and can therefore directly influence other Energy in order to bring about non-physical and subsequently physical manifestations. Thought is an aspect of individual Consciousness which in turn is an integral aspect of Universal

Consciousness, and accordingly thought is an integral aspect of the implicate and the explicate orders. Consciousness therefore pervades everything in the Universe.

David Bohm realised that dividing the Universe up into living and non-living, animate or inanimate is completely meaningless. Everything in the Universe is an inseparable aspect of everything else, interwoven and enfolded into the fabric and totality of the Universe. David Bohm also unknowingly agreed with the ancient wisdoms in stating that everything in the Universe is life to some degree, even those things appearing to be solid and inanimate to the perception of the five physical human senses such as a stone, a mountain or a grain of sand. He said life and intelligence exists not only in matter, but indeed in the fabric of the entire Universe.

Like a hologram, every single cell in a human body contains the entire Universe, as does every flower, every rock, every flake of snow, every grain of sand, indeed every atom. Mankind and everything else in the Universe can indeed therefore be likened to an infinite, magnificent hologram or holomovement, projected from the infinite Mind of our Prime Creator, “The First Cause”, “The Source”, “The All”, “Spirit”, “God”.

As the work of David Bohm progressed, he came to realise the metaphoric hologram, or holomovement, only provided a limited view of the implicate order, and to penetrate more deeply he later developed a causal interpretation of the quantum field theory. Primary physical reality is assumed to be a continuous field, and discreet Quanta are viewed more in terms of a secondary symptom. Therefore instead of taking a particle as a starting point the field is accepted as a fundamental reality. Also at the same time rather than viewing quantum potential as influencing a particle, Bohm postulates a “super-quantum” potential acting on a field. Now the super-quantum potential assumes responsibility for the perception of discreet Quanta, thus creating the appearance of a particle in its Energy state causing it to behave as if it was constituted by discrete elementary particles, implying wave-particle

duality is an effect of the super-quantum potential on the continuous field. This later leads to the theories presented in a book published by David Bohm in 1987 entitled “Science, Order and Creativity”, where he puts forward the theory that above and beyond the implicate order there is also a super-implicate order, which postulates that in accordance with quantum field theory the implicate order is the field itself, and it is the super-implicate order that has the super-quantum potential. This in turn leads to the conclusion that the particle itself is no longer a fundamental concept, as the primary realities are in fact the implicate and super-implicate orders.

In the super-implicate order a particle does not exist except as a creation of the Mind or as a secondary symptom that can be perceived by instruments. What is actually present here then is the holomovement consisting of a continuously changing quantum field of the implicate order, and the super-quantum potential of the of the super-implicate order, the particle, the explicate order being a discontinuous ripple effect on the super-quantum potential of the field, thus providing for the existence of the second implicate order.

It becomes apparent therefore that if a second implicate order exists, there could also be a potentially infinite number of successive inner implicate orders above the first and second implicate orders, giving rise to a whole hierarchy of such inner super-implicate orders. The effects of these inner super-implicate orders would be progressively more subtle, and well beyond the range of measurement by any human instrumentation.

We should again note at this stage that the ancient knowledge of the world has always taught and fully supports the existence of a hierarchy of successively inner and more subtle super-implicate orders, often known as “planes”, “realms” “spheres”, “worlds” or dimensions”. An excellent ancient illustration of the hierarchy of super-implicate orders is “the Tree of Life” of the Kabbalah as previously discussed, where each Sephirot would be equivalent to a super-implicate order. Similarly, the various planes of

correspondence which will be discussed later in this book are also super-implicate orders, all existing beyond the explicate order of the physical world of matter.

As the order of these super-implicate orders, planes or spheres of reality become progressively more inwards, the “Ether” or “fabric” of these planes becomes progressively finer and therefore more subtle with increasing vibration and reducing density. The more inner the plane or super-implicate order, the more readily the Quanta of the Ether are influenced by the Mind. As we will see later in this book, everything created in the Universe is created first by means of the powers of the imagination of the Mind, one of the most powerful forces in the Universe, which influences the Ether at a inner, less dense level, to subsequently manifest the object of the thought or imagination at progressively lower levels until it materialises into the physical world as something observable by the five physical senses. This is the basis of Magic or manifestation, and indeed as we will also see later, the entire Universe came into existence in this way, thus creating the hierarchy of super-implicate orders, or planes, all originating from, and contained within the infinite Mind of The Source, The First Cause, God.

David Bohm’s theories therefore postulate an ultimate reality comprising a dynamic holomovement with three fundamental levels of manifestation; the explicate order, or what is considered to be physical “reality”, the implicate order and the super-implicate orders. The realms of the implicate and hierarchy of super-implicate orders comprise absolute reality, the remainder, for the most part consisting of the explicate order, the physical Universe including the planet Earth which is considered to be an illusion, only existing in accordance with the limited perceptions the five physical senses.

David Bohm therefore goes on to speak of an “eternal order” that is neither static or permanent, and is in a perpetual state of creation. As the eternal order progresses down through the succession of implicate orders, when it reaches a level of implicate order bordering on the explicate order, it enters the realms of time, and

becomes manifest in the temporal realms of the Etheric plane and in turn the physical world where it then becomes subject to the three dimensional effects of space and time.

The quantum potential, super-quantum potential, implicate and super-implicate orders are the names given to the realms beyond the perceptions of the five physical senses and are therefore invisible to humans, but which for David Bohm, as with the teachings of the ancient wisdoms of the world, represents true reality, with the implicate and super-implicate orders being the primary structure, with the explicate order of the physical Universe being the superficial appearance, or illusion, often known in the East as “maya”.

Unfortunately the mainstream sciences, very much steeped in the Newtonian three dimensional view of the world of matter, still for the most part refuse to acknowledge the existence of the inner spheres of reality, notwithstanding the globally consistent teachings of the ancient wisdoms of the world and the compelling and pioneering work of David Bohm in these areas of quantum physics; truly a case of out of sight, out of Mind on the part of modern science.

By denying the existence of these inner, true realities or dimensions simply because they cannot be observed or measured by physical instruments, empirically based science can still justify to itself continuing to work within the confines of the unreality, the illusion of the three dimensional world of matter, without ever having to concern itself with the true ultimate reality. This really highlights the absurdity of the countless billions or trillions of dollars being spent on the exploration of the temporal, physical Universe, when true exploration of the real Universe, our real home, costs absolutely nothing, and space and time are no barrier.

The future and destiny of all mankind is not to be found within the three dimensional Universe, but rather in the inner spheres of reality beyond the temporal illusion of space and time. As we will discuss later, exploration of the inner spheres, realms or worlds, is

within the abilities of everyone and always has been. Exploration of the reality of the Universe by means of Astral and Mental projection and other natural abilities is the future, the immense money being spent on space exploration being better distributed to those on Earth who most need it now.

David Bohm later began to consider the position of Consciousness relative to the implicate order and thus stated:

"*Consciousness is much more of the implicate order than is matter*". He also concluded: "*Deep down the Consciousness of mankind is one. This is a virtual certainty because even in the vacuum of matter is one; and if we don't see this, it's because we are blinding ourselves to it*."

Here yet again David Bohm has arrived at a profound conclusion that has always been known and taught throughout the ages; all humans, like all life itself, share a common Consciousness at a inner level, specifically at the level of the group Consciousness of the human Mind, and which level is equivalent to a super-implicate order. It is this super-implicate order of the plane of the collective Consciousness of the human Mind that explains many "phenomena" often regarded as "supernatural" such as telepathy, telekinesis and numerous other "psychic" phenomena.

The work of David Bohm and his holographic view of the Universe in no way represents the totality of the ongoing work in the field of quantum physics. However, in many respects his achievements can be rightly considered to be a culmination of a lifetime of work in the field of quantum physics and quantum mechanics, all of his theories having been rigorously tested against all known principles of quantum theory as well as in the laboratory. David Bohm approached all science not merely as an academic endeavour, but much more importantly as a quest for the absolute truth, failing to be influenced by the traditional Newtonian views of the Universe prevailing during his time, and alas still prevails today.

David Bohm also remained true to his discoveries notwithstanding pressure from the more academic and theoretically inclined members of his profession. The result of his life's work is not only a very definite direction for the entire field of the quantum sciences which cannot, and in the fullness of time most certainly will not be ignored, but also brings quantum physics and quantum mechanics together in a most harmonious manner with the inner knowledge and wisdom as has always been known and taught to mankind throughout the ages.

David Bohm's work into quantum physics and quantum mechanics also realised and affirmed a single ultimate reality; the true nature of the Universe. Time will inevitably show the Universal explicate, implicate and super implicate orders of David Bohm and the holomovement, will eventually have most profound implications for humanity which all science will quite simply have to accept sooner or later, thus proving conclusively the Universe rather than being a vast and disparate multitude of separately interacting particles of matter, is in reality a magnificent unbroken completeness, a continuum, an infinite flowing movement of Energy, vibration, the holomovement.

David Bohm also conclusively demonstrated there is absolutely no real evidence in the world of traditional three dimensional science supporting the view of a fragmented, disparate Universe of separateness. One of the greatest legacies of David Bohm and his work with physics and the quantum sciences, is that he never restricted himself simply to laboratory data or accepted mere theoretical methodology. He was always motivated by an absolute passion for truth which transcended all else, and was never influenced by the views and opinions of those who were still content to work within the confines of the traditional Newtonian perspective of science, or those who sought fame based on superfluous foundations. His work and discoveries over many years encompassed a tremendous depth and breadth over a very wide spectrum of physics and quantum physics theories and methodologies, resulting in a convergence of modern quantum

physics and the wisdoms and knowledge of the ages, thus emphasising the truth of our ultimate reality.
David Bohm also fully recognised the appalling and deteriorating effects of the prevalent world view of separateness and the fragmented collective human Consciousness when he said:

"*What is needed today is a new surge that is similar to the Energy generated during the Renaissance but even deeper and more extensive; the essential need is for a loosening of rigidly held intellectual content in the tacit infrastructure of Consciousness, along with a melting of the hardness of the heart on the side of feeling. The melting on the emotional side could perhaps be called the beginning of genuine love, while the loosening of thought is the beginning of the awakening of creative intelligence. The two necessarily go together.*"

These are indeed most true and most prophetic words, as will surely be seen by all in the fullness of time.

In addition to explaining the true nature of the Universe and of reality, quantum physics, even at the most fundamental and non-mathematical level also fully explains the reality as experienced on a daily basis by all life, whether consciously or otherwise, profoundly affecting the reality of every single person without exception.

Quantum physics illustrates how everything in the Universe, in all dimensions of life and reality ultimately consists of "Quanta" of Energy, vibration. This Energy not only pervades and is integral to everything in existence, it is also "living" Mind, living Consciousness. Everything in the Universe therefore has its being within this infinite intelligent Energy.

Everything is an aspect of this infinite intelligence, every person, every animal, every tree, every star and every planet, and every micro-organism, however small, is ultimately an equal aspect of the very same Energy; there is no seperatedness except as an illusion

created by the ego and five physical senses; we and everything in the Universe without exception are one.

Because the Universe is infinite intelligence of which we are all integral aspects, Quanta of Energy are influenced by the Mind; thought also being pure Energy. Whenever you look at a possession such as a house, a car, a television set, they are in fact nothing more or less than an arrangement of Energy, or Quanta, ultimately created by thought processes of the Mind. If these objects were to be inspected very closely, it would be apparent that they are not solid at all but are rather composed of Quanta of Energy vibrating and moving at extremely high rates in an out of the object being observed.

Nothing can exist permanently unless it is observed because it is Mind that controls and shapes Quanta of Energy, and without that focus of the Mind the Quanta would once again become a “potential” for something else. If for example everyone in the world were to cease observing the world and everything in it, by ceasing to focus on it’s perceived existence, then everything would cease to exist. There would be no thought Energy to maintain the illusion of its existence anymore. This is why the Earth and everything it comprises, as well as the entire three-dimensional Universe is referred to in some cultures as “maya”, and illusion. The Earth and physical Universe are indeed an illusion and a grand scale, and will one day be realised as such by all mankind once evolving beyond the illusion of the physical Universe.

Quantum physics completely confirms this by recognising that something can only actually come into “existence” when it is observed. Of course “existence” is a term relative to the five physical senses; everything that exists now has always existed and always will exist, it is only the illusion of form that changes in response to thought, Mind. When something is observed, Quanta come together to form sub-atomic particles, and in turn atoms, then molecules until finally something manifests in the physical world as

a localized space-time event that can be observed by the five physical senses.

This process is the very basis of how each and every person creates their own reality. Every single thought, as Energy, directly and instantly influences the quantum field causing Quanta in the form of Energy to arrange themselves into a localised, observable event, object or other influence. This in fact is also the basic of true “Magic”. The magician, and those who understand and are in harmony with Universal laws are conscious creators, whereas most people are unconscious creators, always constantly creating their own reality by their own thoughts, but never realising, usually ascribing everything to such notions as “luck”, “chance” and “fortune”. Conscious creation is also the basis of the Law of Attraction, which will be discussed later in this book.

People might ask “well how do things seem to be real, tangible and solid”. The behaviour of Quanta can be likened to a reel of film. When the reel of film is played, thousands of frames of individual images are passed over a light projector and onto a screen, thereby giving the illusion of a solid moving scene. Quanta operate in exactly the same way. Countless Quanta of Energy are constantly moving in an out of an area of focus, coming together to appear to the physical senses as a solid object. Like the movie however, this is only an illusion that has been constructed from much smaller components. In the case of the movie the visual image is created by the influence of the projector mechanism whereas in the case of objects appearing to be solid the illusion of a physical object is perpetuated by the Mind; specifically by the act of observing it. When you arrive home and expect an object in your house to be there, it will be there by virtue of that expectation and observation.

As we will see later in this book, understanding these extremely fundamental and important factors is the way towards always consciously creating the reality you desire, and to never attracting anything into your reality anything you do not desire. Quanta never,

ever differentiate between the desired or not desired, they merely respond to and obey thought.

Everything in existence therefore, everything that can be observed is a result of a mental focus, a decision at some level of Consciousness that it should be there. Without that level of focus and expectation that something exists, it simply could not exist. This applies to things that we have never seem before as well; i.e. when we go shopping. When we take a trip to the shopping mall for example there are thousands of “things” that we have never seen before. They exist as a conscious creation of someone else. When we observe that creation it becomes a part of a consensus creation that in turn perpetuates its existence. Reality can either exist at a personal level or a consensual level; i.e. if enough people believe that something exists, for example a park, and focus on that existence, then it will continue to exist in accordance with the consensus expectation. If people cease to focus on the object the Quanta become less concentrated and the result is decay until the object no longer exists at which point the Quanta of Energy that originally comprised it have dissipated back into the Universe.

The great Astral worlds, often known as the “the beyond” or “the afterlife” are the consensus creation of mankind, based upon perceptions learned during a physical existence on Earth. So the Astral worlds include every possible consensus reality for every culture, race and tradition that exists, has ever existed and ever will exist relative to the Earth concept of “time”, all created by the Mind.

Each culture, race and society has its own “belief” of what everything should look like, so when people pass on from any particular Earth culture, tradition or belief system, including dogmatic religion, they naturally create with the Mind an environment in exact accordance with those expectations. This can be at a group level where entire cities, towns, villages and other environments are created by the consensus group Mind, fashioned after their equivalent on Earth, and individual realities, homes and

other possessions are created on an individual level in accordance with the focus of wishes and desires.

The Astral worlds exist at a much lower density, higher vibration aspect of the Universe than the physical world of matter, and as a result Quanta, Energy is influenced much more easily and quickly, to such an extent in fact that thoughts manifest as their observable equivalent immediately however large or small. This results in instant creation of any desire. There is only set of immutable laws in operation and they apply to all planes of life and reality. The same laws apply in the physical world where everyone still creates their own reality, but due to the much higher density and lower vibration of Energy prevailing within the physical world it takes more focussed thought Energy of the Mind over a more protracted period of time before it can manifest as an observable physical reality.

The continued existence of the creation depends on the degree of ongoing focus. If a house was created it will continue to exist for as long as the creator, or a consensus group focus on it and provide the Energy for its continued existence. The same applies to the entire physical world, but due to the much higher density, the process requires more and sustained concentrated thought. This of course is an important reason we are here, to learn how to control our thoughts and therefore our individual reality. Only when these and other important lessons have been learned can true Spiritual progression be attained beyond the cycle of reincarnation.

The entire Universe is “infinite intelligence”, existing in the Mind of The Source, The First Cause, God. Energy, Quanta are therefore also intelligent, being ultimately controlled by the Mind of God. Not only are Quanta capable of making decisions, they also know what decisions other Quanta are making anywhere in the Universe due to the inseparable and integrated nature of everything in creation. Everything is connected by this same ultimate, infinite, Divine intelligence, the very same intelligence of which we are all integral aspects and in Who’s image we are made.

In quantum terms, Quanta can also be regarded as “packets of probability”. Every Quanta of Energy has a potential to be anywhere at any time, and can be influenced by thought or other Quanta. For example, if you wish to meet someone for the first time, that person has the potential to exist anywhere in the world. When you make the decision to meet with this person in a particular place and then subsequently do so, that person no longer has only potential, he or she has actually manifested as a physical reality into your life in accordance with the mutual will of both people. Once your meeting has concluded, the person will leave and become a potential person once again relative to your own physical reality.

Quanta, including those of which you are constituted are not bound by space or time. Quanta are spaceless, timeless and exist everywhere concurrently. The Source, The First Cause, God is at once omnipotent, omniscient and omnipresent, and Quanta are a fundamental aspect of God in Whom we have our Being. We therefore as aspects of the Universe, The Source of God are also boundless, spaceless and timeless beings existing concurrently everywhere in the Universe. We have no limits, no boundaries, no specific point of existence, these are all illusions created by the ego and the five physical senses and the fact that most people are focussed entirely in the physical world which they continue to observe and regard as reality. Everyone is an integral aspect of the same Mind-field, much bigger and more powerful than most people can possibly realize or have the capacity as yet to comprehend.

We already have everything in the Universe; infinite abundance is our heritage! All anyone has to do is to bring the object of their desires into their local observable Consciousness and reality by focussing on it. Ask and it is given; instantly, always, no exceptions. Everyone already has all wealth imaginable, all that is required is to bring it into individual reality. There is no poverty in the Universe; everyone is infinitely wealthy if they did but realise it. There is absolutely nothing that we cannot be, do or have.

The Universe conceptually consists of illusions of the “observer” and the “observed”. In this way the Universe, The Source, God, evolves experientially having both the capacity to observe and be observed, as do all individuations of God including human beings all of whom are such expressions of God made in the same true Spiritual image. The observed is meaningless without an observer, and likewise the observer is meaningless without being observed. It is therefore by this process of individuation that the process of the observer and the observed is perpetuated, and evolution, expansion and growth infinitely continues.

The entire Universe of which we are integral aspects is a vast expanse of Energy vibrating at different rates from the lowest vibration of matter to the highest vibration of The Source, The First Cause, God. The illusion of separation is perpetuated by virtue of the way in which Mind perceives and decodes these vibrations. So “things” only exist because we observe them and our Mind decodes the vibrations of the Energy of the “thing” being observed. Without this observation, the “thing” being observed cannot exist, except as a probability within the vast expanse of Energy constituting the Universe. So everything in the Universe is a probability of existence until such time as it is observed and its Energy is decoded by the Mind, at which point the probability becomes an actuality while it is being observed, after which it becomes a probability once again.

Everything within the Universe is in the direction of life, evolution and growth, nothing ever stands still or fails to evolve; this is the Law as it applies to all levels. By the process and individuation and thereby the perpetuation of the illusion of the observer and the observed, growth can continue, but both are required. There can be no growth without the observer and the observed, because there would be no basis upon which to learn and therefore to evolve.

It has also been demonstrated by quantum physics that there are an infinite number of parallel “worlds”. This is concluded by the observation that Quanta have the potential to be in any parallel

existence, but once observed in one locality the same Quanta will not be observable in other localities.

However, at the quantum level everything is “non-local”, and therefore beyond space and time everything can and does exist concurrently as an infinite number of parallel realities. This gives rise to the “holographic” model of the Universe as postulated by David Bohm and other physicists. It is this holographic model of the Universe that explains parallel realities, and most importantly at the same time how we concurrently exist as aspects of all realities as one with The Universe, The Source, God.

As body, Soul and Spirit, our Ultimate Reality is infinite Energy and intelligence beyond the boundaries of space and time as a true Son or Daughter of God, existing infinitely and concurrently across the entire Universe in all spheres of life and reality. Our localised reality is simply our point of focus, our point of conscious awareness, which, for most people, for the time being, is within the physical body; most people still erroneously perceiving themselves as completely separate individual people, housed in a body of flesh. Only when every one begins to fully understand their own nature as infinite Spiritual beings of the magnificent multi-dimensional Universe can the human race turn back towards its true purpose, to evolve back to the First Cause, The Light, God.

From time immemorial the greatest teachers who came to Earth to teach mankind these realities all made the point that we “came from the light”. The “light” to which they refer is not some physical light, but rather the Light of The Source, The First Cause, of God. In that context, as Energy and integral aspects of The Source, we are all Light; beings of The Light.

The nearer to The Source we reach, the more we experience the glories of The Light until finally reaching, and having the potential to reunite with The Source of The Light, and to once again cease to be existed as an individuated Being, but rather to be at One with

God. This is the ultimate meaning of life, our ultimate purpose, Our Ultimate Reality.

Chapter 17: The Wisdom of the Ages

As can be most clearly witnessed from the collective knowledge and wisdoms of the many and varied countries, culture and traditions of the World, both of the East and of the West, taken together with conclusions of quantum physics, the basis of all philosophies as to the creation and nature of the Universe, the true purpose and destiny of all mankind and how mankind fulfils that destiny, are extremely similar, differing for the most part only in the ways they are taught in accordance with the many and varied cultures and traditions.

This wisdom and knowledge has been so similar and consistent over the course of many thousands of years, well pre-dating the indoctrination of the modern dogmatic, orthodox religions, it must surely be evident to most people that these factors simply cannot possibly be in any way considered to be a coincidence.

Although the many cultures of the world have acquired true Universal knowledge from original and quite separate sources dating back many, many thousands of years, the inner sources of knowledge have always been, are, and always will be ultimately working with those incarnate in the physical world for the ultimate progress of all mankind. The reasons will be clear; if mankind is indeed to fulfil it's true, ultimate, Divine purpose and destiny, it clearly needs to fully understand the real nature and truth of that purpose and destiny, the truth of it's own Divine, Spiritual nature as aspects of God, and of the glories of the Spiritual worlds awaiting everyone which will be experienced by each and every person during the onward journey through the inner spheres of life.

It is directly due to the lack of such awareness, we see the world of today that has been heading into the darkness, driven by the insidious forces of creed, dogma and materialism, compounded and fuelled further by the very negative Energy these forces generate.

The age-old cultures teach people Universal and Spiritual truths based upon everything from deep philosophies all the way through to colourful stories, plays, rituals and practical exercises. All of these traditions ultimately teach exactly the same ultimate and absolute truth, the truth that all human beings without exception are true Sons and Daughters of “God”, of the Supreme Being, our Prime Creator who has many names according to the many cultures and traditions of the world.

All traditions teach the truth that we are all, as indeed is everything and everyone in the entire Universe inseparable and integral aspects of God, and therefore there really is no separateness in the Universe. All traditions teach the true meaning of life, and how life should be lived for the ultimate good of all humanity, of the planet and of the Universe. The wisdom of the West symbolically sets out in considerable detail how the Universe in all dimensions was originally created, and the Universal principles prevailing in all spheres of life and reality.

Modern quantum physics being a science deriving its information primarily by experimentation, theory and practice, does not, yet at least seek to explain the actual meaning of the Universe as it relates to everything and everyone, but rather puts forward scientific theories and perspectives as to the structure and characteristics of the Universe in logical terms. However, although the scientific approach and phraseology is vastly different to that of the ancient wisdoms and cultures of the world and is approached from a completely different direction, the conclusions to the extent quantum physics has progressed so far are remarkably similar if not identical to the ancient knowledge, notwithstanding having been arrived at completely separately.

Quantum physics has determined for example the entire Universe, including the physical Universe is comprised of Energy vibrating at progressively higher rates. Quantum physics is also acknowledging the fact that the familiar physical world of matter is not true reality at all, but is rather an elaborate “illusion” perceived only when

experienced by means of the mediation of the five physical senses, and the way the Mind decodes Energy, and it is in fact the inner states of Energy and vibration, also known as spheres, worlds or planes that are indeed true reality, a fact always known and taught by the ancient wisdoms of the world from time immemorial.

David Bohm after a lifetime of work in the field of quantum physics, also inexorably reached the realisation that the entire Universe from the very highest to the very lowest can be likened to a grand holographic projection, the holomovement, originating from the very highest, God, The Source, The First Cause, descending down to the physical world of matter of which everything and everyone in the entire Universe is an integral and inseparable aspect. Further, each and every discreet aspect of the Universal hologram includes precisely the same detail as the hologram as a whole. This once again is identical to the ancient teachings of the world that teaches that we and everything and everyone else are contained within The All, God, The Source Energy, and equally The All, God, The Divine is within everything and everyone else, and that we are all Sons and Daughters of God, made in the true Spiritual “image” of God.

Nothing whatsoever can exist separately from the ultimate whole of the multi-dimensional Universe. At the final analysis, areas of quantum physics to the extent it has progressed to date are, whether realising it or not, putting forward exactly the same concepts and conclusions as the wisdom of the ages as to both the true nature of the Universe and the relationship of everything and everyone within the Universe, that of a totally integrated multi-dimensional continuum of reality, of Energy, of vibration, of which everything and everyone is, always has been and always will be an inseparable and Divine aspect.

Throughout the ages theologians and many others have attempted to ascribe qualities to the inner nature of God. These however can only be regarded as feeble attempts by human Minds to grasp the secrets and nature of the infinite. Such efforts must fail, have always failed and always will fail. Some theologians and religions

have even attempted to ascribe typical human characteristics to God, even going as far as to include such extreme, shallow and negative human traits as jealousy, anger, caprice, desire and need to be worshipped, desire to receive offerings, flattery, praise and many other such typically human egotistic characteristics. These perceptions simply do not and can never do justice to the true and infinite nature of God, the Supreme Creator and Master of the Universe.

God is immutable; not subject or open to any sort of change. Indeed there is nothing to which God could ever change to or could possibly have ever previously changed from. God cannot be divided, added to or subtracted from in any way, and can never be increased, decreased, diminished or become lesser or greater than Him/Her Self. God is “Infinite Living Mind”, the ultimate Mind, the Macrocosm in which everything and everyone has its existence. The human Mind, the microcosm is an extension and integral aspect of the ultimate Mind, God, and is a creator in the microcosm just as the ultimate Mind, God creates the entire Universe, the Macrocosm.

Infinite Living Mind” then is the living “essence” of which everything and everyone in the entire Universe in all of its spheres or “dimensions” are a completely integral and inseparable aspect. This living essence has been known from time immemorial as “Spirit”. Many ancient and modern as well as remote cultures throughout the world have always fully recognised Spirit. As we will discuss later, “Infinite Living Mind” also fully explains the so called “phenomena” which are very often regarded by people as “miracles”, “supernatural” or “paranormal”, including such “phenomena” as clairvoyance, remote viewing, telepathy, telekinesis, divination and many others. When placed in context these so called phenomena immediately become recognised and known for what they truly are; completely natural aspects of the mental Universe of Consciousness and Energy, and accordingly no one should be at all surprised when these “phenomena” occur or are caused to occur.

The Universe and everything and everyone contained therein is a mental creation of, and maintained within the infinite living Mind of God. It can be justifiably stated therefore that everything and everyone in existence is an “idea” in the infinite Mind of God, a God who has the unlimited capacity to hold an infinite number of “ideas” within His/Her Mind.

The question might then arise however, as something can never be created out of nothing, from what could the infinite Mind of God have created the Universe? Some might speculate God created the Universe out of Him/Her Self. This however simply cannot be the solution because we already know that God cannot be added to, subtracted from or otherwise divided in any way. How then could God have created the Universe? The ancient knowledge tells us the entire Universe, the Macrocosm is a mental creation within the Infinite Living Mind of God, in exactly the same way as human beings, the microcosm, made in the true image of “God”, create mentally with our own individual Minds. So again, everything and everyone in the entire Universe is maintained as an “idea” within the infinite Mind of God.

The human Mind is therefore a microcosmic reflection and integral aspect of the Macrocosmic Mind of God. This view of the Universe is also entirely consistent with the holographic view of quantum physics. A hologram is ultimately a projection where each of the parts is equal to the whole, and the whole is also equal to all of its parts, which in turn is completely consistent with a projection of the Mind.

It is most important to understand however while considering this, that only the very lowest aspect of the Universe, the physical world in which we live is comprised of physical matter. The physical world is still however an illusion. It does of course seem very real indeed to human beings experiencing the world as a perceived reality through the limitations and mediation of the five of the five physical senses, however on a Universal scale the physical world of matter

is indeed an illusion. Eastern philosophies often refer to the illusion of the physical world as “maya”.

Quantum physics has also demonstrated “Quanta” only come into existence when actually observed, which is equally true of the physical world of matter which only really exists when observed through the mediation of the five physical senses, the Energy of which being decided by the Mind.

Within the true realities of the inner worlds or “planes”, everything is instantly created by means of the imagination. God is the Ultimate Mind, the Ultimate Creator, and thus created the entire Universe, the Macrocosm in all of its spheres, the physical, Astral and Mental worlds in His/Her infinite Mind, in exactly the same way as man creates in his or her own Universe, the microcosm in his or her own Mind. These might at first seem like difficult concepts to understand, but later in this book we will see exactly how we all create and control our own realities both in the physical world and the inner worlds, in exactly the same way as the ultimate reality of the entire Universe was created within the infinite Mind of God.

There is no difference between the means of creation by the human being, the microcosm and God, the Macrocosm, merely being a matter of scale. At the most fundamental level the entire mental Universe and therefore “God” is pure vibration, Energy. As Spirit, immortal Sons and Daughters of God, we are all manifestations of that very same Energy and are all therefore individual, immortal aspects of “God”, the very highest manifestation of Energy, vibration. Spiritually we are all made in the true image of God. As can be seen from the following aphorisms, the diverse religions of the world, notwithstanding their other doctrines have always been in full agreement with this perception of “God” whether they choose to accept it or not:

Christianity: “*The kingdom of heaven is within you*”

Islam: “*Those who know themselves know their God*”

Buddhism: "*Look within, thou art Buddha*"

Vedanta, part of Hinduism: "*Atman and Brahman are one*"
Note: Atman is individual consciousness and Brahman is Universal consciousness

Upanishads, part of Hinduism: "*By understanding the self, all this Universe is known*"

Yoga, part of Hinduism: "*God dwells within you as you*"

Confucianism: "*Heaven, earth and human are of one body*"

And finally a quote from the Christian bible which highlights this truth very well: *"On that day, you will know that I am in my Father, and you in me, and I in you*" *-- John 14:20"*

Chapter 18: The Wisdom of the Inner Planes

In addition to the ancient wisdoms of the world as received and taught over the course of many thousands of years, and much more recently the conclusions of modern quantum physics, the same knowledge is constantly being obtained and confirmed from beings of the inner spheres just as it has always been from time immemorial.

Thousands of people are now actively pursuing Astral Projection, visiting the Astral worlds and obtaining knowledge at first hand from the beings and vast record sources existing there. Others are able to employ Mental projection in order to make contact with, and obtain information from high Spiritual intelligences who's task it is to progress the development of mankind.

There are many such intelligences specialising in every possible aspect of the ongoing evolution and progression of humanity. Yet other people are now, from altered states of Consciousness and meditation accessing the vast and infinite source of all Universal knowledge known as the Akashic Record. In addition there are thousands of people receiving information and confirmation of the inner truths and realities by many other means and in many different situations, all of which is happening increasingly frequently in this early twenty first century.

It should be readily apparent therefore that it is no longer necessary to rely upon "belief systems" and books of questionable origin. The truth and the knowledge required for individual evolution, the progression of the human race and future of the planet Earth has always been available, and is readily available today for those who seek such knowledge with open Mindedness and sincerity. Those who do seek will surely find and will accordingly cast aside any creed, dogma and materialism that might have ruled their lives in the past.

Those who seek their own true destiny, the same destiny of all mankind will discover a destiny leading to spheres of glory, splendour and bliss far beyond the comprehension of those still living in the physical worlds. Such people attaining these heights will possess abilities beyond the wildest comprehension of most humans still living in physical reality, abilities that will always be used for the greater good and purpose for the ongoing evolution of mankind and of the entire Universe.

These inner Spiritual worlds are the true “Heaven worlds”. No belief system or religion alone will ever enable anyone to realise and comprehend these realities that can only be realised and comprehended by individual progress on the path to perfection.

Chapter 19: The Universe of Vibration

Vibration is one of the most fundamental characteristics of the entire Universe from the very highest vibration of The Source, The First Cause, of God, down to the physical world of matter. Vibration is an integral component of the great continuum of the Universe, manifesting an infinite number of characteristics. Energy is vibration; human beings consist entirely of pure Energy in the form of a physical body, even though the human body and physical surroundings might appear to be solid in accordance with the five physical senses.

How can this be? Matter comprises smaller units known as molecules, and still smaller units known as atoms. Yet smaller still we find sub-atomic particles which in turn are made up of still finer particles and so on, until the ultimate constitution of anything is of pure Energy vibrating at specific rates according to individual characteristics. From The Source, The Prime Creator, God, down to the densest of matter there are an infinite number of modes of vibration. This is also now one of the basic accepted principles of quantum physics with the discovery that sub-atomic particles are ultimately not particles at all, but are rather progressively more subtle forms, until ultimately consisting of vibration, pure Energy and units of probability.

This Energy is also known as “Light”. This is not the light commonly known in the physical Universe as for example emanating from The Sun, but rather the Primordial Light from which everything in the Universe was created, lives and has its Being, the Primordial Light of God. As observed by quantum physicist David Bohm, the physical Universe of matter can be considered to be “frozen Light”.

So how do we reconcile this with multi-dimensional reality? We need to look at vibration much more closely in order to understand this. Most people know sound for example is vibration, and a very powerful vibration at that. Loud noises cause windows and other

structures to vibrate, and indeed a sound of a high enough pitch or amplitude can cause fragile objects to shatter completely.

The frequency range of perception of the ear of the average human is from around sixteen thousand vibrations per second, up to around forty thousand vibrations per second. Moving up the vibrational scale we reach electricity at around one billion vibrations per second. Moving up the vibrational scale further still we encounter heat at two hundred billion vibrations per second. Further up the scale the spectrum of visible colours vibrate in a range of around five hundred billion vibrations per second, and yet higher still is the invisible spectrum of colour including infra-red and ultra-violet. And so we can move further progressively up through the levels of vibration, still manifesting as Energy known to science, until we reach the higher levels where we encounter x-rays which vibrate at around two trillion vibrations per second.

As we progress up still higher in the scale of vibration we reach levels which do not manifest any characteristics known yet to modern science, and are therefore largely still ignored, overlooked or deemed not to exist at all; in other words vibration is often deemed by science to be finite as it pertains to the physical world and can be measured by scientific instrumentation.

However the reality is very, and fundamentally different. It is erroneous to conclude that progressively higher levels of vibration do not exist, simply because they cannot be observed or measured by science. Vibrating at speeds completely beyond the comprehension and observation of science are the inner dimensions of the planes of correspondence, The Great Astral, Mental and Spiritual planes. Ultimately, if something were to raise its vibrations to a high enough level it would rejoin The Source, God, The First Cause, and this indeed is the same ultimate destiny of every human being, each constantly raising vibrations of the Soul and Spirit by virtue of the process of perfection, ultimately realising the potential to achieve vibrational harmony with God, at which

point the vibration of the Spiritual body of the individual would be approaching that of God.

In addition, all life manifesting at any level of the continuum of the Universe vibrates at a level being exactly equivalent to the plane or sub-plane they occupy, but each at the same time exhibiting characteristics providing all forms of life in the Universe with unique individuality.

It is due to the fact that a Soul or Spirit body of a human being vibrates in harmony, at the same rate or frequency as the plane, sphere, dimension being occupied, that everything seems, and indeed is totally solid and real. This of course also applies to the physical world, which is also a rate of vibration, as is every human being and indeed all forms of life and everything else existing in the physical Universe.

Everything is Energy and therefore vibration. Everyone and everything therefore “tunes” into the plane, world, sphere, dimension, corresponding to their own unique vibration. This is analogous to television or radio whereby although there are thousands of programs all being broadcast into the Ether concurrently, it is only usually possible to tune into one such program being broadcast at its own particular frequency at any one time.

Beyond the confines of the physical world of matter, frequency of vibration, Energy is therefore the means by which all life manifests and exists within its own unique, individual, corresponding level, or plane and state of reality. This also fully explains why humans, and indeed all forms of life upon passing on to the Astral worlds after the “death” of the physical body find a world which is every bit as “solid” and “real” as the physical world; in fact the Astral worlds are much more “solid”, and more “real” and vibrant than the physical world, and this becomes progressively more the case with the ascent to the ever inner spheres. The higher the level of Energy, the finer are the corresponding vibrations, and accordingly

everyone and everything within that level of Energy or vibration will be much more “finely tuned” with it. Physical matter by comparison, being at the lowest level of Energy and vibration is extremely coarse.

So everything in the Universe, The All, God is in a perpetual state of vibration, up to and including The Source Energy Who exhibits a level of vibration of such an infinitely high degree and of such intensity that He/She can almost be considered to be at rest. Such levels of vibration are far, far beyond any current human comprehension. This can be conceptualised on the physical plane by observing spoked wheel from a sideways perspective, spinning ever faster. The wheel soon achieves such a rate of rotation as to appear stationary and not spinning at all, its spokes appearing to be invisible to the physical senses of the human eye.

As discussed earlier, science now recognises the fact that the “phenomena” with which everyone is so familiar such as heat, light, temperature and magnetism are all but differing degrees of vibration, each exhibiting unique characteristics, and each of which everyone can readily recognise and experience by means of the five biological senses. Modern science however is nevertheless still struggling to fully explain such important characteristics as cohesion, molecular attraction and affinity, and in particular the very force keeping everything rooted firmly on the ground, thereby preventing things from floating off into space; the force of gravity.

Vibration plays an extremely important part in the everyday lives of everyone by way of normal thinking processes and states of being. Thought’s, emotions, desires, temperament indeed any mental state of Mind or being are all ultimately degrees and aspects of Energy as vibration, as of course is thought itself. This is just one reason why in the collective plane of the human Mind thoughts can, often unwittingly or even intentionally be projected, and can affect other people by the process of induction. These are major factors in so called “paranormal phenomena” which people recognise as “telepathy” and other forms of Mind power. It is also the reason why

a persons “mood” can affect those around that person, a “mood” simply being an energetic state of vibration.

It is a most important fact that every single thought, every single state of Mind and every single emotion is each characterised by its own unique vibration. In the physical world of matter these vibrations and “thought forms” are not readily apparent to the physical senses, however as we will see later in this book, in the infinitely finer degrees of the Astral worlds and beyond, thoughts and thought forms can actually be seen to be instantly created and projected, and which thought forms will persist in accordance with the level of Energy with which they were originally projected.

As we will also see later in this book, those who understand these laws of vibration and mentalism can exercise a high degree of control over their own individual thought processes, thus gaining a high level of control over their own states of Mind, moods and emotions. In the same way, a person who is well practiced in these disciplines can also affect the Minds of others by applying the same laws; very often people do this without even realising it. On the Mental plane therefore, and in particular on the plane of the human Mind, people produce thought Energy, vibrations which can effect themselves and the people around them either unintentionally or at will. It should be pointed out that conscious and effective use of these abilities can usually only be acquired by the means of dedication and practice over some period of time, although there are a very few people in existence who can command these powers as a natural ability, often from birth.

The principles we have discussed so far will explain many of the so called “phenomena” that have been demonstrated over the ages by the great Masters, Adepts, Guru’s and others, often considered to be “miracles”. All these people are really doing is to consciously control completely natural Universal laws, and in particular, in the case of physical manifestations, the law of vibration, in order to alter or transmute one form of Energy, vibration, into another form of Energy, thereby altering the form of physical objects. This would

appear as miraculous to those who have yet to fully comprehend the law of vibration, and indeed comprehend all Universal laws, but yet is an ability that everyone has the potential to realise.

Chapter 20: The Law of Cause and Effect

The law of “Cause and Effect”, sometimes referred to as “Causation”, is an immutable Universal law, encompassing the principle that nothing in the Universe can ever happen by chance. For everything that happens, in other words for every effect, there is always a corresponding cause preceding it without exception. The principle of Cause and Effect is and always has been widely accepted throughout the ages as a most exalted Universal law, and one always to be totally respected.

To not fully accept the laws of Causation would be to suggest that everything happening in the Universe does so by pure “chance”, “luck”, “fortune”, or even by some other equally intangible random factor; a notion which is clearly completely unthinkable! Nothing but nothing ever occurs by chance or as a random occurrence, every single action or effect has an underlying cause; there are no exceptions to this, ever. If this were not the case the entire Universe would instantly collapse into a state of utter chaos in an instant.

There has often been confusion when considering the law of Cause and Effect. How for example can one “thing” be the cause of, or the “creator” of a second “thing” people might ask? In fact this is an entirely erroneous way of viewing this law, because no “thing” actually “creates” any “thing” else. Cause and Effect deals rather entirely with a whole series or chain of events, one following the other in perfect succession. In this context an “event” may be defined as something occurring as a direct result of a preceding event, and is therefore part of a flow of such events, all of which ultimately originate directly from The Source, The First Cause, God. Therefore there is always, without exception, a relationship between any specific event and everything preceding it, and subsequently everything that follows. A graphic example of the laws of Cause and Effect would be to consider your own very existence. If a certain male had not met a certain female some hundreds of thousands of years ago, way back in the earliest times of mankind,

then you simply would not exist today in human form. The cause in this particular case is the male and female getting together and reproducing, and subsequently you along with countless millions of other people are the corresponding effects many millennia later. You are not therefore merely a product of chance.

Absolutely every action we take, even every single thought, has its corresponding effect whether it is instantly, the near future as measured in Earth time, or the distant future; there are absolutely no exceptions to this immutable Universal law of Cause and Effect.

It is due in part to the lack of this knowledge that most people have no control over their own existence on Earth, and accordingly exhibit very little true freedom. People are swept along with events in accordance with the laws of Cause and Effect, from day to day, always being influenced by situations, other people and other factors. People might well protest at this assertion claiming they are indeed free to “do as they please”. Indeed they are; all are blessed with freewill, but in actual fact how many people really do exhibit the results of such freewill? Yes, they are free to “do what I want” or “do as I please”, but the question still arises, what makes people “want”, and to “do as I please”? These “wants” and “pleases” are actually all relative. What causes someone to “want” to do a particular thing in preference to another, or “please” to do something else? The “wants” and “pleases” are therefore entirely dependant on each other.

Those who can control their own lives are never carried along on a tide of “wantings” and “pleasings”, but rather exert genuine, conscious will and focus in order to proactively determine precisely what they need to accomplish, and accordingly to set about creating the corresponding causes knowing they will result in the corresponding desired effects. This then becomes a predetermined act or cause rather than simply a part of a chain of random events existing around most people.
Most people are carried along in life from the moment they are born, swept through the “game of life” as pawns on a chessboard.

People are influenced by, and are obedient to families and friends, the wills of others, their environment and many other factors, all continually sweeping them along without any sort of conscious will or control over their own futures. People simply do things because “it is the way things are done”. Cause and Effect is prominent in these situations, each person unwittingly enacting the effect of a preceding cause without thinking twice about it.

People remain oblivious to this law and the inexorable influence it exerts upon their own lives. We will see later in this book how this law can be put to positive effect, so rather than merely being a pawn in the game of life, anyone can become a king or queen, with total control over the “game”. This is not to say that a person with such control is no longer subject to the immutable law of Cause and Effect, but are rather now making conscious and positive use of this law.

So there is no such thing as “chance”. The principle of Causation, the law of “Cause and Effect” is always present and always in operation, both in your life and everyone else’s life, effect following cause in perfect, immutable sequence. Nothing but nothing ever happens outside of the Law, and equally importantly nothing ever acts contrary to the Law. Mankind should never be a pawn to these laws, but should rather master and work with them in providing for genuine needs, and most importantly for the ultimate destiny of every human being, the ascent back to our Divine Creator.

Those who understand and practice these laws will discover the inner will always prevail against the outer in perfect immutable succession, until finally taking refuge in the Law itself, “and laughs the phenomenal laws to scorn”. Again it must be stressed; Causation, the law of Cause and Effect, is a most exalted law, which every person without exception should understand and master, as one day everyone surely will.

Chapter 21: The Elements

We have already discussed how the entire Universe consists of vibration from the very highest vibration of The Source, The First Cause, God, to the very lowest vibrations comprising the physical world of matter. We have also discussed how all vibration is Energy and how vibration can manifest an unlimited number of unique characteristics. Another name for The Source, The First Cause, God, is the “Ether”. This is not necessarily the Ether referred as recognis the medium of Energy in which everything in the Universe exists in the form of vibration. Before the Universe came into being there was only The One, The Source, God.

The very beginning of the creation of the Universe within the Mind of The One is symbolically identified with those well-known words “*Let there be Light*”, Fiat Lux! At that point the entire Universe was thus created within the infinite Mind of God, God then became The First Cause for the Universe and The Source of everything that Is. And so it was then that entire magnificent Universe in all of its spheres came into being.

It should also be noted this does not only apply to the physical Universe according to science with its “big bang theory”, or indeed as interpreted by religion as written in Genesis I, but it rather applies to all the Great Planes of life from the very highest vibration of The Source, The First Cause, God, descending all the way down to the physical world of. Matter

This process symbolically began with “The Word”. “The Word” is not the same as a word in the form of physical language as is commonly understood, but rather the sending forth of vibrations of Energy within the Mind of God, in the form of images, giving rise to the constituents of the Ether, and ultimately giving rise to the creation of the entire Universe in all of its glorious realms of life and reality, again, all by imagination in the infinite Mind of God.

Everything is the Universe is therefore an “idea” within the infinite Mind of God, created by the infinite imagination of God in the Macrocosm, just as we, as Sons and Daughters of God, made in the true Spiritual image of God are creators of our own reality, the microcosm in the same way as God created the entire Universe, the Macrocosm. As inseparable aspects of God, there is no difference at all between the creation by God or any aspect of God; Mind, concentration and imagination are Universal creative forces through which everything has its Being.

The Ether is symbolically comprised of the four “elements” from which everything in existence in the entire Universe in all planes of life came into being upon The Word; these are the elements of Fire, Air, Water and Earth, of which the Ether, The Source, Spirit, God, is the very finest, the Quintessence of the others, the primordial Light. It should be made clear from the outset that the elements are not in any way separate from Energy or vibration, but are rather configurations of Energy and vibration, each element having its own unique characteristics in accordance with the Energy configuration of which each element comprises. The elements can therefore be considered to be “building blocks” of Energy.

Each element, as a configuration of Energy, influences corresponding Energy just as all Energy has the capability to influence any other Energy, as with thought Energy for example. In this way the elements, under the influence of the infinite Mind of God, are Energy building blocks configured during the initial act of creation, and in the form of Energy contributing to the sustaining of the Universe in all of its realms of glory.

It must be stressed once again from the very outset that these are not the commonly recognised fire, air, water and earth which everyone is so used to in the material world; in other words fire as in flame, water as in rain, the air we breath or the earth in which we sow seeds, but are rather the Universal attributes of configurations of Energy that are analogous to them, having similar although non-physical characteristics.

Everything that has ever been and ever will be created was as a direct result of the interaction between the Energy configurations, the vibrations of these four Universal elements. The characteristics of each the four Universal Energy elements are as follows:

The Element of Fire: The first element to descend from The Source, The First Cause, God was the element of Fire. The fundamental Universal attributes of the element of Fire are light, heat and expansion. All of creation began with these Universal attributes radiating and expanding from The Source outwards to the very outermost levels of Energy at which point the physical Universe was formed. The Emerald Tablet of Hermes is an ancient account of this process.

It follows therefore that everything without exception in the entire Universe in all planes of life contains the Universal element of Fire. In accordance with the Universal principle of polarity, the Fire element, as with all of the elements is bi-polar, in other words has two poles that are respectively active and passive in nature. The active or positive pole is creative and the passive or negative pole is destructive.

As well as the Universal attributes of the Fire element as relates to the Macrocosm, the Fire element, like the other three elements, has a profound influence over human beings, the microcosm. As already mentioned, everything in the Universe contains all four elements and human beings are most certainly no exception to this reality. These four elements with the fifth, the quintessence of the elements are present in the Energy comprising the physical body of matter and also present within the Energy, Astral and Mental bodies which will be discussed in more detail later in this book.

The action and balance of the elements in the subtle bodies, and most notably the Astral Body, the Soul, has a very considerable influence over the emotions, temperament and all other mental attributes of human beings. In addition, imbalances in the elements will often result in a physically manifesting illness, usually

diagnosed by doctors as originating from a physical medical origin. Of course is is not possible to fully cure such ailments by physical means, but rather to only mask the symptoms. In accordance with Universal laws, and in particular the law of Correspondence, all diseases first originate in an inner body before manifesting in the physical body as a physically observable illness. As we will discuss later in this book, this knowledge is used in the process of Holistic healing which brings about the cure in the inner body originating the disease in order for the cure to then manifest in the outer, physical body in the form of an observable physical cure of even the most serious conditions, some of which cures are deemed to be “miraculous”.

The elements also correspond to the five physical senses through which the physical body experiences the physical world. The Astral Body, or Soul, experiences the physical world through the mediation of the five physical senses, and is a primary reason why the Astral Body or its intermediary Energy, or Etheric Body are in turn so fundamental to the balance and well-being of the physical body. The Energy body is the Energy interface between the physical body and the Astral body, the Soul. Again, this is also a basis of most Spiritual and Energy based healing.

In the Mental Body, the immortal Spirit, the Fire element gives rise to the emotional attributes of Energy, might and passion. It is ultimately the Mental Body, the immortal Spirit that actuates the five physical senses through the mediation of the inner senses of both the lower Astral and physical bodies thereby enabling the perception of the senses involved.

The Fire element, in recognition of its fundamental property of expansion is also known as the “electric fluid”. As we will see later, the “fluids” are a very important aspect of the Ether in the propagation and maintenance of the Universe.

The Element of Air: The next element to descend from The Source during the creation of the Universe within the infinite Mind of

God was the element of Air. Air is not a true element in the same way as Fire and Water, but is nevertheless fundamentally important to the balance of the Universe.

The function of the Air element is to act as a Universal Energy mediator between the elements of Fire and Water element. In the course of this mediation the Air element acquires characteristics of both Fire and Water, and in particular the attributes of warmth from Fire and moisture from Water. These are Universal Energy attributes, configurations of Energy present in all planes of life.

The Element of Water: Water was the third Element to descend from the The Source, The First Cause, from God. The element of Water has exactly the opposite properties to those of Fire, its Universal Energy characteristics being principally those of contraction and coldness.

As with all of the elements Water also has its two polar opposites the actions of which are vital to the great Universal scheme of things. The active, or positive pole of the Water Element is nourishing, preserving, and life giving, while the negative pole is decomposing, fermenting and dispersing. The Fire and Water elements are inter-dependant on each other, being equal and opposites from a Universal polar perspective.

The Water element represents the Soul, the Astral Body. Just as the Fire element is also analogous to the Electric fluid, the element of Water is analogous to the “Magnetic fluid” in recognition of its fundamental property of contraction.

The Element of Earth. Like Air, Earth is not a true element but is rather the result of the interaction of the other three elements, Fire, Air and Water. The main characteristic of Earth is the property of solidification. As this occurs the Earth element assimilates the other three elements from which it is constituted thus providing them with a solid form. It is due to the activities of the elements during this process that the material Universe of physical matter came into

being during the great act of creation, along with the physical world attributes of measure, space, weight and time as they are known to science and people generally.

All created life came into being then as a direct result of the interaction of Energy analogous to the properties of Fire, Water and Air expanding from The Source, The First Cause, God, eventually resulting in the physical, solid Universe analogous to the element of Earth.

Again, the Earth element has, like the other elements, unique characteristics of vibration or Energy, and is not therefore merely the actual physical Earth of solid matter as constituted by the elements at the lowest level of Energy vibration and highest density. It is also important to note that we are not merely referring to the planet “Earth”, but rather to the entire physical Universe as known to science, the creation of which is analogous to the “big bang” theory of the astrophysicists.

Science is constantly seeking the origin of the “big bang” in the physical Universe. However, as we will discuss later in this book, science will never find a single origin within the physical Universe for the “big bang” and therefore the origin of the start of creation, because in the beginning the Universe was created out of and by The Source, The First Cause God beyond the confines of space and time, a place where all exists in the “Eternal Now”.

So the descent of the elements occurred beyond space and time, expanding through the Ether with progressively lower vibration and increasing density, until finally resulting in solidification in the form of the physical Universe as observed by science and everyone else by means of the five physical senses. As previously mentioned, quantum physicist David Bohm very aptly referred to the physical Universe of matter as “frozen light”, which indeed it is; the primordial Light of the Ether, The Source, God, “frozen” in the density of the lowest vibration of Energy and manifesting as the physical Universe.

It should once again be noted that the elements are all components of the Ether and therefore also of vibration the characteristics of which they still retain, so the solidification process analogous to the Earth element is still subject to the laws of vibration, which in turn is why all matter is ultimately constituted of sub-atomic particles, atoms and molecules of unique properties, together giving rise to the chemical elements and compounds as recognised by science. In the beginning it was when Universal Energy including that represented by the elements expanded outwards to such an extent that the vibrations slowed to form the sub-atomic particles, atoms and molecules of which all physical matter comprises.

Again however, chemical elements should not be confused with the Universal Elements of Fire, Air, Water and Earth, and neither should they be confused with the physical fire, air, water and earth of the same name. The Universal elements, like the entire Universe in all spheres of life and reality are configurations of Energy influenced by the power of Mind, either the infinite Mind of God during the great creation, or of human and other beings in the microcosm.

The “big bang” theory is to scientists as Genesis I is to religion. The story of Genesis, like almost all of the biblical accounts is very deeply symbolic, intended for those who would understand its true meaning. Unfortunately, over the millennia, these accounts have all been interpreted and translated in material terms, and the true meaning has long been subsumed by creed and dogma. Genesis is an account of the greater act of creation in all planes of life, and not merely of the physical planet Earth as is generally supposed by orthodox religion.

This concludes our analysis of the four Universal elements and of vibration, Energy, of which everything and everyone in the Universe in all spheres of life and reality without exception is constituted. One of the key principles in the health and well-being of all tetrapolar life, that is to say life which is constituted from all four of

the elements of Fire, Air, Water and Earth is in the maintaining of a fine balance of the Energy and vibration of the elements.

In the Astral worlds there are various degrees of beings existing in the form of a configuration of Energy comprising a single Element, some of which beings are fairly advanced in nature including such creatures as are more commonly associated with “fairy tales”, and some of which are much more basic in nature. The more basic beings of the single elements are known as “elementaries” when they exist in the Astral planes, and “elementals” when their principle habitat is within the Mental planes. Despite their comparative simplicity, these beings are nevertheless very important in the grand Universal scheme of things. We will discuss these and the more advanced beings of the single elements later in this book.

In summary, the Universal elements of Fire, Air, Water and Earth are configurations of Energy that are analogous to their Earthly recognised counterparts, and each of which exhibit unique characteristics, forming Energy building blocks within the Universe. These elements not only exert a profound effect over human beings at all levels, but also within the Universe as a whole.

Many human diseases are a direct result of an imbalance of the Energy of the elements within the inner Energy, Astral or Mental bodies, and which in turn manifest in accordance with the Law of Correspondence within the physical body as a physically observable ailment.

The elements also have a profound effect on human characteristics such as emotion, and many other attributes at the mental level, and give rise to psychological imbalances and sometimes an observable mental illness. Equilibrium of the elements within the human body is a fundamental aspect of the ongoing process of evolution and perfection that is the ongoing mission and destiny of every single human being without any exceptions. Like all Energy, the elements are influenced by Mind, and therefore full elemental

equilibrium, harmony of the elements at all levels of a human being can be controlled and maintained by the Mind.

Balancing of the elements comprising the human being at all levels is therefore extremely important for progression, a fact that everyone should not only be fully aware of, but also to integrate into ongoing life, processes that will be discussed later in this book where we discuss the extremely important issues of creating your own reality, and controlling your own destiny, all of which are ultimately within every Son and Daughter of God by virtue of the infinite powers of the Mind.

Chapter 22: Vital Energy

All life is sustained by means of “Vital Energy”, the “Life Force” pervading the entire Universe in all dimensions or planes of life and reality. This unseen Energy, an Energy that has not yet been formally identified or measured by the three dimensional world of science, has many names according to the various cultures, traditions, practitioners, healers, and esoteric orders who are aware of and make use of its presence. Such names for Vital Energy include “Prana”, “Chi”, “Ki”, “Psi”, “Ruah”, “Breath of Life”, “Bioplasma”, “Manna”, “Life Force”, “Orgone”, “Odic Force”, “The Force” and often, and most appropriately, simply “Vital Energy”.

In fact Vital Energy with all of its names is still fundamentally the Universal Energy from which all things are made and are integral aspects; the Energy of The Source, The First Cause, of God. Vital Energy is not therefore a different type of Energy, but rather another name for it.

As so many people involved with healing refer to this influence of Energy as “Vital Energy” we will hitherto refer to this life force as “Vital Energy” being a most appropriate and accurate description of the nature of this force in all of its names in the context in which it is applied.

So Vital Energy is still the very same Energy that pervades the entire Universe from which all things originate, but in this context can also be regarded as a “Spiritual substance”, the food of all life in all spheres of the Universe.

In the inner spheres, the Astral and Spirit worlds, all life is sustained by the “breathing” and “absorption” of Vital Energy as part of an entirely natural process performed subconsciously, much as humans and other forms of physical life breathe air. In fact all earth life, including humans “breathe” in Vital Energy through the mouth as part of the normal respiratory process, and also, although subconsciously and usually without awareness, through the pores

of the skin. Although this is an entirely natural, automatic and unconscious process, it is nevertheless absolutely “vital” for the sustenance of all life, without which, life, including human life simply could not exist being an aspect of the same Universal Energy from which all life originated and is sustained from The Source, The First Cause, God.

Vital Energy has many powerful and sometimes wonderful characteristics when applied in the direction of healing. A particularly important branch of “alternative medicine” is known as “Pranic Healing” which is well-known in eastern countries, and is now becoming increasingly practiced around the world as its healing powers are more widely recognised.

As we have already mentioned, the human body, being comprised of pure Energy, is also dependant on Vital Energy in order to maintain it, and this also applies to the subtle Etheric, Astral and Mental bodies. When a person becomes ill, although the illness usually manifests as a physical problem, for example as headaches, lethargy, pains and many other such symptoms, the origin of these ailments is very often not within the physical body itself but rather within the “Energy Body”, often known as the “Etheric Body”. Such ailments can be caused by a wide variety of situations as we will discuss later in this book, many of which can respond, often dramatically to Pranic Healing.

The process of Pranic Healing in all of its variations involves the accumulation of Vital Energy by a Pranic Healing practitioner, who then directs that accumulated Energy towards the location within the Energy Body of the ailment of the patient. The Energy Body has several main “centres” which are vitally important. These centres are mystically known as “chakras” in eastern terminology.

There are seven main chakras, each of which has a very specific purpose, and all of which are connected to the wider and vastly complex energetic systems of the subtle Energy Body. Bioplasmic disturbances in any part of the Energy Body and in particular a

chakra or other Energy centre, will usually manifest as a physically observable illness. Of course, and quite understandably, doctors will attempt to treat these illnesses by physical means by the use of medicines, surgery, therapy and so on, but in fact the only real and enduring cure is entirely non-physical in nature, being firmly rooted in the Energy Body of the patient. In these cases, no amount of medicines or surgery will bring about a cure. We will discuss Pranic Healing in more detail later in this book.

Another “alternative”, well-known and often highly effective form of treatment is Acupuncture. This is an ancient but increasingly popular Chinese procedure whereby sharp, very fine needles are inserted at critical points of the physical body, but which points actually correspond to important Energy points within the Energy Body. The needles are not therefore affecting physical nerves as some doctors might suppose, but are rather acting upon the balance and flow of Vital Energy within the invisible Energy Body, thereby bringing about relief or often a complete cure.

Acupuncture is a highly skilled profession whereby a detailed knowledge of the Energy Body, its balancing points or “meridians”, and of Vital Energy itself, known as “Chi” in China, is required. Acupuncture also makes use of the principle of polarity, where Energy points can be subject to opposite poles of balance know as “Yin”, the negative polarity, and “Yang”, the positive polarity.

Another well-known and extremely popular exercise in Chinese cultures involving Chi, pronounced “chee”, is known as “Tai Chi”. Tai Chi exercises balance the flow of Vital Energy around the body, thereby facilitating a better state of health and well-being.

Yet another form of healing making use of Vital Energy is known as “Reiki”; a Japanese word meaning quite literally “Universal life-force”; “Rei” meaning Universal and “Ki” meaning “life force”. Reiki, like most forms of Energy based healing, can either take place with the patient in the same physical room as the Reiki practitioner, or at any distance. Distance is most certainly no barrier to any form of

healing making use of Vital Energy, as it fully conforms to the Universal laws as previously discussed, and accordingly neither time or space are relevant to, or form any sort of barrier to the use of Vital Energy for healing.

Vital Energy is also the force behind many esoteric and psychic abilities. These abilities are not functions of Vital Energy in and of themselves, they rather conform to the Universal laws relevant to the plane upon which they manifest as Energy vibrating in harmony at that level. Vital Energy is literally the Energy or driving force that adds “potency” and therefore effectiveness to the operation involving Universal Energy.

Generally speaking, the more Energy behind an energetic operation, the more instantly effective it is likely to be, although always in complete accordance with the Universal laws, principles and planes relevant to the operation, as well as the abilities and experience of the practitioner.

Chapter 23: Psychic “Phenomena”

In recent years in particular, so called “psychic phenomena” have become increasingly more high profile, due in part to well-known psychics such as Uri Geller, and the increasing appearance and popularity of psychics on television. The recent revelations of the use of “Remote Viewing” by the secret services of various governments has also brought psychic potential very much to the attention of the world.

The most notable remote viewing situation was a program instigated by the United States government known as “Stargate”. This was a covert “information gathering” operation whereby “remote viewers” sitting at a desk in a quiet room were able to obtain often very accurate information about anything or anyone, completely regardless of the physical distance or time involved.

In addition to remote viewing, most people have heard of psychic abilities such as telepathy, telekinesis and divination by means of tarot cards, runes and many other such instruments. Most people will also be aware the multitude of personal “psychic services” on offer today, on the Internet in particular. Although psychic abilities are not strictly necessary in everyday life, as people progress on the great Spiritual path such abilities are quite likely to arise spontaneously with Spiritual growth. This certainly does not necessarily imply that those people who already have psychic abilities are Spiritually more advanced than anyone else, but rather some people were born with such abilities that have been with them all of their lives, and other people have developed such abilities through many years of practice. The following chapters are a summary of a few of the better-known psychic abilities.

Chapter 24: Remote Viewing

There are various methods of remote viewing including Ganzfeld, Outbounder or Beacon, Associative, Coordinate, Controlled or CRV, Extended or ERV and Scientific or SRV. Although all of these methods vary, remote viewing in general terms can be defined as the ability to obtain information on an object or “target” in a remote location across both space and time as it relates to the physical world. Distance and time are therefore no barriers to remote viewing; the object or event can be anytime in the past, present or even future relative to the physical Universe.

Remote viewing is broadly speaking a controlled shifting of awareness performed from the normal waking state of Consciousness, unlike many other psychic abilities often requiring a state of trance. Humans, as we will discuss later, are all part of a collective Mind existing beyond the limitations of physical space and time. Anyone who is focussed into this “dimension”, “plane” or “state”, which is a level of Energy or vibration, either permanently or temporarily, can potentially project their Consciousness anywhere within time or space in an instant. Remote viewing works therefore by means of the “remote viewer” projecting, or tuning their Consciousness into this spaceless and timeless aspect of the Universe. The remote viewer is then able to obtain information in accordance with “coordinates” they have been provided with by the “tasker”.

These “coordinates” are not the same as those for example on the grid reference of a map, but are rather a group of random numbers created by the “tasker” and assigned to the “target”, i.e. the place or situation from which the remote viewer is to obtain information. The remote viewer therefore has no prior knowledge whatsoever of what or where, the remote viewing target will be. This prevents the possibility of the remote viewer subconsciously including their own interpretation and bias to the information being sensed.

In this spaceless, timeless environment, the remote viewing coordinates are associated with the target by the tasker, and are all the remote viewer requires in order to obtain information from the designated target. It should be pointed out however that the term “remote viewing” is somewhat misleading in that there is usually no “visual” aspect to this ability at all. The remote “viewer” rather receives “impressions” from the target, a sort of intuition, and very quickly writes these impressions down in a type of symbolic shorthand as fast as they are received.

Chapter 25: Telepathy

Telepathy may be defined as the transference of thoughts from the Mind of one person to the Mind of another person, or several other people, usually subconsciously, but in the case of those with high telepathic abilities can also be intentional. Telepathy often occurs spontaneously whereby a person might suddenly receive a “thought” from someone standing nearby, and might even respond to that though verbally much to the surprise of the originator of the thought. This happens much more often than people might realise, but very often such received thoughts are dismissed as a “figment of the imagination” originating in the Mind of the person who “received” the thought.

There are people who can communicate telepathically over great distances and with complete accuracy. Space and time are no barriers to telepathy, as the communication process is taking place upon the Mental Plane beyond the confines of space and time, and is therefore instantaneous, being a projection of Energy in the form of vibration.

Although telepathy is an ability that can be learned, there are people who inherently exhibit a very high level of telepathic ability, as sometimes happens in the case of identical twins for example. It should be noted that when a person passes from this world at the time of physical death, all communication in the inner spheres of life, the Astral and Spirit worlds takes place by means of telepathy, in other words by thought transference in the form of words, images and symbols. In the level of the Astral planes where most people arrive after physical “death”, communication is almost the same as telepathic communication would be on the physical plane, but as a person progresses to the inner planes of life, telepathic communication becomes much more sophisticated and “compressed” so that vast amounts of information can be transferred between two or more beings almost instantly as “packets” of communication. This is a subject for discussion later in this book, but such communication in the inner planes is almost

entirely symbolic, a sort of “picture language”, and therefore “language” in the form of words simply does not apply. Likewise, languages spoken in the physical world are not relevant, and are no barrier to communications in the inner spheres of life.

Everyone in the Astral and inner worlds can therefore communicate regardless of the country or even planet from which they originated. Among humans still living on Earth, the physical plane, telepathy can be much more subtle than the transfer of words or even sentences, and people can, and frequently do influence each other at a much more subconscious level. For example when a person is in a good mood, that mood can be transferred to people around him or her, or even at a great distance. Whole crowds of people can influence each other in this way, and it can often be noted that whole families or groups of office workers might be feeling happy or depressed at exactly the same time, or any one of a number of other states of Mind. This is a more subtle but nevertheless important aspect of telepathy, where emotions are being transmitted rather than intentional communications.

So how exactly does telepathy work? There are several laws in operation here conforming in particular to the great Universal Laws of Mentalism and Correspondence. We already know from the principle of Mentalism the entire Universe is mental in nature, being infinite Mind and Consciousness, with everyone being a seamless part of the whole. An infinite possible number of direct lines of communication are therefore possible. It should be noted at this point that as thought transference is a mental process, it takes place between the Minds of two or more people upon the Mental plane. From the Mental plane a thought is then transmitted to the Astral Body through the Mental matrix, and finally to the physical human Mind through the Astral matrix where it is interpreted in the form of native language. Again, these communications are still Energy that is vibrating, transmitted and subsequently received by one or more people who are “in tune” with the same Energy vibrations.

This then is a brief overview of the inner workings of telepathy. Everyone will routinely communicate in this manner upon departing the physical world and entering the Astral and later Spirit worlds. It is also quite likely however that as the human race further evolves, telepathy will become increasingly more common as a means of communication in the physical level of the Earth life system as well.

Chapter 26: Karma

We have already discussed the Universal principle of Causation, Cause and Effect. Later we will discuss the very important subject of reincarnation and its significance to all human beings. Karma operates within the laws of Cause and Effect. For every “bad” or negative action an equally “bad” or negative result will occur, and for every “good” or positive action an equally “good” or positive result will occur. Of course in accordance with the principle of polarity there is no such state as “absolute bad” or “absolute good”, but rather only degrees of “badness” and “goodness”. Every deed or “cause” will therefore bring about its corresponding “effect”, the degrees of which are completely relative. It should also be noted that Cause and Effect and therefore karma is still a function of Universal Energy and vibration.

Karma literally means “action”; it is important to note however that an “action” need not only be physical, but can equally be a thought; a bad thought will cause a corresponding bad effect at the Mental level, and a good thought will cause a corresponding good thought at the Mental level. This is also in accordance with the laws of Vibration and Mentalism whereby a thought is a cause in the form of vibration, in other words of Energy, yielding its corresponding effect on the level of Energy and vibration of the Mental plane.

Although the entire Universe is subject to the immutable laws of Cause and Effect, the aspect of Causation known as karma is of fundamental importance. In order to progress along the path of perfection though the Astral and great Spiritual planes on the journey back to our Creator, it is vital that all bad attributes and deeds are equilibrated, that is to say balanced, transmuted and cancelled completely. Due in no small part to a general lack of the understanding of the laws of karma, many people continue through their lives causing bad effects, or bad karma, usually without realising it.
There is simply no escape from karma; sooner or later karma has to be equilibrated within each and every person. Fully

understanding the laws of karma will therefore not only assist on the path ahead, but might also save often considerable pain or discomfort, either in this life or in a future life.

Within the multi-dimensional reality of the inner spheres, all lives are sequential; that is to say there is no such state as a “previous life”, “this life”, “the next life, or “the life to come” or “the life after that”, but rather all lives are experienced as a fully integral aspect of the Universal continuum beyond the space-time level of reality, where the individual Spirit is immortal. Each “life” is therefore, in reality, a temporal, physical manifestation of the Soul and immortal Spirit, whereby some “time”, as measured in physical terms is spent in the physical world living within a temporal physical body of matter. Such “time” has no meaning however in the context of the Universe and eternity.

There is no time limit to which karma conforms. Sowing a “seed” of karma creates a certainty that at some point in the future as measured by physical time, the seed will sprout, grow and bear fruit as a corresponding and equal effect. This point in the future might be the current physical life, the next physical life or any future physical life. It is even possible the “effect” might manifest between physical lives while living in the Astral world if the cause can be equilibrated within the Astral planes.

Not only can the creation of a “cause” be physical or purely mental, even a physical cause has a mental origin, but it can also be either conscious or subconscious. The subconscious can therefore create numerous causes without realising it, the effects of which still have to be carried, fully accounted for and equilibrated. As we will see later, it is therefore extremely important that both the ego and the subconscious be controlled in order that they do not cause hidden karmic events.

It is not only humans who are subject to the laws of Cause and Effect and therefore karma, everything in the entire Universe is subject to these laws, every person, every animal, fish, insect,

plant, mineral, indeed everything and every being are equally subject to this law on their own existential level, there are absolutely no exceptions, it is The Law.

As mentioned earlier, even our personal thoughts are subject to karma. So, for example if a person thought badly of someone else, thereby sending out aggressive, vindictive or other negative vibrations, then one day those same vibrations will without doubt return to the originator, thereby causing them to react in the same way. This also works on the physical level whereby if someone were to do or say something resulting in a negative action against someone else, then inevitably that same action would return sooner or later causing the originator to suffer the same effect as the original cause. There is a saying highly appropriate to karma; a person can be “their own worst enemy”.

Individual karma can be accumulated over many lifetimes, so when a “bad” thing happens it will not be by mere “chance” or due to “bad luck”, notions which are impossible in the Universe in accordance with the law of Cause and Effect, but rather as a result of some previous equally “bad” cause, a cause which might even have originated many lifetimes ago.

According to Hindu philosophy there are three levels of karma. The first level of karma is called “Sanchita karma”. Sanchita karma is caused by a past situation still awaiting its corresponding effect or reaction. This is in effect then “latent” karma.

The next level of karma is the level of past causes including those from past lives, the effects of which are still manifesting in the current, temporal lifetime. This type of karma, called “Prarabdha Karma”, is a manifestation of karma shaping the current lives of people.
The third level of karma is known as “Future karma”. Future karma is where the causes are being created in the current temporal lifetime, but which will manifest in the future, either later in the

current lifetime or otherwise in a future lifetime as its corresponding effect.

Another aspect of karma needing to be considered is that a sequence of “effects” do not necessarily occur in exactly the same order as the corresponding sequence of the causes that gave rise to them. This is largely due to the possible differences in the magnitude of the original cause, and therefore the first opportunity to become a corresponding effect. A large karmic event, a cause, might not be able to equilibrate itself as a corresponding effect until much later in a lifetime, or indeed very often not until a future lifetime. On the other hand, a small karmic event, a thought for example, might well yield a corresponding effect within seconds, minutes or hours of the original cause. There are no hard and fast guidelines to this, the only certainty being the law of karma will inexorably exert itself throughout and beyond space and time; everyone should know that no person whatsoever is beyond this law. Everyone should therefore always be consciously aware of karma and live accordingly, always ensuring no bad actions or thoughts are allowed to occur.

It should be stressed at this point that karma is not a punishment and reward system. Everyone is provided with the freewill to do as they please, the significance of which being that everyone must be equally held responsible for their own actions. This is not a court of justice type scenario, but rather only the immutable law of Cause and Effect unfolding perfectly throughout space and time and throughout all spheres of life and reality.

As the well-known and highly appropriate saying goes: “as you sow, so shall you reap”. Problems arise when people do not understand or choose to ignore this immutable and exalted law. People, ignorant of the laws of Cause and Effect and of karma, keep on sowing negative seeds throughout their lives, remaining completely oblivious to the fact that one day sooner or later the price will have to be paid by means of the corresponding negative effects in the same order of magnitude, which effects might take

many lifetimes to equilibrate. On the other hand those who fully understand these laws will always be most careful and diligent about what they think, say and do, in order to ensure no seeds of negative karma are sown, and will only sow the seeds of positive karma that will accordingly be of equally positive benefit in the future. The importance of conscious living, being constantly Mindful of all thoughts, actions and of the moment, will be discussed fully in the final section of this book.

People who create negative karma for themselves over many physical lifetimes often wonder why negative things are happening to them in their current physical lifetime. They will typically say things like “what have I done to deserve this”, or “why is it always me that has the bad luck”, or “why don’t other people suffer like I have suffered”, and so on. Such people tend to blame everything and everyone except for the true guilty party; themselves. In reality until such people come to fully understand these great Universal laws, as one day everyone surely will, and to always live by them, they will continue to create negative karmic causes which will in turn continue to create the corresponding negative karmic effects for many lifetimes to come, until eventually all karma has been fully equilibrated. Karma is a very important aspect of individual evolution and progression back to The Source, The First Cause, God, Who is absolute perfection, and Who must therefore be approached by absolute perfection as characterised by the Energy and vibration of the Spirit of each individual person.

Karma, although an aspect of the great Universal law of Cause and Effect, is also a “tool” for learning. We incarnate into the physical world to learn, evolve and to equilibrate karma. As we will discuss in the next section of this book, this planet Earth is not our true home; it is not reality, the entire physical Universe is not reality. Our true home as immortal Spiritual beings is within the great Spiritual worlds, including the great Celestial and Cosmic planes of life, beyond the Astral worlds. Life in the physical world is therefore intended to learn the lessons required in order to be able to progress to our true home, the glories, splendours, peace harmony

and Light of the Spiritual worlds, and accordingly karma is one of our greatest teachers. Like all teachers, karma should be afforded the greatest of respect. Those who do not learn these lessons will continue to suffer at the hands of karma for day after day, year after year, lifetime after lifetime until such time as any particular lesson is finally learned.

Much more could be said about karma, but suffice it to conclude this subject by emphasising once again the that law of karma provides ongoing valuable opportunities to learn lessons, evolve and create good things in life. It is not intended to be a system of punishment, implying an emotional basis that simply is not the case, but is rather an immutable aspect of the balancing of Universal cosmic laws as applies to mankind, the microcosm, the very same laws applying to the Universe as a whole, the Macrocosm. Nothing but nothing can or does exist outside of these laws that exist to evolve a state of perfection of everyone and everything in the Universe. The entire Universe is in a constant state of evolution, and karma, a fundamental aspect of the law of Cause and Effect is fundamental to that evolution.

Again, everyone should always at all times be completely conscious of karma, positive as well as negative, in living day to day lives, and always with an eye on the true meaning of life, our ultimate reality and destiny, as we journey relentlessly along the sacred path back to our Divine Creator.

Chapter 27: The True Nature of “God”

Many of the belief systems of the western world are based upon Christianity and Judaism, with Islam being prevalent in the Middle East, and Hinduism and Buddhism prevailing in the Far East. Of these Islam, and in particular Christianity in all of its forms rely heavily on the words of their respective books or bibles.

A major problem faced by the world today however is that many people still live their lives by the literal word of these ancient books and by the word of the churches and their representatives, words which are still accepted without question as being the truth. Often of course this is also the result of strong, historical family beliefs and traditions, which people generally accept and follow without question, usually out of trust and respect. In other cases, the very high profile of the orthodox churches has led people to believe these churches must represent reality, and therefore people have looked no further for the truth.

Accepting a dogmatic orthodox religion is a very convenient way of incorporating a packaged belief system, with the comfort and convenience such a belief system often provides. Whilst we must all maintain absolute respect at all times both for the beliefs of others and the absolute right of everyone to subscribe to any religion or belief system of their choice in accordance with freewill, people must soon come to discover and to know beyond any doubt whatsoever that everyone without exception is subject to exactly the same immutable Universal laws, the only laws governing our onward progression to levels and states of existence which truly are the “heaven worlds”, the glories and splendours of which are beyond the comprehension of earthly man, and transcend all concepts of “religion”, dogma and “belief systems” generally.

Although we are all integral aspects of God, it is the true destiny of every single human being without exception to become a “God man” or “God woman” with powers beyond the comprehension of Earthly man. This destiny can only be fulfilled however with ongoing

true, sincere, individual progression and evolution based upon Universal knowledge and absolute Spiritual realities and truths, and never, ever by accepting mere creed, dogma and indoctrination as the basis for living.

We can conclude this section with the following observations of “God”. The true God does not conform to a popular visions of an elderly, stately looking gentleman with a white beard, adorned in long flowing white robes sitting on a golden throne flanked by Archangels while managing the affairs of, and judging mankind.

The true God is not tyrannical, benevolent or vengeful, and does not exhibit petty human characteristics such as jealousy, caprice or anger.

The true God does not need or desire to be worshipped or to receive offerings, and is most certainly not influenced by flattery or praise.

The true God is neither demanding, vengeful or vindictive, and does not rule the Universe from high places as if He/She were a monarchy with the human race as subjects, casting down judgements and punishments at will for perceived transgressions.

The true God does not punish people for failing to believe in Him/Her, for failing to attend a church or failing to accept Jesus as their saviour.

This same true God does not in any way require intermediaries or “go betweens” to be positioned in the physical world between Him/Herself and “common man” in order to interpret, represent and convey the “will” of God. No such intermediary has, has ever had or ever can have the ear of God, or indeed possess any other sort of special connections or relationship with God. No such self-appointed representative of God can possibly know “God’s will” or accordingly convey such “will” to the people, and neither can such intermediaries convey the wishes of the people back to God.

Above all God is neither separate from the Universe or from anyone or anything within the Universe. God is at once Omnipotent, Omniscient and Omnipresent; every human being, all life and everything within the entire Universe has its being within the infinite Mind of God, and God is within every human being, all life and everything in the entire Universe.

Everyone is a totally equal and integral aspect of God, the supreme Universal Consciousness, The Source, The Prime Creator, The First Cause, Who in turn is the same absolute, total and complete perfection every single human being is striving to achieve during the course of the journey of evolution along the Divine path back to God from whence we all originated, of Whom we are all an integral and equal aspect and to Whom we will return.

Everyone without exception is the master of their own destiny. We all create our own realities and we are all always governed by the very same immutable Universal laws existing to maintain the perfect order of the glories, splendours and magnificence of the multi-dimensional Universe of Consciousness in which we have our being. The true God ultimately sustains everything in creation with the most powerful force, vibration, Energy of all within the Universe, in all spheres of life and reality; Pure Unconditional Love.

Part 2

The Inner Realities

Chapter 28: What Happens after “Death”?

I would like to commence this section by emphatically stating an extremely important truth which everyone should know and understand beyond any possible doubt: **There really is no such state as “death”.** What many people believe to be the finality of “death” is in fact no more and no less than the transition from one state of life and reality, that of the physical matter, to a state of life of a vastly finer density of the Universe, often known as the “Astral planes”, sometimes referred to as “the beyond”, the “fourth dimension” or the “afterlife”. What they are called is of no consequence however, the fact is they do exist and for a time becomes the new home for people departing physical life, before either returning for another life on earth or progressing to the inner spheres of reality, the Mental planes, the Spirit worlds.

We will discuss the nature of the Astral planes later in this book, but first we will look at the process erroneously known as “death”. We are all multi-dimensional beings, each of us having numerous “bodies” corresponding to our many states of “being” within the multi-dimensional Universe. These very broadly consist of the physical body, the Etheric or Energy Body, the Astral Body and the Mental bodies. We have numerous Mental or Spirit bodies, all relating to the infinite degrees and states of vibration, density and being, ranging from the very lowest to the very highest. The Astral Body is often referred to as the “Soul” and the Mental Body the immortal “Spirit”. It is the Mental Body, the immortal Spirit that is “made in the true image of God”, not the physical body as many suppose.

God is pure Spirit, and ultimately every single person exists as pure Spirit beyond all concept of form. The seat of our very “being” or Consciousness is within the Mental Body, the immortal Spirit. The Astral Body, the Soul, actually consists of both the conjoined Astral and Mental bodies, and is therefore can be more accurately referred to as the Astra-Mental Body. These subtle bodies are composed of Energy, vibrations, the nature of which is completely

unique for everyone, each individual possessing a unique Energy signature by means of which they can be uniquely identified. Within the inner spheres of reality, the Astral and Mental planes, people exist at the level of vibration of the Ether that is exactly equivalent to the level of vibration of their Astral and Mental bodies respectively. The level of vibration of the Astral and Mental Body depends in turn upon many factors, including but not limited to individual degree of ennoblement or perfection, degree to which the ego has been transcended, realisation of Spirit or “God” within, degree of unresolved karma, and most importantly the realisation of the most powerful force in the Universe; Unconditional Love.

So what actually happens when people experience physical “death”? The circumstances upon which people arrive at the end of their current physical existence obviously varies very widely, and can range from very sudden death, for example resulting from an accident or sudden illness, through death as a result of a long illness, to natural death as a result of old age; and of course there are numerous possibilities in between.

Regardless of the precise circumstances prevailing at the end of physical life, what follows is substantially the same in all cases. At the instant where the physical body ceases to function, a large amount of Vital Energy is transferred to the Etheric Body, also known as the Energy Body. The Etheric, or Energy Body also includes the Astral and Mental bodies. The Etheric Body will then, in many cases become the new “temporary” body of the recently “deceased” person. Sometimes however the recently deceased person will transition directly to the Astral worlds.

What happens next again varies from person to person and circumstance to circumstance, but is usually in the range of the following possibilities. Those who do not transition directly to the Astral worlds will, immediately after physical death, find themselves very much “alive” in their Etheric Body. A person after “death” can often fully observe everything happening around them, including all people present. In fact what the person is “seeing” is not their

actual physical surroundings, no longer having any physical senses and existing a a much higher rate of vibration and lower density as compared to the actual physical world, but is rather a very close Etheric “reflection” of those surroundings; but to all intents and purposes they seem identical.

If other people are present, for example doctors, the person might well see and hear himself or herself being pronounced “dead”. The “deceased” person can then, if desired, stay and watch what happens to their “old body”, observe the actions of the people present for example doctors, nurses and relatives, or may decide to immediately go elsewhere. It should be noted that in this much finer state of existence as pure Energy, it is quite possible to travel anywhere in the world or indeed the entire Universe in an instant, literally at the speed of thought. The Etheric plane is a Mind world, an extension of the Astral planes and the Universe as a whole, and therefore existing beyond the boundaries and restrictions of physical space and time.

The “deceased” person often remains very close to the physical world while the level of Etheric Energy in their Etheric Body remains sufficiently high. They will very often make the most of this opportunity to visit and say goodbye to family and friends, and perhaps to visit their old home and favourite places they particularly enjoyed in physical life. Of course, living people cannot, with the exception of psychics and clairvoyants, usually “see” the “deceased” person, and usually any attempt by the deceased person to communicate with living people will fail. Very often the “deceased” person will also attend their own funeral, not only to see all family, friends and other people they knew in physical life gatherer to pay their respects, but also to realise the finality of the end of that particular physical life on Earth.

The deceased person can make the decision to transition to the Astral worlds at any time simply by desiring and willing it to happen, and by thinking of being there, but only if they realise the possibility exists. Otherwise the transition will usually take place naturally

once the supply of Etheric Energy is depleted, and the dense Etheric Body will dissipate, giving way to the finer vibrations of the Astral Body, naturally enabling a transition to the appropriate level of the Astral planes in accordance with the level of perfection of the Soul, and the level of vibrations of the person generally. This will determine which part of the Astral planes they will naturally migrate to, most decent people transitioning to the mid-Astral worlds which, as well will see later in this book, are remarkably similar to the physical world that has been left behind.

The other extreme occurs when a newly deceased person transitions directly to the Astral world almost immediately after physical “death”. Sometimes they will be aware of their physical death, but very often the first thing a deceased person will be aware of is a “tunnel of light” into which they are pulled at great speed. In other cases the scenery will simply fade away from the physical world and “melt” into the Astral world almost seamlessly.

Irrespective of how the deceased person arrives in the Astral world, they will never be alone. Other Astral residents, frequently previously deceased relatives and friends, will often be there to greet them and to help them to settle into their new home. Very often the newly deceased person will arrive at, or be taken to a place in the Astral world which is effectively a “reception area” for newly arrived Souls. There they will be met by a host of helpers with the task of assisting new arrivals to settle in to their new Astral home. Such helpers specialise in all manner of cases, and are able to assist with the transition process regardless of the circumstances surrounding physical death. There are billions of people living within the Astral world, having previously experienced life from the past, present and future of Earth.

Every eventuality is fully accounted for, and no person is ever left alone in the Astral worlds after physical death. For most decent people arriving at the mid-levels of the Astral worlds, those who have led a “normal” life and had no strongly held beliefs, in particular religious beliefs, the environment is always extremely

peaceful and harmonious but otherwise quite similar in many respects to the Earth environment from whence they just arrived. If the physical death was sudden, violent or due to some self-inflicted disorder such as alcoholism, or the person was ill for some time before physical death occurred, there will be the Astral equivalent of hospitals with doctors and nurses, people who might well have been doctors and nurses in a previous life on hand to assist.

Very often, because the Astral worlds can appear to be almost identical to the physical world in appearance, some people simply do not believe they have actually “died”, and therefore cannot understand what has happened. Such people can become most bewildered and confused and might require attention by specialist helpers until they can come to terms with their new state of existence in the “afterlife” of the Astral worlds.

Another situation requiring a great deal of care from Astral specialists are the cases of children, infants and babies who leave the physical world before their time. In these situations there are the equivalent of specialist nurses and carers on hand who will look after the child until he or she is old enough to join a family in the Astral worlds. There are many such families who will gladly take on the responsibility of looking after children who arrived before their own parents. Older children will usually join a family as soon as they have come to terms with their new reality and home in the Astral worlds.

Children can usually adapt to their new life in the Astral worlds much more quickly than adults, largely because they had not yet been fully indoctrinated into the ways of the physical world. Younger children might well feel at home in the Astral worlds almost immediately as it has not been very long since they originally left the Astral or Spirit worlds to be born into the physical life which they have recently departed. Such children will therefore still be of an age where they can still vividly remember their previous life in the Astral or Spirit worlds. To such infants their stay on Earth was nothing more than a very short adventure, often with

a specific purpose in their own individual evolution and progress on the path.

Upon arriving in the Astral worlds most people settle in to their new home very quickly indeed, and soon create a new “life” for themselves. They will, sooner or later, completely lose interest in the physical world and their previous life associated with it. However, people living in the Astral worlds can, and very often do “visit” the physical world whenever they feel the need to, often to visit loved ones left behind. There are numerous cases of bereaved family and friends suddenly feeling the “presence” of their loved one, and in these cases it very often really is their loved one visiting for a time from the Astral worlds.

It should be mentioned that “deceased” people living in the Astral worlds will often watch over their loved ones still living in the physical world, guiding them by means of inspiration, and protecting them from inner dangers whenever possible. Because the Universe is infinite living Mind, thought is a very powerful primary Energy, and it is therefore relatively easy for people in the Astral worlds to influence the Minds of people still living in the physical world. Such influence can suddenly arrive in the Minds of people on Earth as intuition, inspiration or ideas, the recipient of such thoughts believing them to be their own thoughts and ideas. Pets, such as cats and dogs, can very often sense the presence of their deceased owners in a very powerful way.

It is also possible for people living in the Astral worlds to visit family and others in their dreams. This happens much more often than most people realise. Dreams of meeting deceased people are often very real indeed, and such contacts should always be noted, taken very seriously and any messages remembered. Everyone in the physical world leaves their body at night while in deep sleep, and Astral residents sometimes take this opportunity to meet with their loved ones “face to face” in the Astral worlds, such meetings often being remembered in the morning as a vivid lifelike dream. Again, these meetings are often very real indeed and should always be

remembered and all messages received well and truly noted. Sometimes important information is passed on this way, as well as reassurances that the “deceased” person is very well, happy and content in their new Astral home.

Although it is perfectly natural, and to a reasonable extent healthy to grieve for a deceased loved one, it is most important to realise these people are not really “dead”, and have not therefore in any way ceased to exist. The loved one is now living in what is actually a truer reality than the physical world. Assuming they are living in the mid to high Astral worlds, or within the Spirit worlds, they will be experiencing an existence of pure love, light, bliss, peace and happiness on a level beyond the comprehension of most people still living on Earth.

One of the benefits of Astral Projection, which will be discussed in detail later in this book, is the ability to visit and explore the Astral worlds and to meet deceased loved ones and friends. To Astral projectors death holds no absolutely fears whatsoever, with the absolute knowing, beyond any doubts whatsoever the glorious life waiting after the final release from the confines of physical life on the physical plane in the restrictions of a physical body.

As we will also see later in this book, everyone in the Astral worlds lives at the same level, the same realm, sphere or plane as people who were of a similar nature in the physical world; similar characters, beliefs and in particular level of Spiritual development. In the mid-Astral worlds where most decent people, probably around fifty percent or more transition after physical death, there is no work, no money, no unhappiness, but rather complete peace and happiness, everyone living together in perfect harmony. People, who in the physical world were disruptive in any way, will be living in the lower Astral worlds with like Minded, similarly disruptive people, thus always preserving the complete peace and harmony of the inner Astral worlds. Of course everyone always has the opportunity to evolve from the lower Astral worlds to the inner Astral worlds once they have learned their lessons, and have

attained a vibration that will enable them to co-exist with others at the same higher level of vibration.

People who have left the physical world of matter have been liberated once again, and will live and rest for a time in the Astral and Mental worlds before returning to Earth once again if necessary to begin a new physical life. Friends, relatives and loved ones should celebrate this joyfully! Death, however sad, tragic or unexpected means the liberation of a Soul from their physical body to the inner worlds of existence where they will be with like-Minded people.

Although people still living in the physical world regard those living in the Astral and Spirit worlds as “dead”, to those people who passed on to and our now living in the Astral and Spirit worlds it is the people still living in the density of the physical world, with all of the trials it brings who actually appear to be “dead” by comparison, dead to the splendours, glories, peace, harmony and liberation of the inner worlds, to which every single person will transition sooner or later.

“Death” should never be feared. It is something to anticipate when the time comes as a completely natural aspect of individual evolution, and a transition to glorious worlds of pure harmony, bliss and beauty, inhabited by like-Minded people, where none of the hardships, trials and misery that is so prevalent on Earth exists. The transition of passing to the inner, Astral worlds is a joyous time, a time for celebration.

Chapter 29: Animals after Passing

Many people, most unfortunately, still believe human beings to be so superior to animals that animals should not enjoy the same status, either during physical life or after passing on. This is an extremely unfortunate and erroneous perception, due for most part to the still very egocentric attitude of much of mankind today, in believing human beings to be the superior creatures of the Universe, and also often due to the dogma of orthodox religion. Indeed it should be noted that most religions will, even today still not even acknowledge equal status of female human beings to their male counterparts, much less to members of the animal world.

This perceived superiority of humans over animals has also, very unfortunately indeed been exacerbated by to the way humans perceive and therefore treat animals generally. This includes using animals for food, labour, entertainment, hunting, and of course as pets. Pets of course are generally treated very well, and are usually loved and often respected by their human companions, and which level of love and respect is shared equally by the pet.

This perception of the status of animals should be viewed and understood much more deeply both from a Universal perspective, and also from a historical, physical perspective. In terms of the grand Universal scheme of things, all life without any exception whatsoever is a completely equal aspect and expression of God. The meaning of the words “God made man in his own image” has been drastically misunderstood and misinterpreted by both the creed and dogma of orthodox religion, and also by the human ego generally, being deemed to mean literally that humans physically look identical to the personified God. Humans accordingly believe they hold some sort of special position in the Universe, all other forms of life being subordinate to the human race.

However, the true “image” of God is pure Spirit, the very same pure Spirit of which everything and everyone, including all animals are equal aspects, and all are therefore equal aspects of The Source,

The First Cause of God. From a physical perspective most humans still view animals as inferior and subordinate, accordingly causing many humans to treat and perceive animals in this way. The reality is however that no animal life whatsoever is in any way inferior to human beings, animals simply being different aspects and expressions of God, differing only in terms of appearance, abilities and priorities.

Humans for the most part, still being governed by the ego, perceive all life relative to human life as being inferior. In fact as all humans will discover after eventually evolving to much higher levels of Spiritual life, to the much more advanced Beings of the inner Spiritual levels of life and reality, mankind today is by comparison, equivalent to what humans on Earth now perceive to be the very lowest forms of single celled organisms. To these advanced Beings of the inner spheres of life, earthly man seems barely capable of even any sort of thought processes. And yet these inner Beings do not in any way whatsoever perceive earthly man to be inferior or subordinate in any way, but rather perceive earthly man with Unconditional Love, as equal aspects of God who are simply further down the path of the evolution of the individual, immortal Spirit of the journey back to The Source, The First Cause, God.

All animals are therefore equal to human beings, equal aspects of God. The progression of animals after physical death is therefore no different to that of humans, all being relative and specific to each individual type of animal species including human beings. All animals, like humans are Spirit, and accordingly, like humans survive the death of the physical body. For all those who mourn the passing of a beloved pet, please be absolutely and completely assured your pet is safe and well, and is enjoying the peace, harmony and happiness of the inner worlds. Please also be absolutely assured your pet and will not forget their human companions. Just as humans who have passed on to the inner worlds frequently visit loved relatives and friends who are still living in the physical world, so too do animals.

Your pet might not be any longer by your side in a physical body, but your pet will most assuredly still be with you in Spirit, just as he or she was with you before passing on to the inner worlds. Your pet will still maintain exactly the same love, trust and loyalty as they ever did in physical life, and will continue to express that from the inner worlds.

Different species of animals progress in different ways after physical death. Animals who were particularly close to humans in physical life, for example dogs, cats, and other pets, assume a special affinity to the human Spirit, elevating and enabling them to retain a higher level of individuality and closeness to their human companions. We are advised by inner Spiritual beings that animals who were not particularly close to humans, for example so called “wild” animals, continue to survive after physical death within a group Soul of their own species, in a very similar way as they did in fact during their physical life on Earth, continuing to exist often as part of a herd or group animal Mind.

There is a vast amount of evidence to prove the continuity of life after the physical death of animals, and particularly pets. During séances for example pet cats and dogs frequently appear before their human companions who are present at the séance, during which they make every possible effort to make their presence known. Just as with human Spirit communication, the way in which the pet makes it’s presence known can vary considerably, but which includes making its usual characteristic noises in the case of the “direct voice” method of communication, to brushing against the human companion with his or her Etheric animal body, to even fully visible materialisation. All of these methods of Spirit communications will be discussed in much detail later in this book, but suffice it to say for now they include animal Spirits just as much as human Spirits.

Other animals who are still physically living, can also “see” or perceive deceased animals with their natural inner Spiritual abilities, and very often can and do react to the Spirit of the animal

in exactly the same way as they did when the animal, often a companion, was still physically alive. Cats and dogs often have the highly developed psychic abilities that most humans have lost over time, as will be discussed later in this book, and “seeing” their former living companions, pets of the same human during physical life, seems perfectly normal.

Pets are never alone after passing from the physical world. Apart from their ability to visit human companions whenever they wish to do so, they are also often befriended by a human Soul within the Astral worlds who will happily look after the pet on behalf of the still living human companion. This is exactly the same situation as occurs when a child passes on before his or her parents; there are always plenty of people within the Astral worlds who will look after children and pets alike.

Very often during a séance a Spirit will appear accompanied by the pet of one of the members of the séance, and which Spirit will provide complete assurance that the pet is being very well looked after. Very often, as previously mentioned, the pet will also make its own presence felt in various ways. Pets do not need formal séance conditions in order to do this. Very often a pet having passed on can make his or her presence felt in varying ways while visiting their human companion. These ways can vary anywhere between a “feeling” of a presence, to actually “seeing” the animal very briefly while in a psychically receptive state of Mind, to, as has often happened, actually physically hearing the animal, sometimes very clearly indeed almost as if he or she where still physically alive in the same room. People who have some degree of psychic or clairvoyant abilities can also very often see their deceased pet just as if they were still physically living.

You can be absolutely sure therefore that pets, and indeed all animals transition to the Astral worlds, to the “heaven” worlds just as humans do, and not only will they remain constant friends and companions after passing, they will also be waiting, that upon the passing of their human companion both will be reunited once again.

As we will discuss later in this book, Unconditional Love is the most powerful vibration, Energy, force, in the Universe, a force keeping Spirits of both humans and animals alike together. The love between an animal and a human companion is totally unconditional, and does not diminish when the time comes for physically passing from the physical world to the next stage of life, as will happen with all animals and humans alike sooner or later, just as later all loved ones, animal or human will be reunited once again in the harmony of the Astral worlds.

Chapter 30: Ghosts

A “ghost” is a person who after physical “death” is attracted, and stays very close to the physical world. This attraction to the physical world motivates and enables the “ghost” to draw Etheric Energy from their surroundings at will, thus keeping them grounded in their Etheric Body rather than making the full transition to the Astral worlds. The reasons for this apparent preference of “deceased” people are many and varied.

Very often a person simply cannot accept the fact they have “died” and no longer have a physical body. Such a person quite simply continues to live in their usual familiar environment, often their house as if nothing had happened, believing themselves to be still living within their familiar physical body. Such a house is often considered to be “haunted”. In other cases the person is so engrossed and attracted to the material things and habits they enjoyed so much during physical life, they simply cannot stand the thought of leaving those physical addictions behind. Such addictions might include power, drink, drugs, food, sex, or otherwise quite simply the trappings of a very material life.

In other cases the person might be harbouring guilt over some aspect of their past life, lingering around seeking to reconcile and correct the situation, which of course is simply not possible in their non-physical state.

Sometimes a ghost is simply a newly deceased person who is frightened by their unfamiliar circumstances and does not want to move very far. Other recently deceased people might wish to stay close to their loved ones, believing erroneously that remaining close to the physical world is the only way to accomplish this.

In other cases the “death” of the person might have been particularly violent, due to a murder for example, and in cases such as these the deceased person can become trapped in a “loop”,

continuously enacting the sequence of events leading up to his or her untimely death.

In other cases the death might have been extremely sudden, as for example with an accident, murder or heart attack, in which case the person quite simply does not realise they have passed on. Frequently such a person will attempt to communicate with other people in the physical world, in particular medical people, relatives and close friends, and simply cannot understand it when those people seemingly take no notice of them whatsoever, not responding to any communication attempts.

The Etheric plane is an extension of the Astral plane and therefore space and time as we know it do not exist. Some “ghosts” will therefore play out exactly the same sequence of events leading up to his or her physical death, potentially for eternity until finally such a Soul can be rescued. Such rescues are often carried out by people residing in the Astral worlds, or sometimes by Astral projectors who are still based within the physical world. The Soul will then be escorted willingly to their new home in the Astral worlds where they can finally come to terms with their new situation. Sometimes a person trapped at the level of the Etheric plane close to the physical world will eventually arrive at their own realisation of the reality they are no longer living within a physical body. Others will come to realise the folly of their actions in remaining close to the physical world and of the reasons keeping them there. Such a Soul will then willingly make the transition to the Astral worlds of their own freewill, often without any assistance, simply by deciding to do so and raising their vibrations.

When the Soul of a deceased person remains in a particular locality, a house for example, the Soul is known as a “ghost”, and the location inhabited by the ghost is considered to be “haunted”. To a physical person living in a “haunted” house the “ghost” will often seem to carry out exactly the same series of actions every time it makes an appearance, often at the same physical time of day or night, for example “stepping” on a creaky floor board,

walking up the stairs, rattling door handles, moving items around, and even switching lights and other electric appliances on and off. This is possible because the Etheric Body is already relatively dense by comparison to the inner Astral and Mental bodies, and a ghost can sometimes achieve the necessary density approaching that of the physical world by absorbing large amounts of Etheric Energy from their surroundings, sufficient to influence the density of physical objects.

There have been numerous cases throughout history where ghosts have actually been “seen” with the physical eyes, often as a billowing white shapeless cloud, or sometimes even in the form of a cloudy human shape. This is possible due to a particularly high concentration of a substance in the physical location where the “ghost” is seen known as “ectoplasm”. Ectoplasm is produced by the Energy Body of living humans, and is normally exuded as a completely natural process of living. All humans living in the physical world continually exude ectoplasm to some extent. Many mediums, particularly during a séance, are able to produce high or very high concentrations of ectoplasm, often with the assistance of the Spirits present, and very often the “sitters” present at the séance also produce ectoplasm under those same conditions, thereby creating the ideal situation for Spirit communication and even full materialisation to take place. We will discuss this in more detail later in this book.

Usually the concentration of ectoplasm in any particular location is not particularly high, especially in relatively new buildings. There are buildings however such as very old houses, and in particular buildings where many people congregate over long periods of time, for example theatres where the concentration of ectoplasm is much higher than normal. In such circumstances the Etheric Body of a “ghost” can interact directly with the high density of the white coloured ectoplasm, thereby bringing about a partial or even a full manifestation in the form of a visibly discernible “apparition”.

Although ghosts are very real they are almost always completely harmless. A ghost is after all quite simply a totally normal but deceased human being living within a more subtle body, but after having experienced physical “death”, for some reason they become “trapped” in the lowest part of the Etheric plane closest to the physical world.

A ghost can very often be assisted by people still living within the physical world who are expert in these matters. Such help is often performed by Astral projectors who can actually meet the ghost “face to face”, or by psychic mediums or clairvoyants who can “see” and often directly communicate with the deceased person. Ghosts are also very frequently helped by people living within the Astral worlds who specialise in “Soul retrievals”. There are whole bands of people living within the Astral worlds who specialise in rescuing Souls who are trapped either near the physical world, as in the case of a ghost, or within a lower Astral plane such as a “belief system territory”. This process is known as “Soul retrieval”, and broadly involves bringing the Soul from the low level where they have been trapped, back to their new and rightful home in the Astral worlds.

There is also another class of “ghost”, a person who was very religious during physical life, and who unfortunately becomes trapped near to the physical world due to the complete misinterpretation of, and adherence to passages written within the Christian bible, and in particular the following on:

“Behold: I shew you a mystery; We shall not all sleep but we shall be changed.

In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

For this corruptible must put on incorruption, and this mortal should put on immortality”. So when this corruptible shall have put on

incorruption, and this mortal shall have put on immortality, shall be brought to pass the saying that is written, Death is swallowed up in victory". -- 1 Corinthians 15: 51-54

It is highly ironic indeed that a passage in the bible intended to teach the truth of what happens at the time of physical "death" should cause so much potential misery to so many recently deceased people. Those who feel strongly about these words and have misinterpreted them will upon their physical death usually wait with their lifeless body for an Archangel to arrive and blow a "trumpet", thus signifying their "right" to proceed to "heaven" if it is judged their life has been a "good" one. This, to the recently deceased person is what they believe to be their own individual "judgement day". Of course the Archangel never arrives and the unfortunate deceased person continues to wait close to their body potentially for eternity. This is one reason why there are so many "haunted" cemeteries.

The strength of belief in this passage in the bible is usually sufficient to allow the deceased person to draw sufficient Etheric Energy to maintain themselves in an Etheric state very close to the physical world potentially indefinitely. These unfortunate people become what are known as "ghosts", often "haunting" the cemetery where their physical body has been laid to rest. However, these people can be and very often are rescued by Astral projectors or other people still living in the physical world, or by the people living within the Astral worlds specialising in "Soul retrieval".

As previously mentioned, it really is most ironic indeed that this passage from the bible can potentially cause so much misery to some deeply religious people after their physical "death". The words actually describe the true mystery of what happens at the time of physical death, and are evidently intended to remove the fear of this completely natural process thus:

"Behold: I shew you a mystery; We shall not all sleep but we shall be changed."

This confirms quite simply that there is no such thing as “death”, and rather than a final “end”, we will “be changed”, in other words transition into another more subtle form to another life; Life in the Astral Body.

“In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.”

The “trumpet” referred to in this part of the passage is a symbolic trumpet and not an actual musical instrument. It symbolises the “trumpet” of liberation, in this case the liberation of the Soul from the physical body. These words go on to reiterate that a person shall rise as the same person from the physical body, and be “changed” to the Light body; the Astral Body.

“For this corruptible must put on incorruption, and this mortal should put on immortality, shall be brought to pass the saying that is written, Death is swallowed up in victory”.

This implies the corruptible physical body, in other words the temporal body so prone to physical harm and the person who inhabited that mortal earthly body shall become immortal in his or her inner Spiritual bodies. This underlines once again one of the most fundamental important truisms; every single one of us without exception is an immortal Spirit, an integral aspect the Great Spirit, The One, made in the true image of God.

Chapter 31: Reincarnation

Reincarnation is truly one of the greatest of mysteries confronting mankind. Do we really reincarnate, in other words return to Earth for further “lives” on Earth? If so, how many times? Why do we reincarnate at all? Do we have any choice? And many such similar questions very frequently arise.

“Re-incarnate” literally means to “come back in the flesh, “carne” meaning “flesh” in Latin. Reincarnation is indeed very real, with people returning to Earth out of choice potentially many, many times over the course of thousands of years. The precise number of times a person will choose to return to Earth, and over how long in terms of physical time will vary considerably from individual to individual depending on desired and actual Spiritual progress, the need to equilibrate karma and various other factors.

In order to understand reincarnation we first need to understand the true destiny of mankind. Each and everyone one of us from the moment of our very first “life” on Earth, our very first “incarnation”, has the most sacred mission to ultimately return to, and potentially reunite with our Divine Creator, The First Cause, God. This is the true and ultimate meaning of life. Upon reaching this most exalted and sacred stage in our Spiritual evolution, we will all have the option of either relinquishing our individuality and merging with God, an act often known as “Unity”, or retaining our individuality for as long as we wish to do so. Those who choose to retain their individualities at these highest and most exalted of levels are “God people” residing in the very highest, most glorious Cosmic spheres of life, usually concerning themselves with the ongoing evolution of other beings of planets all over the Universe.

So where does reincarnation fit into this equation? The physical world, in our case the planet Earth can be likened to a kindergarten, and the very highest spheres of reality, the Cosmic spheres can be likened to post graduate University. It goes without saying that no one can attend University without first having progressed through

all necessary levels of primary and higher education, thus achieving the necessary qualifications and levels of attainment.

The inner spheres beyond the physical planet Earth are “Mind worlds” where anything desired can become an instant reality. We will discuss this in more detail later in this book. Also in the inner spheres of life, everyone is at exactly the same level of personal evolution, and life is extremely peaceful and harmonious as a result.

Wonderful though these inner spheres surely are, they are not however an environment where important lessons, so vital for evolution to the inner spheres of life can be easily learned. These initial lessons require the characteristics and density of the physical world of matter in order to be effective. As we all know only too well, the planet Earth is populated by people with an almost infinite number of characteristics; temperaments, characters, egos, personalities, beliefs and so on. At the same time the Earth is a physical environment where everything appears to be solid to the five biological senses and therefore requires direct physical interaction.

Everyone on Earth lives within a solid material body subject to the rigours of the physical environment, not the least of which is health, the need for food and shelter and interaction with other people. The physical Universe is a school of learning where everyone must first attain the necessary degree of perfection in order graduate and progress to the inner, more blissful, glorious spheres of life beyond the Astral worlds, which we are told the glories of which are way, way beyond the comprehension of earthly man. Only when such a level of perfection and ennoblement is achieved can true progress be made on the path back to God.

Again it must be stressed that there is ultimately no avoiding this progression of events; it is the absolute and most sacred destiny of every single individual who is living on Earth now, ever was living on Earth and ever will live on Earth in the future without any

exceptions; a process which could take aeons upon aeons as measured in earth time. Each separate lifetime on Earth adds to the pool of experience and knowledge required in order to progress to the inner spheres and to transcend the cycle of reincarnation.

Each life and experience on Earth provides a vehicle of expression and personality, the sum of which in the inner spheres contributes to the total individuality.

Memories of all lives on Earth and beyond are “stored” perpetually in a inner body, the “Causal body” within the causal sphere of the Mental planes of the Universe, the Ether, often known in the Far East as the Akasha. Having attained a certain level of evolution on the sacred path, full details of all past lives will ultimately be revealed. By that time the lessons of numerous physical lives on Earth will have been learned and integrated into the causal body of the immortal Spirit within the Akasha, and the path of evolution back to our Prime Creator, The First Cause, God can continue.

Each individual lifetime can be likened to a facet of a diamond. The full sparkling diamond with all of its many facets represents the entire self, the individual, while each facet of the diamond represents each separate life. A diamond has many facets, the total of which constitutes the whole glittering gem. Each lifetime will add a new facet to the diamond until the whole diamond is ultimately complete in all of its sparking splendour. Life, individuality, continues then in the inner spheres of life and reality as a complete glistening diamond, becoming ever brighter, more perfected and more beautiful as the ascent back to God progresses.

Throughout all lives, everyone will retain individuality, full conscious awareness and all other fundamental attributes of the immortal Spirit such as intelligence. Each physical life however results in a new personality and a correspondingly new Astral Body or Soul and Etheric Body; only the Spirit, “made in the true image of God” is truly immortal. It is quite possible to reincarnate as male or female regardless of gender in the previous physical life on Earth.

Reincarnation is not a random process; each and every person will use their own freewill to select their next life on Earth, most closely corresponding with the opportunities that will present themselves in order to learn those valuable lessons required for progression and to equilibrate karma. It is then for each and every individual to make the most of that particular lifetime by living a life of complete awareness, creating own reality and making the most of the valuable opportunities as they arise. If any particular lifetime is partially or fully wasted as very often still happens, then if further progression is desired, and everyone without exception must progress sooner or later, it will be necessary to return again to Earth for a similar lifetime, with similar circumstances arising in order to learn the necessary lessons for progression and evolution, and to equilibrate karma. This is just one reason why everyone should have full conscious awareness of the ultimate significance and importance of each individual life on Earth, and to make the very most of it, not wasting the opportunities of a physical lifetime due to lack of awareness, materialism, and allowing the ego to retain control.

Everyone knows from personal experience just how hard and sometimes seemingly highly unjust life can be. Physical existence depends on basic material things such as the need for food, shelter and warmth. During each life, everyone interacts with a wide variety of people, often in the course of obtaining the money with which to purchase the things required for physical existence. Physical life in general places before people these fundamental obstacles and many more, all of which need to be fully recognised, faced and overcome.

During the course of each lifetime everyone is presented with all manner of trials, tribulations, challenges, situations and temptations, all of which are valuable lessons sent in order to potentially assist in ultimate progress on Earth. Unfortunately, very few people at this time recognise these valuable lessons for what they really are, and simply ascribe them to such notions as

“chance”, “luck”, “misfortune” or any number of other such dismissive explanations.

In order to progress, and again, absolutely everyone without exception simply must progress sooner or later, all life situations must be recognised both as valuable lessons and opportunities to equilibrate, in other words “pay-off” karma. As previously mentioned, it is very difficult indeed to achieve these things in the inner spheres of life where everyone is at the same level of progression, and the density of matter does not exist and therefore provide any sort of obstacle.

In the Astral worlds, also known as the “desire worlds”, everything desired can become an instant reality without the need for work or money, unlike the physical world where physical requirements usually have to be obtained by physical means. As we will see later however, all needs in the physical world can also be realised by following the appropriate method of manifestation; everyone without exception creates their own reality. This applies just as much in the physical world as it does in the inner worlds. The lessons everyone needs to learn include transcending of the ego, balancing of the inner, subtle bodies, the Soul and Spirit, and the development of the Divine “spark” of “God” within until it becomes the very brightest Light and the very highest vibration, to fully realise God within.

Selfless service to the human race is also extremely important, as is living in harmony with the most important and powerful force in the Universe; Unconditional Love. Every single situation without exception presenting itself in life should be considered to be a most valuable opportunity for personal evolution, and we should all acknowledge these opportunities and be genuinely grateful when they arise. No opportunity for personal evolution and progression should ever go unrecognised or wasted.

Unfortunately in this day and age most people still prefer to complain, blame others and generally carry on through life with a material and often selfish outlook, whereby everything revolves

around temporal material possessions, and in satisfying the relentless demands of the ego. One day, whether it is in the current or a future lifetime, every single person without exception must awaken to the certain realisation of the true purpose and value of their own life in the material world, and to live each and every day accordingly. This realisation might well take some people many hundreds or even thousands of years of incarnations into physical life as measured in Earth time, just as many people have already taken many, many thousands of years to reach the current stage in their own personal evolution along the path back to God. The vast majority of mankind has yet to reach such realisation, and thus continue to live their lives often still believing their current “life” is the only life they will ever get before being sent to either a “heaven” or “hell”. Such people often still display all of the same characteristics of materialism and ego so very detrimental to both themselves and to mankind generally.

Just as many Spirits currently in incarnation have lived numerous previous physical lives over aeons of time, yet others are being born today into their very first life having been given the most precious gift of a sacred Divine spark of Spirit from our Creator, thereby assuring, one day in the future they too will become a God person assisting in the great and infinite Universal plan. It is believed to be possible to not only reincarnate to the planet Earth, but indeed as a being on one of the many other life sustaining planets in the Universe.

All life is Spirit, equal aspects of God, our Prime Creator, The Source, and therefore the human concept of “aliens” or “extra-terrestrials” really does not exist. It might well be that an incarnation as an individual on another distant planet might be appropriate for progression rather than a life on Earth. Likewise it is believed many Spirits originating from distant planets also incarnate as Earth humans in order to gain that particular experience. The whole meaning of incarnation throughout the Universe is for individual evolution in order to facilitate onward progression through the inner

spheres of life and reality, all of which lead ultimately to the very same God, irrespective of which planet a being was originally born.

Once a person achieves such a stage in their Spiritual evolution as to understand the true meaning of physical life, they will gladly, joyously and enthusiastically embrace it, and begin to learn the lessons and the opportunities presented to balance karma, to create their own reality and to evolve.

Later, after the current physical life is over residing once again in the inner spheres of life, people often soon welcome the opportunity of a further period time in Earth life in order to be blessed with, and make the most of the many valuable opportunities presented for further Spiritual growth and evolution. Many people however are content to remain in the Astral worlds for some considerable time as measured in Earth terms, preferring the peace, harmony and stress free life as compared to physical life on Earth. Nevertheless, even if it takes aeons of time as measured in Earth time, each and every Soul without any exceptions will eventually realise the need to evolve and progress, and will use their own freewill to incarnate on Earth or another planet as often as is necessary to facilitate further evolution.

Many people might ask whether they have any control over reincarnation, specifically whether it is by pure chance who and where they incarnate next. As we already know there is no such notion as “chance” in the Universe, “chance” being completely contrary to Universal laws. As we also know, everyone has been given the Divine gift of freewill. Many will be happy to learn therefore people do indeed determine the exact circumstances of their next chosen life on Earth or another planet. The reason for this is it is necessary to enter a physical life presenting precisely those environments, situations and opportunities required in order to learn vital lessons and balance karma. New lessons have to be learned and karma equilibrated.

The Soul, immortal Spirit and Higher-Self exist in the inner spheres of life beyond space and time, and will therefore know exactly what sort of life they need to choose for themselves for the next time around on Earth in order to progress. They will choose the precise location in the world where they will be born, who their parents will be, what sort of life they will be presented with, even the circumstances of the next physical death. It should be mentioned while many people complain about their “lot” in life, they actually chose their “lot” for themselves of their own freewill, and accordingly rather than complaining about their own circumstances they should determine the reasons for choosing that particular life and accordingly make the most of it by learning the valuable lessons they chose to come to Earth to learn.

Of course, until people begin to understand these realities, they will continue to stumble through life, complaining about everything that does not agree with their status and ego, and of their lack of “luck”. It is not until such a person eventually passes to the Astral worlds once again will they see and understand the true meaning of the life just past, and accordingly have the opportunity to reflect upon any opportunities not taken, by which time of course it will be too late thus necessitating a further life on Earth, hopefully to take advantage of the lessons presenting themselves the next time around.

Those who already accept reincarnation as the reality it is have many questions. One of the most frequently questions often asked is “how long do we live within the inner worlds before returning for another physical life”. The answer to this question is the timescale varies enormously from person to person. The first fact of which everyone needs to remind themselves is that time does not exist within the inner worlds from which a person will be reincarnating. Therefore time is a completely erroneous factor in this context. As time is meaningless in the inner worlds, such an important decision as reincarnation will be taken based upon a review of the past physical life, and therefore of the specific lessons needing to be learned the next time around. This involves a life where the

appropriate temporal parents, circumstances and opportunities can be arranged. In physical Earth terms, the time elapsing between incarnations might be as short a matter of days or as long as thousands of years. Again however, a person incarnating has absolutely no such concept of time in the inner spheres, rather only a knowing and an arranging of the next Earth life whenever appropriate.

As with many things it is the cynical nature of mankind to demand proof of everything, and reincarnation is no exception. Many people are most unfortunately still under the influence of the churches which have taught since around the 6th century CE when reincarnation was officially removed from the church doctrine, that reincarnation does not exist and everyone lives only one physical life before being sent to either “heaven” or “hell” depending on their beliefs and devotion to the church, God and Jesus and whether they have “accepted Jesus as their saviour”. As mentioned previously, this became the policy of the church around the 6th century CE in order to maintain control over their own congregations by means of instilling fear; no member of the congregation relishes the prospect of going to “hell” or “eternal damnation”.

Others quite understandably make the point that if they have indeed lived so many previous lives why can’t they remember those lives now? This is of course an excellent question, and one that should certainly be addressed before proceeding. Memories are not permanently stored in the physical brain. The physical brain is simply an organic interface between the physical body and the inner bodies, where memories of the current life are temporarily stored for physical recall. As already mentioned, memories of both the current, past and indeed future lives are all stored in our causal body existing within the causal sphere of the Ether, Akasha, of God. The organic brain can be likened to a super-computer, responsible for controlling the physical organic body, and also acting as a filter and “receiving station” for thoughts originating from

the inner spheres, and in particular those originating upon the Mental planes of life and reality.

As previously discussed, in addition to the external shell, the physical body, everyone also has an Etheric or Energy Body, an Astral Body also known as the Soul, and Mental bodies, the immortal Spirit. Humans are multi-dimensional beings with bodies existing concurrently in all spheres of Energy and vibration of the Universe, from the physical, to Etheric, to the Astral and to the Mental, Celestial and Cosmic planes, all the way to The Source, The First Cause, God. A thought originating in the Mental plane in accordance with the laws of Mentalism as described in the first section of this book, is first received by the Mental, Spirit body where it proceeds through the Mental matrix connected to the Astral Body and from there through the Astral matrix connected to the Etheric and physical bodies where the thought arrives and is received in the Consciousness.

As previously mentioned, the organic brain can, in the context of receiving thoughts and ideas, simply be likened to a receiving apparatus, a television set for example. Just as a radio or television is designed for receiving radio waves, the physical brain has the function of receiving “Mental waves” in the form of vibrations, and by nature of its design filters out everything that is not required, so there is no interference and therefore lack of clarity. If this were not the case humans would know the details of all past and future lives and would therefore be deprived of freewill, and accordingly the ability to progress.

This is true because instead of living spontaneously based upon physical life circumstances as they arise, a person would be heavily influenced by all past and future lives, and rather than the learning lessons as they are presented, the person would endeavour to re-live and compensate for the other lives, and no real progress would be made as a direct result. This does not mean however we incarnate without the benefit of past lives; the lessons have to be based upon something. The solution to this is within the realm of

the subconscious Mind, which as the name suggests exists beneath the level of normal conscious awareness. The subconscious might be regarded as both our friend and our adversary in life. As a friend it will work relentlessly to realise our wishes when those wishes are impressed upon it, but as our adversary the subconscious Mind will constantly strive to drive us to do things we should not do, and therein is a challenge; to control the subconscious Mind. It should be mentioned that the subconscious Mind is extremely powerful, being the vast majority of the Mind, the conscious Mind being only a very small proportion of the total.

Clearly then, being conscious and in control of the subconscious Mind is most important. Very often people most wisely wish to cease an addiction or other harmful habit such as smoking, drinking alcohol, the wrong foods etc., and it is the subconscious Mind together with the ego that will relentlessly urge the person to continue with the habit. It is possible to enlist the assistance of a hypnotist to help for example to give up smoking. The hypnotist is actually addressing the subconscious Mind and reprogramming it to "suggest" the person is a non-smoker. Mastering the subconscious Mind is extremely important for progression, and is a subject that will accordingly be addressed later in this book. It should be mentioned it is infinitely better for a person to become the master of their own subconscious than to rely on the services of a hypnotist.

Also, as the Higher-Self has full knowledge of all past and future lives, the Higher-Self can and always does therefore provide guidance and direction whenever appropriate. This is why it is so important to recognise communications from the Higher-Self and always to act upon them immediately and without exception. The Higher-Self can influence the subconscious as well as conscious Minds, and will do so whenever the need rises including in the course of Spiritual evolution.

Ultimately the immortal Spirit is not concerned with previous "lives" or personalities, all such lives being a single continuum of the

immortal Spirit beyond the physical confines of space and time, and all are therefore important aspects of the totality comprising each individual; the real essence of the immortal Spirit ultimately concerned with the process of ennoblement and perfection and therefore progress along the sacred path back to our Creator.

There is very considerable evidence as to the truth of reincarnation. Many thousands of people have experienced recollections or “flashes” of a previous life or “lives” through various circumstances, for example dreams, when facing life-threatening situations, or by past-life regression methods. To look at the latter cases first, people who understand reincarnation are often curious, usually for various personal reasons to discover who they were in previous lives and how and where they lived and even “died”.

There are several ways of retrieving knowledge of past lives, either alone or with assistance. Those who are skilled at meditation and trance techniques can often invoke an altered state of Consciousness and then “ask” questions regarding previous lives. In an altered state of Consciousness a person is connected to the inner states of reality within the Astral and Mental realms where this information can be more readily accessed either directly, for example through the “Akashic record”, or by raising Consciousness to the level of the causal body where all information regarding past lives is stored. The assistance of a Spiritual being, usually within the Astral realms can also be requested, who can access the required information on behalf of the past-life seeker. In this case a request is made by means of thought, and the Spiritual being, often known as a “guide”, will communicate the answers by intuition or telepathically. This can and often is carried out over many sessions in order to establish a very good picture of past lives.

For those not having the necessary meditation or trance skills to obtain past life information for themselves, an alternative is to seek the services of a genuine hypnotist for past-life regressions who can bring about the necessary altered state of Consciousness and ask the appropriate questions. In this case, the hypnotist is really

carrying out exactly the same process as the self past-life retriever in a trance state, except that the subject under hypnosis will not usually be aware of what transpires during the session. Past life information retrieved will usually have been recorded on a recording device for the subject to listen to afterwards. This entire process is known as “past life regression”.

Children are particularly excellent at recalling past lives, often even in a normal state of Consciousness. The reason for this is because it has not been too long since they were last living within the Spirit worlds where the information, particularly of the memory of the most recent life was vividly known. When a child is born to begin a new life, they are subsequently indoctrinated into the physical world by being continuously taught to use and rely upon the five physical senses by parents, relatives, nursery teachers and others. As this process of indoctrination continues and the child becomes older, the child’s contact with the Spirit worlds gradually fades until with most people the memories usually become subsumed deep below the level of normal waking Consciousness.

Children up to the age of seven years, and certainly before the age of five years usually still have close contact with the inner realms of life in normal waking Consciousness, and indeed frequently interact with their friends and other beings in the Astral worlds during the course of play. Of course adults assume their children are simply “pretending” to play with “make believe” or “imaginary” friends, but very often in fact these friends are very real indeed. Likewise children are often so much in touch with their previous “life” they have problems distinguishing it from their current physical “life”. Children will often talk of their “other mummy” or “other daddy”, or their “other house” or “other friends” or “other school”. These are most certainly not the fantasies of a child but are rather, particularly to the child, very real and vivid memories of their previous life which they still strongly associate with their current, new physical life.

Some children have quite extraordinary natural memories of past lives and in particular of the most recent past Earth life. Some of

the most remarkable situations arise when children spontaneously start speaking in a foreign language or “speaking in tongues” as the situation is often referred to, and which languages they could not possibly have learned from anywhere on Earth during their present life. Sometimes these are very ancient languages and dialects that are now and have long been extinct, and accordingly no longer spoken in the modern world today, only being known to historians. In other cases children can describe their previous homes and lives in very considerable detail, including the town or area in which they lived in their previous life, their home, family, friends and often much more specific detail. Sometimes a child will say to a parent “please can we go and visit…..” and then mentions a specific name completely unknown to the parents. Sometimes children will ask if they might be taken on a journey to their “other home”. There are numerous such examples of children remembering past lives in considerable detail, and I am quite sure many reading this will readily relate to similar situations with your own children.

There are many documented cases where a child has reincarnated very soon after the end of their previous life on Earth. In some cases there are even people still living from the time of the previous life of the child, and which people can completely verify the accuracy of the information being provided by the child.

There are researchers who have devoted a considerable amount of their own lives to the research, and verification of reincarnation and past lives and in particularly of children. Probably the most well-known and respected of all past life researchers is Dr. Ian Stevenson, who is very widely recognised as a most important pioneer in this field.

Over the course of 40 years Dr. Stevenson, who has an impeccable standing and reputation and is very highly respected, has meticulously researched and documented more than three thousand cases of children’s past life memories, collectively presenting irrefutable proof as to truth of reincarnation and the remarkable accuracy of children’s past life recollections. In all of

these cases the children were able to recall past lives spontaneously and in considerable detail and clarity without any prompting whatsoever, and without being subjected to any form of hypnosis.

In each case of a child's past life memory recollections, Dr. Stevenson has methodically documented all of the statements associated with the past life provided by each child. He identifies the deceased person the child remembers being previously and then takes whatever action is necessary to verify the facts of the deceased person's life matching the child's memory. Dr. Stevenson is so thorough he even matches birthmarks and birth defects to wounds and scars on the deceased, all verified by medical records. His strict methods systematically rule out all possible "normal" explanations for the child's memories.

A dramatic example of reincarnation involving a person who physically died and returned very soon afterwards was in the case of a Turkish bandit. This involves a boy who claimed he was formerly a Turkish bandit, who when cornered by the authorities shot himself through the lower jaw in order to evade capture. Medical examination of this boy, the reincarnation of the bandit, highlighted a large mark in his jaw where the bullet would have entered in his previous life, and there was also hair missing from the top of his head where the bullet would have emerged. A witness to this incident is still alive today and was able to confirm the precise details as given by the boy as to how he took his own previous life.

Many people, including sceptics and scholars alike, agree these cases offer the best evidence yet for reincarnation. Dr. Stevenson's credentials are impeccable; he is a medical doctor and had many scholarly papers to his credit before he began his past life research. Dr. Stevenson's work is quite rightly considered to be vitally important among his peers. It is believed the cases researched by Dr. Stevenson are key to widespread acceptance of reincarnation in the West.

Dr. Stevenson is absolutely meticulous in his research, apparently taping interviews with up to 25 witnesses for each individual case. His researchers checked medical records and compared the character of the child being researched in the current life with the character of the person they were in the previous life. It should be noted that “individuality” is an aspect of the immortal Spirit, and therefore the nature of a person’s individuality, in other words who they “are” remains infinitely constant. In numerous cases the child can point to a birthmark or marks associated with the way their previous “life” ended with witnesses and records fully supporting those circumstances.

If only more people knew of these scientifically documented cases of reincarnation by a highly respected person then they might be much more likely to seriously listen when their own young children begin to speak of, "when I died before”, or of their “other mummy”, “other daddy”, “other “friends” “other home” or “other school”, as well as many other aspects of their previous life.

Children very often still have very high connections with the inner spheres of life from where they recently arrived and of most recent past lives, and should therefore be taken very seriously indeed when they speak of these things or simply appear to be “pretending”. It is the lack of being taken seriously that usually causes the child to doubt him or herself, sometimes becoming self-conscious or even guilty about their past-life memories as a result.

Eventually and most sadly, children after several years of indoctrination into the physical world and not being taken seriously when they talk of previous lives, experiences and interactions with the inner spheres of life, lose the connections with both the inner spheres of life and reality and with their recollection of past lives. It should be mentioned at this point that every single person is always intended to maintain the connection with the inner spheres, true home that is indeed true reality. It is the lack of these connections on the part of most people, and therefore the realisation and knowledge of the true, inner spheres of life, that has contributed in

no uncertain terms to the state of the world today, thus highlighting the importance of the work of Dr. Stevenson and others who are continuing similar most important research.

We will now take a closer look at just a few examples of past life recollections by children.

Reincarnation Case 1: This first case involves a young girl who at the age of three years was able to recall considerable details of her previous life. So detailed was the information she provided that Dr. Stevenson was able to locate the family of the girl in her past life. It all started when the family was travelling approximately 100 miles from their home. The girl suddenly pointed and asked the driver of the car in which they were travelling at the time to go down a road to “my home”, saying they “could get a better cup of tea there”.

Soon afterwards she started to relate numerous details of her past life associated with her previous family living in this home, including her previous name and that she had two sons. The little girl also provided a very wide range of highly accurate information regarding the precise details of the home including its location relative to other landmarks in the area, and numerous other details regarding the interior, details which she could not possibly have known any other way. The little girl said she had died after experiencing a pain in her throat.

Some years later, news of this case reached a local professor, a paranormal researcher who subsequently interviewed the girls “previous” family at great length. The family confirmed every single detail of what the little girl had previously stated including that she had died very suddenly leaving behind a grieving husband and two young sons. The two families lived one hundred miles apart and had certainly never heard of each other previously.

This is only the beginning of this remarkable situation. Some time later, members of the girl’s previous family journeyed to the town where she now lived in order to test her memory. The girl

immediately recognized her former brother and called him by his pet name. The girl then went around the room looking at each man in turn; some she identified as men she knew from the town in her previous life who had accompanied the family and some were strangers to her. She then came to the man who was her husband in her previous life. The girl lowered her eyes and looked bashful in the tradition of the religion they shared, and then spoke his name. The little girl then went on to correctly identify her son from her past life, despite numerous efforts by the boy to mislead her, none of which efforts were successful.

This was by no means the end of this extraordinary situation. The girl later visited the home of her previous life and provided numerous highly accurate, and very often little known details about her home, her previous family and her life. Many of these details would have been impossible to know unless she was actually who she claimed to be in her previous life.

The two families became very close, and the previous family of the little girl accepted her as part of their own family just as in fact she had been in the previous life of not too many years before.

Reincarnation Case 2: This Dr. Stevenson case involves a young boy who at the age of two and a half years old suddenly began to talk to his parents about his “other life”. His memories were very specific saying he had previously been the owner of an electrical appliance shop selling TV’s, radio’s and other similar products. He knew his previous name and that he had a wife and two children, all of who’s names he was also able to recall. He was also able to recall the end of his previous life in great detail, specifically how he had been shot, cremated and his ashes thrown into the river. Note; this is in accordance with the previous section of this book where we discussed what often happens immediately after death. A “deceased” person can remain in their Etheric Body close to the physical world for quite some time, until the supply of Etheric Energy is exhausted. This provides the deceased person with the opportunity to visit loved ones and friends, as well as observing the

destiny of their physical body. Acts of love and remembrance do not therefore go unnoticed by the deceased person and are very much appreciated, providing much comfort.

The boy's parents did not take him seriously at first, but his behaviour puzzled them and he often behaved as if he was not part of his current family at all. He would tell his parents he was homesick and that he wanted to go back to his home. He became so insistent about this he even rolled up his clothes and threatened to leave home.

The elder brother of the boy decided to check out his brother's claims for himself. He travelled to the town named by his younger brother and soon found a radio shop that was being managed by a lady, a widow who's husband had been shot some years previously.

This lady was understandably curious, and decided to travel to meet the family of the boy to investigate further. When she arrived, the boy, who was outside of the home shouted to his parents his "other family" had just arrived. When both families were together for this most unusual meeting, the boy stunned the widow, his wife in his previous life, by recounting full details of a family outing to a fair in a neighbouring village where he had bought some sweets, an occasion only the widow and her husband, now reincarnated could possibly have known about. The boy also amazed his wife of his previous life by accurately describing where he had buried some gold in a hole in the home.

Later it was arranged the boy would travel to the town where his former wife lived. As a test the widow arranged for her sons, previously the sons of the boy, to be playing in the neighbourhood with many other children of the same age. Upon his arrival he was immediately able to pick out his former sons from the crowd of children. He also recognised the changes that had been made to his former shop after his death.

Later the boy recalled the full circumstances of his “death”, how he had been shot in the head while sitting in his car after arriving home from work. The autopsy report, which was filmed, confirmed he had indeed been shot in the head and had died as a result of a bullet wound to the temple. The autopsy showed the exact size and location of the entry wound and also of the exit wound on the opposite side of the man’s head. It was later decided to shave off some of the boys hair around the region of the fatal wound inflicted in his previous life. The boy had a birthmark at exactly the same location as the bullet entry point of exactly the same size and shape as the bullet that killed him in his previous life. He also had a second birthmark on the opposite side of his head corresponding with the exit point of the same bullet.

This case later attracted so much interest that it was presented in court in order to conclusively prove the boy was indeed the reincarnated former husband of the widow. As a result of this case a professor at a major University was quoted as saying that due to the police involvement “this is one of the best documented cases of reincarnation he had ever seen."

Reincarnation Case 3: This is a case from the portfolio of Peter Ramster, a psychologist and past life regression expert of Sydney, Australia.

In 1983 he produced a television documentary in which four women from Sydney who had never before left Australia, gave details under hypnosis of their past lives. Then complete with television crews and equipment they were taken to the other side of the world.

One of the subjects, until then a staunch sceptic, was a lady by the name of Gwen McDonald. She remembered a life in Somerset, England that would be impossible to obtain from a book, but which was subsequently confirmed in front of witnesses when she was taken there.

After she was blindfolded and taken to a particular place in Somerset, when the blindfold was removed she was able to find her way around perfectly. She was able to correctly point out in three directions the location of villages she had known in her former life. She was able to direct the film crew to various destinations far more accurately than the maps they had with them. She knew the location of a waterfall and the place where stepping-stones had previously been located; the locals confirmed the stepping-stones had been removed about forty years before. She pointed out an intersection where she claimed there had been five houses; enquiries proved this was indeed accurate; the houses had been demolished some thirty years previously. One of the demolished houses had been a “cider house” as she had claimed.

She knew the names of the villages as they had been two hundred years ago even though the names do not appear on modern maps. People she claimed to have known were proved to have existed, one of whom was listed in the names of the regiment to which she apparently belonged. She knew many local legends, all of which were confirmed by Somerset historians. She correctly used obscure West Country words that were no longer in use and in fact did not even appear in dictionaries.

In Sydney she had described carvings that had been in an obscure old house twenty feet from a stream in the middle of five houses located about one and a half miles from Glastonbury Abbey. She knew the local people called Glastonbury Abbey “St. Michael’s”, a fact only proven by reading an obscure two hundred year old history book not available in Australia. She was able to draw while still in Sydney the interior of her Glastonbury house, which was subsequently proven to be completely correct. She described an inn on the way to her house that was indeed found to exist and was able to lead the team directly to the house, now a chicken shed. After cleaning the floor they discovered the stone carvings she had referred to in Sydney. The locals came every night to quiz her on local history, and she knew the answers to all of the questions

asked including for example a problem with a big bog where cattle were being lost.

These are just a few of the very numerous such cases of reincarnation documented by Dr. Stevenson, Peter Ramster and other dedicated researchers based upon cases gathered from all over the world.

One of the common factors, as with the first two cases described above, is that reincarnation apparently took place relatively soon after the end of the previous physical life. This would account for the extraordinary detail and clarity demonstrated by these people in remembering their previous lives that had taken place only a matter of years before. There are numerous, possibly many millions of such cases of past life recollection which have simply never been documented. In many or even most of these cases the parents of the child recounting a previous life would simply ascribe the child's claims as mere "fantasy", "make believe", or the product of an "over-active imagination", and accordingly not take the child seriously. There might well be many other situations where the parents do in fact take the child seriously but prefer to keep the knowledge of their child's recollections to themselves.

In conclusion, we can justifiably say that not only can reincarnation be proven to be very real indeed, but is also an integral and very important aspect of the evolution of human beings on the ongoing journey back to our Creator. People will return to the Earth possibly numerous times over the course of many thousands of years in order to achieve such a state of perfection, ennoblement and mastery that lessons on the physical plane are no longer required. Graduation can then finally take place from the kindergarten of the planet Earth, to continue ongoing education and progress in the inner schools, the inner planes of life and reality, the great Spiritual worlds leading to the Celestial and Cosmic spheres and eventually the return to our Divine Creator, The First Cause, to God.

Chapter 32: Suicide

Suicide is without doubt one of the most tragic situations, not only for the shocked and bereaved love ones left behind, but also for the person who felt so compelled to take his or her own physical life. When a person takes their own life, contrary to what they might believe at the time, they do not escape from anything at all except the physical world, at which point any chance of resolving the problems from which they sought refuge are lost. The actual problems in all of their original magnitude are still brought with the person to the Astral world where they will be fully remembered, and still have to be fully faced and reconciled.

Bereaved friends and relatives, while coping with the grief of their loss, are left agonising and confused as to why their loved one felt so compelled to undertake this seemingly final act. Frequently they will feel guilt, believing they might have been able to do something to prevent the tragic situation if only they had been more diligent, listened, and watched for the “signs”.

However a Soul who takes their own life has done so of their own freewill regardless of the circumstances prevailing at the time, and often the focus of the deceased person might well have been on suicide for quite some time. When a person focuses sufficiently on something, anything as we will see later in this book, the focus will sooner or later inevitably manifest as a reality unless the focus is changed which it can be at any time. Only the person involved can change their own individual focus, emotions in situations such as this, especially where their intentions and wishes are unknown to everyone else.

Tragic though these situations are, unless it is known beforehand a person is thinking in terms of taking their own life, and has been so for some time, there is usually nothing at all that friends, relatives or anyone else could have done to prevent it.
The reasons for suicide are many and varied, but as already noted these events have been mostly sadly increasing in frequency over

the last few decades due to the current state of the world and humanity in general. Only when mankind understands the true meaning and purpose of each life on Earth and of his or her true destiny and the true destiny of all mankind, can these tragic events such as suicide cease to occur.

When a person takes their own life it is extremely important for family and friends to realise that grief and emotions can have a most profound and detrimental effect on the transition of the Soul of the deceased person to the Astral worlds, their new home. The greater the grief and emotion projected by those left behind, the more difficult it will be for the Soul to fully transition to their new home. The Soul of the person who has “passed on” will receive the full effect of these emotions and will know exactly what family and friends are thinking and experiencing. Such emotions although entirely understandable will weigh heavily on the Soul of the deceased person, often bringing about intense emotions of guilt and regret. This in turn will sometimes cause the Soul to remain very close to the physical world effectively as a “ghost”, rather than transitioning to the Astral worlds.

Even when the Soul does successfully transition to the Astral world, strong emotions emanating from the people left behind will be felt in an intense and direct way, thereby exerting a profound and usually negative influence, often making the transition very difficult indeed. Bereaved family and friends should therefore always send the most positive and intense feelings possible of understanding, compassion and above all Pure Unconditional Love, in the knowledge their loved one really is “alive”, safe and happy in their new home, and really does love the people left behind.

The need for stability is particularly important for the newly deceased person in the case of suicide. Often when a person takes their own life they sincerely believe before and at the time that it is the end of everything. They believe they will escape the physical world forever, together with all of the trials, tribulations and misery they perceived as the reality of daily “life”. In accordance with the

religion or “belief system” of the person, they will anticipate either a complete escape into oblivion, thereby ending everything, or they might go to “heaven” for all eternity.

The reality however is very different indeed as the person will soon discover. As we have already discussed, memory is not a function of the organic brain. All memories of all lives past present and future are eternally stored in the causal body of each individual being within causal sphere of the Ether, the Akasha, The Universe. When transitioning to the Astral world there will therefore be full and vivid memory of every aspect of the previous life, memories that will be much more vivid than they were while still inhabiting the physical body. People in the Astral worlds have a full understanding of the meaning and purpose of the physical life left behind and can review the experiences, the lessons learned or not learned and karma balanced, all of which are absolutely necessary in order to begin the process of planning for the next phase of individual evolution including the next physical life on Earth if appropriate.

The next incarnation might take place very soon after arriving in the Astral world as we have already seen from the previous examples, or on the other hand might not occur for many hundreds or even thousands of years as measured in Earth time. The choice is always that of the individual in accordance with the rate at which they desire to progress and Spiritually evolve, but sooner or later evolve everyone must in accordance with the destiny of all mankind.

As we will discuss later in this book, there will always be people who complete their “kindergarten education” and never need to return to Earth again. This might not however apply to those who took their own lives if their “mission” on Earth was not fully completed, and therefore the lessons of that particular life not completely learned. The only solution for such people is to return to Earth once again in order to complete the mission necessary for their ongoing evolution.

The newly transitioned Soul who took their own life before their mission was complete will be fully aware of this fact, and the fact they have now lost a most valuable opportunity to resolve the very problems and situations causing them to take the decision to “call it a day” on Earth. There is absolutely no escaping these lessons and responsibilities; the Soul who took his or her own life will often feel deep regret for the valuable opportunities missed, lessons they failed to learn and the karma they failed to balance. As one Soul who recently arrived in the Astral world having took his own life said to a person who was visiting by Astral Projection:

“I now realize that I suicided because there were things I couldn't deal with, emotional things, things between myself and others. I was in so much pain. That pain didn't go away after I killed myself, and I now realize that the one thing I need to resolve the pain, is hanging from the rafters in the garage”.

This unfortunate Soul, as with all Souls who terminate their own physical lives prematurely for emotional reasons, can now very vividly see every aspect of the true purpose and meaning of his previous life, and therefore of all of the valuable opportunities missed. The person quoted above now knows only after it is much too late that there is nothing he can really do to correct this situation from his new home in the Astral world. The Soul who commits suicide before his or her mission has been completed therefore has but one option; to return once again to Earth in order to hopefully completely fulfil his or her objectives next time around.

Although suicide seems tragic and causes considerable grief for all those involved, the bereaved left behind can gain much peace in the knowing their loved one is completely safe within the Astral worlds, is contemplating his or her past life, and will ultimately progress onwards in the course of his or her personal ongoing evolution. The deceased person will often visit loved ones frequently although their presence might not be felt, and will endeavour to help by means of inspiration whenever it is

appropriate to do so. The deceased person will also often visit loved ones left behind on Earth in their dreams.

People who learn Astral Projection, as discussed later in this section will have the ability to actually visit their deceased loved ones and thereby gain the first hand knowledge and certainty they are indeed safe, well and secure in their new home, and return with messages for those loved ones in the physical world. Above all, although temporarily separated by physical death, it is very important for all concerned to know beyond doubt there really is no absolute separation between people in the physical world and people in the inner worlds, but rather merely different states of being at differing vibrations and density, and one day everyone will be reunited in Love once again in the inner spheres or life and reality.

Chapter 33: The Inner Bodies

In addition to the physical body with which of course everyone is most familiar, there are also a number of much more “subtle” bodies existing at much higher levels of vibration, and which bodies are usually beyond the range of perception by means of the five physical senses. These subtle bodies are infinite in nature, existing multi-dimensionally beyond the limitations of space and time. In broad terms, these inner bodies may be defined as follows.

The Etheric or Energy Body: The Etheric Body is the densest of the inner, subtle bodies, and as we have already discussed is often the main body inhabited immediately after physical death. The Etheric Body, often known as the “Energy Body”, is a highly complex bio-energetic system including seven main energetic centres often known as the “chakras”.

The Energy, or Etheric Body effectively acts as a “transformer” or “interface” between the physical body and the inner Astral and Mental bodies being responsible for, among other important functions, mediating the vastly differing vibrations between the physical and inner bodies, and most importantly for facilitating the flow of the life sustaining Vital Energy from the Universe to the physical body.

The Astral and inner bodies do not require such an interface or transformer having the ability to “breath” Vital Energy directly. The Energy Body is therefore absolutely vital for almost every aspect of the health and well-being of the physical body, and indeed most illnesses manifesting as physical ailments or diseases originate from imbalances within the Etheric, Energy Body.

We will discuss the subject of healing in much more detail later in this book, but suffice it to say for now that the various methods of healing which focus on the Energy Body have often proved to be extremely effective, often bringing about cures considered by most to seem “miraculous”. For example there have been many cases of

cancer deemed by doctors to be totally “incurable”, completely and permanently cured by healing techniques focussing on the Energy Body.

The Chakras: Within the Energy Body is a series of extremely important energetic centres often mystically known as the “chakras”. The word “chakra” is Sanskrit for “wheel” or “disk” signifying any one of the seven main Energy centres located within the Energy Body. Each of these Energy centres also corresponds directly to a major physical nerve ganglia, or gland, connected to the spinal column. In addition, the chakras also correspond to the many levels of Consciousness, Spiritual connection, developmental stages of life, colours, sounds, body functions, and much more.

The Energy Body, the chakras, the aura and all functions associated with these aspects of the Energy Body form part of a major subject in and of themselves, and indeed are the subject of many good books and articles specialising in those areas. Here nevertheless is a summary of the seven major chakras of the Energy or Etheric Body starting from the highest chakra relative to the physical body.

The Crown Chakra: This chakra as the name implies is located around the crown of the head, and relates to Consciousness as pure awareness. The Crown chakra is our Divine connection to the inner realms of reality, to a timeless, spaceless place of all-knowing. When well developed this chakra brings us knowledge, wisdom, understanding, Spiritual connection, and bliss.

The Brow Chakra: This chakra is located directly between the eyebrows and is often known as the “third eye”. It is related to the ability of seeing, both psychically and intuitively, being closely associated with “clairvoyance” or “clear seeing”. A clairvoyant can perceive, usually visually within the “Minds eye” inner realms of reality beyond the physical world, particularly the Astral worlds, and can also perceive things in the physical world beyond the reach of the normal five physical senses.

Thousands of years ago everyone had a highly developed brow chakra thereby enabling the people of the time to maintain full contact with, and awareness of the inner realms of life and reality. Over the course of tens of thousands of years however, as mankind has become increasingly focussed upon the material world of the five physical senses, the perception and use of the brow chakra has steadily diminished to the point where it is unfortunately largely unknown and unused today. It is however quite possible to redevelop the brow chakra to the level of clairvoyance and other related abilities, as we will discuss later.

The Throat Chakra: This chakra as the name suggests is located in the region of the throat and is related to communication and creativity. By means of the throat chakra the world is experienced symbolically through vibration, for example as the vibration of sound representing language. It is also therefore the chakra of “listening” to the inner realms by means of the more subtle vibration of communications. The mediumship ability known as “the direct voice” involves physically audible, often even loud communications from the Astral worlds utilising ectoplasm in conjunction with the throat chakra as the gateway to produce the “Spirit voices” which can be physically heard, often very loudly and clearly without any special equipment.

The Heart Chakra: This is the middlemost of the major chakras and the lowest forming part of the upper triangle of chakra’s associated with connections with the inner realms. This triangle of chakras encompasses the crown, brow and heart chakras. The heart chakra is related to love and is also the integrator of opposites in the psyche; the Mind and body, male and female, persona and shadow, ego and unity. A healthy heart chakra allows people to love deeply and unconditionally, feel compassion, and enjoy a deep sense of peace, contentment and centeredness.
The heart has always been a symbol of love in many cultures, often depicted by a representation of a physical red heart in a characteristic shape. Emotions people associate with the physical

heart, in particular love, are actually originating from the heart chakra of the Energy Body, and not from the physical heart organ itself as most people might suppose.

The Solar Plexus Chakra: This chakra, often known as the “power chakra” is located in the region of the solar plexus or navel. It rules personal power, will and autonomy as well as metabolism. When healthy, the solar plexus chakra brings Energy, effectiveness, spontaneity and non-dominating power. The solar plexus chakra is also connected with the Ether, known as the Akasha in far Eastern cultures, and is a receiver of intuition from the Spirit worlds and Higher-Self. Many people will recall occasions when they have thought about something and have instantly received a strange feeling in the area of the lower stomach as a direct result. People often refer to having such experiences as having a “gut feeling”, a “sinking feeling” or other sensation in the area of the stomach. This is a inner communication by way of intuition and impressions originating in the inner realms or from the Higher-Self, and is a confirmation or warning about a thought within the Mind. It can therefore be a positive “gut feeling” or a negative “gut feeling”. Whichever type of feeling it is, the person experiencing such a feeling would do very well indeed to take full heed of the feeling and therefore message received, and proceed accordingly.

The Sacral Chakra: This chakra is located around the region of the groin, and is related to the water element and therefore to emotions and sexuality. It connects people to others through feelings, desires and sensations. Ideally this chakra brings to us fluidity and grace, depth of feeling, sexual fulfilment and the ability to accept change. This is also the chakra of sexual desire and physical reproduction.

The Root Chakra: This chakra is located at the base of the spine. It represents the Earth element and is related to survival instincts, to the sense of grounding and connection to the physical body and world. Ideally this chakra also brings the possibilities of good health, prosperity, security, and dynamic presence.

The Aura: This is the Energy field produced by the Energy or Etheric Body and can be observed by people who have the ability of “auric sight” or clairvoyance.

Auric Energy fields are highly complex and very fluid, being influenced not only by health and vitality, but also by the mood of a person. As moods change so then does the appearance of the aura. The complex Energy fields of numerous strengths and colours can be likened to an open book of the life and evolutionary status of an individual; nothing at all can be hidden.

The Aura is also an extremely accurate indicator of Spiritual attainment. Highly Spiritually evolved people will be instantly recognisable by a vivid, clean, dynamic aura, the most prominent feature of which is in an intense bright golden yellow area extending from and around the crown of the head. Sometimes the aura can be so intense it can even be viewed by people not usually possessing the ability of auric vision. It is also this intense golden aura around the head of highly Spiritual person that gives rise to the so called “halo”, as often for example depicted around the head of Jesus or a saint.

As discussed previously, after the physical body “dies” the deceased person will usually, but not always, find themselves in their Etheric or Energy Body. Later, after the Etheric Body has exhausted its supply of Etheric Energy, the primary body will be the much finer Astral Body, the Soul, which also includes the integral Mental, Spirit body. In due course once a person has satiated his or her own desires within the Astral words, a process that can vary enormously in time from person to person depending on how materialistic, self-centred and physically focussed the person was during life on Earth, the Astral Body “fades” giving way exclusively to the Mental Body, the immortal Spirit, the aspect of a human being made in the true image of “God”.

Chapter 34: The Astral Body, The Soul

After a person passes from physical Earthly life and has often spent some time in the Etheric Body living close to the physical world, they will usually proceed to make the full transition to the Astral world, the next home and first stage of a much greater and truer level of existence and reality. In order to reside in the Astral worlds it is necessary to inhabit an Astral Body of exactly the same level and degree of vibration and density as the corresponding level of the Astral realms, until reincarnation into a new physical life, or progression onwards to the Spirit worlds takes place.

The Astral Body also known as the “Soul”, is also most appropriately known as the “desire body”. Usually when a person first arrives in the Astral worlds they still think and express themselves in exactly the same material terms as they did while still physically living on Earth. They will for example still think in terms of food, houses, cars, physical appearance, recreation, and indeed everything they were used to and familiar with before passing from the physical world. These earthly, material desires are largely driven by the ego and a lack of understanding of true purpose and ultimate destiny; the true meaning of life. This is also the very reason that the mid-Astral worlds are so similar in appearance to the physical world having been created by the Minds of humans based on what they have been used to during physical life. Humans create those things they believe they need, desire and feel most comfortable with.

This then is the main reason why the Astral Body is usually known as the “desire body”, the body with which all mundane earthly, material and often desires of greed are fulfilled. It is not possible to progress to the true Spirit worlds or indeed to evolve further along the path until all physical, earthly and material desires have been completely satiated and purged, and seen as the illusions they really are. This process of realisation might only take a very short time as measured in Earth terms, or might take hundreds or even thousands of years depending on how materialistic, selfish and

egocentric the person was while living in the physical world, and how they choose to pursue those passions in the Astral world.

Many people, at first at least, believe upon passing from the physical world that the Astral world is their true home which they often think of as “Heaven”. Eventually however, everyone without exception must arrive at the realisation that, like the physical world, the Astral worlds exist at the lowest levels of the Spiritual reality of the Universe, and are simply another aspect of the ongoing learning process, including in particular the true realisation of material desires for what they really are. As previously mentioned, the “heaven” of the Astral worlds are based entirely upon the human concept of “heaven”, in turn based upon material things.

If the physical world, the planet Earth is kindergarten and the Astral worlds are the primary school reception class of the Universe, still a very long way indeed from achieving graduation from university with full honours. The true “Heaven worlds” are the Spiritual worlds of the Mental, Celestial and Cosmic planes, not the Astral worlds as many might presume upon arrival based purely upon a material focus, and indeed as many psychics living on Earth still do believe. The Astral worlds therefore exist as a transition zone between the physical world and our true home, the glories and splendours of the Spirit worlds where onward progression on the ascent back to our Divine Creator continues onwards.

Every person has a unique Astral Body comprised of vibrations, Energy. The balance of the elements, a person’s character, ego, temperament, beliefs and many other individual factors, will be reflected in the composition of the Astral Body and its unique Energy signature. Just as the bonding “fluid” between the Astral Body, the Soul, and the physical body is the Astral matrix, the Mental Body, the immortal Spirit is connected to the Astral Body by means of the Mental matrix. It is through the Mental matrix that all communication and thoughts are ultimately received from the inner planes of life.

Human beings are endowed with five senses corresponding to the four Universal elements, Fire, Air, Water and Earth, and also the Akasha, the Quintessence of the four elements. These elements are not the same as the fire as in flames, air as in wind, water as in rivers or earth as in soil of physical world, but are rather the symbolic Universal attributes analogous to them. These five senses are mediated through the Astral Body.

While still living in the physical world the Astral Body receives sensory feedback directly from the corporeal senses of physical body by means of the mediation of the Astral matrix. Ultimately the seat of the senses with which we experience reality is the Mental Body, the immortal Spirit, which in turn receives sensory feedback from the Astral Body by the means of the mediation of the Mental matrix.

The unique characteristics of the Astral Body, the Soul, are determined by the constitution and vibration of the Electric and Magnetic fluids, and the elements within the Energy field constituting the Astral Body. Again, the Electric and Magnetic fluids are not fluids as in physical terms, but rather the Universal representation of them being manifestations of Energy with specific characteristics. The character of a person is therefore in accordance with the balance of the Electric and Magnetic fluids and the balance, or equilibrium of the elements.

We will discuss later in this book the importance of elemental equilibrium in the context of ongoing progress. The characteristics attributable to each of the elements comprising the Astral Body, the Soul, and which therefore manifest in the physical body as the corresponding attributes comprising the personality and characteristics of a person are as follows:

Fire Element: this element is responsible for the choleric temperament, manifesting itself in the positive or active polarity as, for example, activity, enthusiasm, eagerness, determination, bravery, courage and creativity. The Fire Element can also include

manifestations of the following negative characteristics; voracity, jealousy, passion, irritability, argumentativeness, lack of moderation and many others.

Air Element: this element is responsible for the sanguine temperament, manifesting itself within a person with characteristics including the following: the positive or active aspect of Air gives rise to diligence, joy, kind-heartedness, lucidity, freedom from worry, cheerfulness, light-heartedness, optimism, liveliness, independence, watchfulness, trustfulness and many other such positive attributes. The negative aspect of Air includes such characteristics as being easily offended, disdain, gossip, lack of resilience, cunning, talkativeness, dishonesty and fickleness.

The Water Element: This element gives rise to the melancholic temperament. The positive, active character attributes of Water include respectfulness, mercy, modesty, humility, seriousness, fervour, intimacy, comprehension, meditation, compassion, tranquillity, forgiveness, tenderness and many other such positive attributes. The Water element can also manifests itself within the Soul with negative, bad attributes, including indifference, shyness, lack of interest, being uncompromising, idleness and many more.

The Earth Element: This element is responsible for the phlegmatic temperament in human beings. In its positive, active manifestations, Earth gives rise to attributes including respect, endurance, circumspection, determination, seriousness, firmness, conscientiousness, thoroughness, punctuality, reserve, sense of responsibility, caution, sense of purpose. The negative manifestations of character attributable to the Earth element include shallowness, carelessness, disdain, indifference, lack of responsibility, bashfulness, tardiness, ponderousness, idleness, lack of reliability.

The basic overall attributes, temperament and character of a person while living in both the physical and Astral worlds will be determined by the balance of the elements and the actions of the

Electric and Magnetic fluids within the Astral Body, the Soul. The Soul is the seat of the character and accordingly dominates while living both in the Astral and physical worlds. This is one reason why the general population are seen to have so many varied characters and temperaments until such time as they can learn to tame the ego and balance the elements and fluids, a process of ennoblement of the Soul so vital for the ongoing progress and individual evolution of every single person.

The complete energetic emanation of a person due to the vibration of the elements and the fluids can be observed by means of the Aura. The balance of the elements gives rise to colours and degrees of such an intensity depending upon the character and temperament of the person in accordance with their level of elemental equilibrium and perfection. As mentioned earlier in this book, the Aura can be observed in the physical world by a person who is trained to see auras, an ability often known as “auric vision”, or by a person who is clairvoyant. A highly Spiritually evolved person will exhibit a very clean, bright, vivid, balanced aura, while those who are elementally unbalanced or are not particularly evolved, or exhibit negative, bad characteristics will display a “muddy” coloured aura. The balance of the elements will vary slightly from day to day according to moods etc., and which can observed by the behaviour of the person and the observable characteristics of the aura.

Chapter 35: The Mental Body, The Immortal Spirit

The Mental Body, the Immortal Spirit, is the aspect of a human being “made in the true image of God”. The physical Etheric and Astral bodies are only the transient outer garments, shells for the Spirit body. Like the Astral Body, the Mental Body, the immortal Spirit, is also directly under the influence of the four elements that descended in the beginning from the Ether, the Akasha.

The element of Fire is the fiery aspect of the Spirit and is responsible for will. The element of Air is responsible for intellect. The Water element manifests in the human being as life and feelings. The Earth element is represented by the unification of Fire, Air and Water, and is therefore responsible for the individual “I” Consciousness of the human being.

The highest aspect of the immortal “I”, the Ether or “Akasha” principle, manifests in humans as belief in its highest aspect, and the instinct for self-preservation in its lowest aspect. The four Universal elements and the Akasha principle together then constitute the “I”, the individuality, the immortal Spirit “made in the true image of God”. In terms of the elements, we can also expand their influences within the immortal Spirit, the Mental Body to include the following attributes.

Fire is responsible for Energy, might and passion. Air is responsible for memory and the power to judge and differentiate. Water is responsible for conscience and intuition. Earth is responsible for egotism and the instincts for self-preservation and propagation.

Just as the Astral Body forms its link, the Astral Matrix, with the physical body through the electromagnetic fluids of the Astral planes, the Astral “Od”, the Mental Body is in turn linked to the Astral Body by means of the Mental matrix formed out of the electromagnetic fluids of the Mental planes, the Mental “Od”.
The Mental matrix is the most subtle form of the Ether, the Akasha, regulating and maintaining the activities of the Spirit within the

Astral Body. It is the electromagnetic properties of the Mental matrix that are responsible for the transmission of thoughts and Consciousness to the immortal Spirit from the Mental planes.

The Mental planes are the spheres and origins of thoughts and ideas. A thought begins as an idea in the Mental planes and then develops into a “thought form”. This thought form is then in turn conveyed first through the Mental matrix and then through the Astral matrix where it is received by the conscious Mind as a thought appearing to originate in the Mind. It can clearly be seen therefore that, contrary to the views of the sciences, all thoughts and ideas originate in the highest aspects of the Mental planes and not from within the organic brain as is popularly believed. Likewise, as previously mentioned, memories are “stored” in the causal Mental Body, the aspect of the immortal Spirit having its existence within the causal sphere of the Universe, Ether, the Akasha.

The organic brain is not therefore the seat of Consciousness, being rather a mediator, interface or filter between the inner bodies and the planes in which they reside, and the physical body. This is a reason why Astral and Mental projection is possible as we will discuss later in this book. It is equally clear therefore that the organic brain of a physical human being is not the originator of his or her own thoughts, and the organic brain is not the Mind.

Humans can rather be likened to a “receiving station”, receiving all thoughts from the world of ideas of the Mental planes through the Mental matrix, the Astral matrix and finally the organic brain. Everything in existence that humans believe to be a result of their own intelligence or ingenuity has actually been taken from the world of ideas of the Mental planes where they already exist, have always existed and always will exist beyond space and time within the “Eternal Now”.

The ability and likelihood of receiving any particular thought from the world of ideas of the Mental planes will always be in accordance with the circumstances in which a person exists within

the physical world. For example, a scientist will tend to attract scientific types of thoughts and ideas, a technologist will receive technical thoughts and ideas, an artist will receive artistic thoughts and ideas, and so it is for everyone, accounting for all possible circumstances in which thought processes occur.

It should be mentioned that each abstract thought is composed of a particular pure element, in turn providing the thought with its unique characteristics. We have already discussed the effects of the elements on thoughts, but suffice it to say there will symbolically exist “fiery thoughts”, “airy thoughts”, “watery thoughts” and “earthy thoughts”. Thoughts can also contain a combination of one or more elements, and accordingly such thoughts can also symbolically be predominantly electric, magnetic or electromagnetic in properties.

All thoughts, like everything else in the Universe in all spheres are ultimately pure Energy, and therefore in addition to the predominant element manifesting a unique vibration. It is these vibrations that give each thought its own unique characteristics. In the inner realms of life thoughts can be actually seen to take shape as they are created by the Mind.

Not much more need be said about the Mental Body. Suffice it to say once again and most importantly, the Mental Body, the Spirit, the immortal “I” is the aspect of human beings truly “made in the image of God”, and unlike most concepts of this fact according to religions for example, the true image of God is formless, infinite and Divine, a perfect reflection of the Divine nature of mankind.

Ultimately it is the immortal Spirit alone having freed itself from the materialism and egotism of the physical world and the desires of the Astral worlds continues the onward ascent along the sacred path back to our Divine Creator, The Source, God. Again it should be mentioned here that when we talk of “ascent” this is really an inner journey, with the physical world at the outermost limits, the solid epidermis of the multi-dimensional Universe, with The Source, The First Cause, God at the very centre.

Having transcended the cycles of reincarnation the immortal Spirit continues the journey ever inwards towards The Source, The First Cause, God, through the outer and then mid and inner Mental planes, through the Celestial planes and on to the Cosmic planes where finally the ultimate and most sacred opportunity can be finally realised; unity with our Creator, God.

Chapter 36: The Higher Self

The Higher-Self can be thought of as an aspect of the immortal “I”, the most Divine spark of a human being closest to God. The Higher-Self is sublime and has the full benefit of all lives and experiences, past present and future, and is infinitely wise. Being connected with everything in the Universe that “is”, at all levels of reality, full access to the Higher-Self is most sought after by those consciously on the path and by those pursuing other Spiritual disciplines.

It should be noted from the outset that the term “Higher-Self” should more correctly be “Inner-Self”. However, as the term “Higher-Self” has been so widely used and understood, we will continue with its use in this book. It is very important to keep in Mind however that the physical world and therefore our physical bodies are the outermost aspect of the Universe existing at the lowest rate of Energy vibration, and the highest density, and The Source, The First Cause, God is at the very centre of all creation, existing at the very highest Energy vibration, encompassing the highest vibration of Unconditional Love. We therefore journey inwards towards God, and our “Higher-Self”, our “Inner-Self” is an aspect of us that exists at a much higher level of Energy vibration and therefore much closer to God to whom our Higher-Self, our Inner-Self is Divinely connected as with every aspect of our Being.

The Higher-Self can for example provide intuition to assist in circumstances where understanding, answers, clarification or guidance are needed and cannot be obtained by any “lower” means. The Higher-Self provides the highest level of connectedness and influence within the Universe in all spheres, and is therefore most important in any matter requiring any sort of unrestricted Universal connection such as that ideally required for manifestation for example.

Not much more need be said about the Higher-Self, but suffice it to say that achieving and maintaining contact with the Higher-Self is

considered to be one of the very highest priorities. The Higher-Self being sublime, and a most Divine aspect of each human being, is the most reliable and trustworthy source of ongoing inspiration, knowledge and guidance.

Chapter 37: The Physical Universe of Matter

When most people think about “the Universe” they often think in terms of the observable Universe of planets, solar systems, galaxies and other celestial bodies. This is the Universe that can be perceived by use of the five physical senses, optical equipment such as telescopes, and by scientific equipment that measures the Universe in other ways such as by the use of radio telescopes and other equipment that measure frequencies within the range of the electromagnetic spectrum, within the capabilities of such equipment. Science even today tends to make the assumption that if it is not measurable by scientific equipment or the five physical senses then it simply does not exist at all.

In fact the physical Universe represents only a very small percentage of the entire Universe as a whole, the majority existing at levels of Energy vibration far, far, far beyond the measurement capability of current scientific instruments. Beyond the limits of the measurement of current scientific instruments are increasing Energy levels of vibration, which although are not measurable are nevertheless just as real and just as solid to the Beings existing at these Energy levels.

For example, upon passing on from the physical world at the time of the transition erroneously known as “death”, a person is in reality transitioning from the high density, low vibration environment of the physical word, to a much finer level of life, existence and reality existing at a much higher level of vibration. As we will discuss in much more detail in the next chapters of this book, the level to which people transition after passing on is widely known as “the afterlife or “the beyond” or often the “Astral” plane or worlds.

Upon arrival within the Astral worlds subsequent to the transition from the physical world, people find vast, very real, vibrant, dynamic worlds populated by billions of Souls, all of which are not only at least as solid and “real” as the physical world, but in fact much more so. Matter, by comparison with Energy that has not

differentiated into matter, is very crude due to its much high density and much lower relative levels of vibration. Throughout the Universe everything is relative to Energy and vibration; that is to say we perceive, experience and progress relative to the Energy level or “plane” at which we are focused and at which our Astral or Mental, Spiritual body vibrates, the vibrations of both the body and the Energy level of vibration being in total balance, harmony and resonance.

The physical world of course does seem very solid and real to people living in the physical world, because like the physical world itself the bodies of people are comprised of physical matter, equipped with physical senses with which the physical world is experienced.

After passing on a person exists with an Astral body, often known as the Soul existing at a much higher level of Energy and much lower level of density than the previous physical body. The level of the Astral worlds to which a person will transition after the process erroneously known as “death” will always be exactly the same level of Energy as that of the Astral body, and therefore as with the same comparative Energy levels of the physical world, everything will be perceived as being very solid and “real”. In fact, as previously mentioned, due to the much finer levels of Energy of the Astral worlds without the restrictions of matter, everything is so “solid” and “real” that many people initially do not realize they have actually passed on to the next phase of life, believing themselves instead to be still within their physical body in the physical world. This is particularly true when the transition to the inner levels has been sudden. So everything in the entire Universe is experienced in absolute harmony with the relative level of Energy and vibration at which it exists.

The Universe in its entirety may be considered to be spherical like a planet, with The Source, The First Cause, God at the very center, existing at the very highest vibration and very lowest density, progressing outwards though progressively higher density and

lower levels of Energy and vibration until finally reaching the physical world of matter forming the “shell” of the Universe.

Energy can be considered to be “light”, not physically observable light but the Divine Light of The Source, true Light in the form of Energy, the Light of God. Quantum physicist David Bohm was absolutely correct when he made the observation that the physical Universe is actually “frozen light”. This can be likened to the process of water freezing. As water gets progressively colder the molecules comprising that water progressively slow down as they vibrate at lower rates of Energy of which they ultimately comprise, until eventually the Energy vibration of the molecules becomes too low to sustain the water as a liquid at which point the water freezes and becomes ice. The physical composition of the ice and the atoms and molecules that comprise it are exactly the same as when it existed as water, the only difference being that that as ice the Energy that ultimately comprises that water or ice is now vibrating at a much lower level.

Exactly the same principle applies to the existence of the physical Universe within the greater Universe as a whole. As Energy vibrates at a progressively lower rate and density increases as a result, there came a point during the initial creation of the Universe where the vibrations of Energy became too low to be sustainable in its usual fine free Energy form, and therefore differentiated into particles of various increasing sizes, ultimately manifesting as matter, the physical Universe as observed by science and people on Earth generally.

Science still seeks the origins of the Universe, the so-called “big bang” within the physical Universe itself. Of course they will never find the origins of the “big bang” anywhere within the physical Universe. The “big bang” commenced with The First Cause, The Source, God at the very center of all Energy progressing outwards in a totally uniform manner until the entire physical Universe was formed at the same time at the beginning of creation.

The true origin of the Universe therefore does not exist and cannot exist at a single point within the observable Universe, but rather commenced with The Source, The First Cause, with God at the very center of creation at the very highest level of vibration of Energy of all, expanding outwards until eventually the levels of vibration where such that Energy “froze” to form the physical Universe of space and time, concepts that do not exist within the Eternal Now of the greater Universe beyond the physical world.

As the physical Universe is spherical, it has no beginning and no end. As with Earth therefore it would be entirely erroneous to think in terms of “the end of the Universe”. As with travel on Earth, if we were able to travel in straight line within the physical Universe we would eventually arrive back at exactly at the point where we originally started. So speaking of “traveling to the ends of the Universe” is as erroneous as seeking a specific, physical place in the physical Universe where all creation started with the “big bang”.

The physically observable Universe in which we live for the time being is only one of a potentially infinite number of “parallel” Universes, both physical and non-physical, all existing concurrently. This is possible due to the fact that everything in the Universe is ultimately pure Energy, and such concepts as “dimensions” do not really exist except to the limited perception of the human senses.

Parallel Universes exist at all levels of the Energy spectrum, not just the lowest aspect where Energy differentiates into physical matter. Science even now is beginning to realize the possibility of these parallel Universes when such “phenomena” as “black holes” were discovered. The entire Universe, including the physical Universe is maintained in a state of perfect harmony by The First Cause, The Source, God. In the context of the physical Universe therefore the same balance needs to exist in order to maintain perpetual harmony. Physical Universes are balanced by the opposite characteristics of matter and anti-matter which although are configurations of Energy at similar levels of vibration and density, have opposite physical characteristics of the particles of

which they are constituted. This also fully supported by the findings of quantum physics.

These infinite physical Universes are inter-connected by Energy tunnels sometimes known as “wormholes”. Wormholes are conceptually gateways, or tunnels between the physical Universes of matter and anti-matter. So traveling through a wormhole would result in the arrival within a parallel Universe of anti-matter, and then traveling through a further wormhole would result in arriving at a further parallel Universe of matter. In this way an infinite number of parallel physical Universes are sustained in perfect harmony within the greater Universe of Energy, Mind and Consciousness.

The word “dimension” is also erroneous. Ultimately everything in the Universe without any exceptions is pure Energy differing only in configurations of that Energy as influenced by Mind. Everything within the Universe from The Source, The First Cause, God to the physical world of matter is in absolutely inseparable aspect of everything else, of that very same Energy without exception. These most important realities will be fully discussed later in this book.

Governments of the world are currently spending vast amounts of money on exploration of the physical Universe at a time when millions of people in the world are suffering from disease, famine, war and other situations. In fact the destiny of every single human being is not to travel within the restrictions of the three dimensional Universe of matter, but to travel inwards through the glories of the greater Universe on the sacred path back to God. It is the ultimate destiny of everything in the Universe, including every human being to evolve back to The First Cause, The Source, God; the true meaning of life.

True exploration therefore is not about the observable, physical Universe, but rather the about the magnificence, splendours and glories of the infinite Universe of Energy, Mind and Consciousness as a whole; our true destiny as sons and daughters of God, made in the true Spiritual image of God, rather than to be restricted to the

ephemeral physical Universe, observable and experienced only by means of the physical senses, the exploration of which is meaningless in real terms, and serves no real purpose whatsoever aside from academic interest.

Beyond the restrictions of the physical body, as with Astral or mental projection beyond the physical body, abilities within the capability of everyone as we will discuss later in this book, the entire physical Universe can be explored at will, traveling quite literally at the speed of thought. People who do Astral projection can and do travel anywhere on Earth in an instant, travel to the moon including the far side of the moon, travel to other planets, solar systems and galaxies, and of course most importantly of all travel inwards to the inner Energy levels and vibrations of the Astral worlds. Beyond the physical constraints of the physical body a person is a true explorer of the Universe, personal existence and of ultimate destiny.

While mankind continues to focus exclusively upon the physical Universe as an only perceived reality, no true progress can be made. Only when mankind understands that the physical Universe is ephemeral, nothing but an illusion perpetuated by observation and interaction of the physical senses, is therefore not absolute reality, and is rather only a temporary home provided for the purposes of ongoing evolution back to The Source, The First Cause, God, and that the true destiny of mankind is inwards to the glories of the inner Energy levels rather than “across” the physical Universe, will true long-term progress be made.

Chapter 38: The Planes of the Non-Human Mind

The great planes of life include all levels of existence from the physical world of matter to The Source, The First Cause, to God. Although science might well refer to these planes as “dimensions”, and others might collectively refer to them as “the beyond” or even “heaven” or “the heaven worlds”, they are more usually referred to in the broadest terms as the physical plane, the Astral planes and the Mental planes. The Mental planes also include the inner Celestial and Cosmic planes.

A “plane” in addition to a dimension, is also often referred to as a “realm”, a “sphere” or a “world”. It should always be remembered however that although this terminology is used in order to accurately describe the various levels of life characterised by these planes, the entire Universe is actually a continuum of vibration and therefore of Energy and density, from the highest of The Source, The First Cause, God, down to the world of physical matter; there are no distinct points at where one plane ends and the next one begins. The All truly does include “All”, everything that “is” in the entire Universe, a Universe that is God.

Before discussing the planes of the non-human Mind we should first of all take a look at the various level of planes specifically associated with the physical world of matter constituting the planet Earth.

The plane of the physical world of matter can be divided into seven sub-planes; three planes of matter, a plane of “Ethereal substance” and three planes of Energy, all of which are respectively sub-divided into seven further sub-planes of life.

The first of the main physical planes of matter includes all forms of solids, liquids and gases so very familiar to everyone and in particular the sciences.

Moving upwards, the second plane of matter includes much more subtle forms of matter also recognised by science. These most notably include radiant materials such as Radium and other radioactive substances.

The third plane of matter consists of a much more tenuous forms of Energy, the existence of which are not formally recognised by science. This is the plane of the “Ether” pervading the entire Universe, the medium in which waves of Energy such as electricity, magnetism, heat, light and radio waves travel. It should be noted that the Ethereal plane does not actually include these Energy, but is rather simply a medium in which they can propagate.

Above the plane of the Ether is the first plane of Energy. This is the fourth of the physical planes. This plane comprises all ordinary forms of Energy well-known to everyone, including heat, light, magnetism, attraction, cohesion, gravity and chemical affinity, as well as other forms of Energy not yet formally accepted or named by science.

The next inner plane of Energy includes inner forms of Energy that for the most part have not yet been identified by science. It is within this plane that various forms of mental and psychic phenomena propagate.

The highest plane of Energy and therefore the highest of all of the physical planes comprises Energy so highly organised it can include many of the characteristics of life. These finer Energy are far in advance of anything even remotely currently recognised by science. They are regarded as Divine powers and are well-known and utilised by advanced Beings existing far beyond the levels of the advancement of most human beings of today, Beings who are as Gods by comparison to earthly man.

Moving on to the planes of the non-human Mind, there are six of these planes, the seventh being the plane of the human Mind itself. The first and lowest of these planes is the first plane of the mineral

Mind. Before progressing, we should remind ourselves once again that everything in the entire Universe is a continuum, an integral aspect of The Source, The First Cause, of God. Although minerals are not usually regarded as “intelligent” as such by comparison with man and other forms of organic life, they are still nevertheless life forms in the context of Spirit, The Source Energy of the Universe, and for example possess an individual aura just as does any other aspect of Spirit.

The first plane of the mineral Mind contains all entities widely recognised as minerals, chemicals, rocks and so on. We must be Mindful of the fact we are talking about the “Mind” of minerals here, and not merely the molecules, atoms and sub-atomic particles of which they are materially constituted. It can be said with justification we are referring to the aspect of these minerals, and indeed of every level of life in these planes, that is in reality their Soul.

Although most people will not have considered the possibility of minerals actually possessing a Soul and being capable of thought as such, they do nevertheless still exhibit their own likes and dislikes, attractions and repulsions and many other such individual characteristics. In the context of the Universe it can also be said the emotions and feelings of minerals and the inner forms of life within all of these planes only differ by degrees relative to each other. Again, all manifestations of minerals is ultimately in the form of vibrations of Energy.

The next plane moving upwards is the first and lower plane of the elemental Mind. Elementals are invisible to science and man to the five physical senses, but occultists and others can and do actively interact with these elemental beings. This lowest class of the elemental Mind exhibits a level of intelligence between that of the mineral Mind on the one side, and the plant Mind on the other.

Moving up the scale to the third level we reach the plane of the plant Mind. These planes and all of their associated sub-planes contain all of those beings forming the kingdoms of the plant

worlds. Evidence plants indeed possess a Soul and their own unique vibrations are by virtue of the fact that plants have been shown to respond favourably to singing and music. It has frequently been demonstrated for example by singing to a plant, or playing music, the Soul of the plant receives the corresponding vibrations of Energy to which it responds positively by thriving and becoming more healthy and vigorous. Humans can and often do respond to singing and music as well of course, the vibrations of which can often profoundly influence the Energy, the vibrations of moods, emotions and other mental attributes.

A series of experiments carried out in 1966 demonstrated conclusively that plants are capable of intelligent though processes when a researcher, Cleve Backster, an expert with lie detector equipment, connected a lie detector to a Dracaena plant, also known as a “Dragon tree”. He wanted to see how long it would take for the leaves to react when he poured water on the plant’s roots. In theory, a plant will increase its conductivity and decrease its resistance after it absorbs water, and the curve recorded on graph paper should have gone upward. But in actuality, the line that was drawn curved downward. When a lie detector is connected to a human body, the pen records different curves according to the changes in the person’s mood. The reaction of the dragon tree was just like the undulation of human mood swings. It seemed that it was happy when it drank water.

Cleve Backster also wanted to see if the plant would have any other reactions. According to past experience, Backster knew that a good way to elicit a strong reaction from a person is to threaten that person. He then thought of burning the leaves that were connected to the lie detector. With this thought held in his Mind, and even before he went to fetch a match, a strong positive curve rapidly appeared on the graph paper.

When he arrived back with a match, he saw that yet another peak had appeared on the curve. The plant had perceived that there was a good chance that it could be burned, and through the lie detector

exhibited the emotion of fright. If he showed less inclination to burn the plant, the reactions of the plant as recorded by the lie detector were not so strong. If he merely pretended to take action to burn the leaves, the plant had almost no reactions whatsoever. The plant was therefore full capable of distinguishing true intentions from false ones.

In a further experiment Cleve Backster decided to test how well a plant can recognize things as well as people. To do this he selected six students, blindfolded them and asked them to draw lots. One of the choices was to uproot one of the two plants that were present for the experiment and to destroy it by treading on it. This person was to carry out this alone, and none of the other students knew who had actually drawn this task. By proceeding in this manner only the remaining plant would know the identity of the murderer of the other plant.

The remaining plant was then connected to a lie detector and each of the students was asked to walk by the remaining plant that had witnessed the murder of the other plant. The plant showed no reactions to the five students who had not been involved with the destruction of the other plant, but when the student who had murdered the other plant walked by, the remaining plant that was connected to the lie detector showed an extreme reaction on the lie detector recording. The plant was able to identify the exact person responsible for the destruction of its friend.

This demonstrates extremely well that plant life, like all life and indeed everything in the Universe are an inseparable aspect of the same infinite Mind, Consciousness and intelligence of The Source, The First Cause, of God. Human beings, still totally steeped in the material world and personal ego assume that just because a plant does not appear to have a physical brain, or a mouth or any other animal characteristics that they are “unintelligent” or simply “inanimate”. Nothing in fact can be further from the truth. The human brain is not the real Mind any more than physical parts of a plant or a mineral are real Mind even though they share the same

Energy and are observable at the level at which they can be perceived.

All Mind is focussed within its own Energy plane, in the case of plants the plane of the plant Mind, but at the same time because everything in the Universe is an inseparable aspect of everything else in the Universe at a quantum level, then all aspects of the infinite Mind of God are capable of instant communication through the individual Mind and the Universal Mind. This is why everything in the Universe, plant, animal or mineral has intelligence, and can communicate through the medium of the same infinite Universe of Energy, Consciousness and Mind of which we are all an integral aspect within the Mind of God.

On a quantum level this is proven by virtue of the fact that any pair of Quanta in the entire Universe in all of its Energy levels of vibration can instantly communicate with each other.

Moving inner still to the fourth level, we find the next plane of the elemental Mind. These are a more advanced class of elemental with a level of Mind situated in between those of plants and animals. Entities existing at these levels can exhibit the characteristics of both.

The next plane with its associated sub-divisions is the plane of the animal Mind and comprises the Minds of all members of the animal world so familiar to everyone. Not much more can or need be said about the animal Mind, but suffice it to say that these sub-planes contain all levels of life from the most basic of animal life including single celled organisms at the lowest aspect, to the most advanced animal life at the very highest aspect. The highest level of these planes would include levels of Mind just below that of the human Mind, and might for example include primates.

The next and sixth level moving upwards is the highest plane of the elemental Mind. The intelligence of these beings is between that of

the animal Mind and the human Mind. The highest levels of beings existing in these planes can exhibit semi-human intelligence.

Chapter 39: The Planes of the Human Mind

Moving beyond the planes of the non-human Minds we reach the final and highest plane, the plane of the human Mind. Like all planes, this plane also has seven sub-planes corresponding with the level of Spiritual evolution achieved by individual human beings on the path back to our Divine Creator, The Source, God. Again, these planes are levels of Energy, vibration, corresponding to the levels of vibration of the human Mind. By “Mind” we do not mean “brain”, but rather true “Mind” in the Spiritual sense.

The average human being today has reached the fourth level within the planes of the human Mind. Only the most advanced of humans have transcended this level to reach the fifth level of the planes of the human Mind. It should be noted that it has taken mankind millions of years to achieve these levels, and it will take many humans many more years to attain the sixth and seventh level planes and onwards and upwards to the even greater planes of life, in accordance with Spiritual awareness, evolution and attainment of each individual. This is a major reason why no person should delay their own ongoing progress.

We are advised however there are races in other parts of the Universe who have transcended these levels before us and have progressed onwards to the inner spheres of life. We are also advised some races have already evolved back to the First Cause and achieved the potential of unity with God, the ultimate potential of all mankind and the true meaning of life.

Human beings of Earth we are advised, are so far the fifth race in the Universe to have set foot upon the sacred path. There are however a few highly advanced human Souls who have already evolved well beyond most other human beings, having advanced to the sixth and even seventh sub-divisions of the human plane, a few having progressed even further still to the inner and more glorious Spiritual planes of life and reality.

Within all of these levels or planes of life, each individual life-form can also exist within its own unique “group Mind”. We can observe the behaviour of many classes of creatures in nature belonging to the same “group Mind”. For example, vast shoals of fish or flocks of birds can be observed to appear to behave as a single, unified Mind when instantly changing direction completely as one, thereby appearing to exhibit the characteristics of a single entity.

The fact is however, although they might well only appear to be individual entities as observed at the physical level, in other words the plane at which they are physically observed to exist, these creatures really are effectively behaving as a single entity, as a single collective Mind at the level of the mental plane of the animal Mind at which they also exist, and therefore can be physically observed to behave as one as a single entity.

Humans, having greater abilities of the Mind and being at a higher level in the great planes of life, do not overtly behave in exactly the same way as the creatures in the examples mentioned, having been endowed with more individuality and exhibiting more freewill and powers of individual thought. Nevertheless, the group human Mind most certainly does exist, and accordingly humans can and frequently do influence each other upon the plane of the collective human Mind. It is at the level of the group human Mind that some psychic abilities occur, including for example telepathy.

A very graphic and observable illustration of the group Mind in “higher” level animals can be observed by the “hundreth monkey effect” as reported by biologist Lyall Watson in his book Lifetide. This experiment took place on a Japanese island where researchers fed sweet potatoes to Macaque monkeys. This was a new, not previously encountered staple food for these monkeys.

The monkeys liked the sweet potatoes but did not like the sand covering the potatoes from the beach. Soon one monkey started to wash the potatoes in the sea to remove the sand and also to add a desirable salty taste. In due course more and more monkeys on the

island copied the potato washing habit of the original monkey. Very soon the same action was being practiced spontaneously by the entire Macaque monkey community. A critical mass of monkeys washing their sweet potatoes had been reached.

Notably, very soon thereafter, whole communities of Macaque monkeys on other totally unconnected islands taking part in this experiment spontaneously began the practice of washing their sweet potatoes in the sea, even though there was no possible connection or communication between the Islands and their respective communities of Macaque monkeys. This is a more dramatic and conclusively observable example of the “group-entity Mind”.

The group Mind gives rise to, and makes possible many so called “phenomena” that we will discuss in more detail later in this book. Humankind entity, the “higher” state of the human Mind as opposed to its physical counterpart bound by the physical five senses, normally dwells in a multi-dimensional reality where space and time do not exist. Accordingly, what are normally perceived as individuals at a physical level are actually all different aspects of one single aspect of reality; the “Humankind entity” or “plane of the Human Mind”. Like all “planes” in the Universe, the plane of the Human Mind is a level of Energy, vibration shared by all human beings who have attained that level.

Although humans and other entities remain as individuals throughout the multi-dimensional continuum of the Universe, from the physical world to the very highest levels, they also share a common plane of Mind or Consciousness according to the type of entity and the level of evolution of the entity. Currently, as mentioned before, most humans therefore share the level of Energy, vibration corresponding to the fourth level of the plane of the human Mind.

This principle applies to all levels of all of the classes of “entities” from the very lowest to the very highest. Only “The Source”, God,

The First Cause therefore has a complete “view” of all classes of entity below Him/Herself.

The concept of the “group entity” has been referred to throughout the ages. Plato discussed transcendent invisible “forms” which cause physical manifestation in the physical world. The eminent Swiss psychologist Carl Jung concluded humans share one “collective unconscious” which lies deeper than the unconscious of each individual. This collective unconscious, or “group entity”, was further supported by Jung when he also noted that the same symbols, myths, fairy tales and similar traditions could be found in several geographically diverse cultures, even though no physical communication or other connection could possibly ever have ever occurred between them.

Each class of entity existing at the multi-dimensional level exists within the Energy and vibration continuum of the multi-dimensional Universe outside of the temporal confines of sequential space and time. The humankind entity already includes all humans existing now, have ever existed and ever will exist. It can be noted that this is the solution to the very commonly asked question “how are new Souls created out of nothing”, in consideration of the fact the world population is greater today than ever it was in the past? The solution to this mystery in fact is that these Souls have always existed as Spirit beyond the confines of physical space and time in the “Eternal Now”, and accordingly are not “new” Souls at all. These Souls are quite simply incarnating into the temporal space and time bound world of physical matter from the eternal continuum of inner multi-dimensional realities where they have always existed as Spirit, an aspect of the Great Spirit, God.

It is only when a human being incarnates for the first time that a “unit of Spirit”, an “aspect of God”, descends from the Logos into the form of an unborn child, at which point the human becomes and remains an individual human being. Here in the physical world, erroneously referred to as “reality”, humans can only perceive a three dimensional existence in accordance with the five physical

senses. However, from its multi-dimensional perspective, the Higher-Self of an individual can perceive all possible inter-relationships, possibilities and potentials completely beyond the comprehension of human beings living exclusively from the perspective of the physical world. Accordingly, the “Higher-Self” of each individual has full access to the multi-dimensional continuum of reality, and can therefore whenever required or requested to do so provide its physical counterpart with extremely valuable guidance based upon what it can perceive beyond the confines of the temporal space-time environment.

We can conclude by also noting that as we are all members of the “humankind entity”, this also explains the phenomena baffling so many people today such as certain forms of telepathy, manifestation, pre-cognition and many other so called “psychic phenomenon”, which in fact are nothing more than completely natural workings of the Universe in accordance with the Universal laws we have already discussed.

Finally, we must again note that although everyone is a member of the “humankind entity” on the plane of the “collective human Consciousness”, everyone is also equally and ultimately a member of “The All Entity”, and we are accordingly all immortal Sons and Daughters of God, Spiritually “made” in the true image of God.

Chapter 40: The Astral Worlds

Having previously discussed the various Universal planes of life from a general perspective, and also the processes occurring upon the “death” of the physical body, we can now take a much more detailed look at the Astral worlds, also known as the Astral planes, Astral realms or Astral spheres, sometimes also known as “the beyond”, “the afterlife” or the “fourth dimension”, to which people will transition soon after leaving the physical world.

Before discussing the more detailed characteristics of the Astral worlds as relates to human beings, we should first consider the more general aspects of these planes of life and reality. It should be noted that the Astral words are in effect the “fifth dimension”, with the length, width and height of the physical world being the first three dimensions and time being the fourth dimension.

As with all planes in the multi-dimensional continuum of the Universe, the Astral planes are density degrees of the Universe, The Source, God. The Astral planes are therefore fundamental to the creation of everything that exists, has ever existed and ever will exist in the physical world of matter in accordance with the principle of correspondence, “as above so below”. Everything existing in the material world must therefore first exist in the Astral world. As we will see later, this is the basis for all manifestation, and therefore of all creation in the material world.

The Astral planes are therefore also a reflection of everything that has ever occurred in the material world, is occurring now and ever will occur in the future, again in accordance with the Universal Law of Correspondence, “as above, so below, as below, so above”; the “future” being relative to the temporal concepts of the measurement of time as perceived within the three dimensions of the physical world.

The Astral worlds are also the sphere of vibrations in which light, sound, colour and rhythm, and thus all life and everything ever

created, and ever will ever be created has its origin. As mentioned previously, nothing can exist on Earth without first originating in the Astral worlds. The Astral worlds are therefore an emanation of the Eternal without beginning or end, and are therefore timeless, spaceless and infinite.

Most esoteric and occult traditions as well as organisations involved with the practice of "Spiritualism" usually consider the Astral worlds to be the "the fourth dimension", "the beyond" or sometimes the "afterlife". As discussed previously however there really is no such concept as "this life" and the "next life", or "this world" and the "next world", which is why "death" as people generally understand it quite simply does not exist, except as a fear in the Consciousness Mind of most humans.

As we will discuss later, learning the ability of Astral Projection will remove the fear of death completely, providing first-hand evidence of the reality of the Astral worlds and the continuity of life beyond the confines of the temporal physical shell of body. It should be noted once again however that it is this very lack of understanding of the illusion of "death" that has contributed in no small part to the state of the world as we witness it today.

Most people, being completely unaware of their own immortal, Divine nature, live each life as if it was the only chance they will ever get to "exist", and therefore as a direct result become steeped in the material illusion of the world of the five physical senses. When mankind finally re-discovers these realities, people will waste no opportunity to do everything they need to do of their own freewill in order to progress to the glories of the "heavenly" spheres of life, glories that are far and way beyond the comprehension of most people still living on Earth, worlds which are indeed true reality, our true home as Spiritual beings as opposed to the physical illusion of Earth and indeed the entire physical Universe.
The Astral worlds are home to a very wide variety of inhabitants in addition to humans. There are many beings and intelligences that have never incarnated on Earth, and who's task it is to assist in the

evolution of mankind on Earth. There are also the beings of the single elements, many of which form the basis of earthly “fairy stories”. There are also the more simple beings of the elements known as “elementaries” which are much less advanced, but nevertheless do exhibit a degree of intelligence and have their role to play in the grand Universal scheme.

Also living within, or visiting the Astral worlds are a very wide variety of beings of all levels and intelligences, most of which are beyond the comprehension of earthly man, including beings originating from other planets in the Universe. We will discuss some of these beings in more detail later in this section, but suffice it to say for now that in the Astral worlds there are many degrees of Energy, of vibration at which life exists, everyone and everything existing at a particular degree of vibration exhibiting similar characteristics.

In the mid-Astral worlds, at the level of vibration where most decent people currently find themselves after physical death, existence is one of peace, harmony and tranquillity, often in very stark contrast to the previous existence within the physical world of the Earth life system. These Astral worlds also seem much lighter, solid and “real” than the physical world, which by comparison seems to be a very dull, murky, oppressive place indeed.

As previously mentioned, there are many levels of vibration and comparative density of the Astral worlds, all of which exhibit their own unique Energy. A human being, indeed any being will after physical death automatically transition to the most appropriate Astral world, most closely matching his or her own particular vibration, ego, temperament, character, and most importantly the beliefs and attitudes of the person at the time of physical “death”. If a person is open-Minded and fully understands the process erroneously known as “death”, and assuming their previous life has been a normal and decent one, they will effortlessly transition to the light, peace and harmony of the mid-Astral worlds. More Spiritually advanced people will transition to the inner Astral worlds where

conditions are even more blissful and beyond the comprehension of most people still living in the physical world of matter.

Let us now take a closer look at the various levels of the Astral worlds, the Astral planes in more detail. Before doing so however it is important to once again stress there are no actual definitive borders or boundaries between the various Astral planes. The entire Universe from the The Prime Creator, The First Cause, God is a continuum, consisting of vibration, Energy, from the very highest level of The Source down to the very lowest of the physical world of matter. All Astral planes form an integral, lower aspect of this vast and infinite Energy continuum.

It should also once again be noted when we talk about the “inner worlds” of the Astral and Mental planes, the Spirit worlds, these really are *inner* worlds or planes relative to the physical Universe. The multi-dimensional Universe can be likened to a sphere with the physical Universe being the outermost and thinnest layer and which can be likened to a “skin”, and epidermis, an outer “shell”, within which sphere everything else in creation exists with The Source, The First Cause, God at the very centre of creation. Indeed, quantum physicists David Bohm most appropriately referred to the physical Universe of matter, the outermost aspect of the multidimensional Universe, as “frozen light”. The physical Universe is indeed “frozen light”, the very lowest vibration and highest density manifestation of Energy of the primordial Light of God from Whom everything was created in the beginning.

As human beings are Spiritually made in the “true image of God”, and therefore of the Universe, each finer, subtle body of a human being, the microcosm, are also “inner bodies”. The physical human body, as with the Universe as a whole, the Macrocosm, is the outer shell, and each successive body, the Etheric, Astral, and Mental bodies are all progressively finer, more subtle inner bodies, existing at progressively inner levels of vibration and lower density, being equivalent to the level of the Universal continuum, in other words the sphere, world, plane, dimension at which they exist. This is why

meditation and similar disciplines are considered to be forms of “inner exploration”.

Chapter 41: The Lower Astral Planes

The lower Astral planes are what might well be considered to be the “hells” in accordance with the “heaven” and “hell” concepts of religion. The lower Astral planes are not actually “down below”, as in “beneath the Earth” as those who would believe in the concept of “hell” popularly believe, but are rather the very lowest vibrational levels of the Astral planes. These levels are still “inwards” relative to the Universal continuum than the physical world of matter. It should also be emphasised that there is no such entity as “satan”, “lucifer”, or the “devil” ruling the lower levels of the Astral worlds in a place called “hell”, and neither have the people who currently exist at the lower levels of the Astral worlds been sentenced to any form of “eternal damnation”. These once again are all controlling doctrines of religion in seeking to exert control over their congregations by means of fear.

The lowest levels of the Astral planes are inhabited by people who led a particularly dark, “evil” existence when living in the physical world. Such people might include murderers, rapists, criminals, terrorists, some dictators, and all those who otherwise lived a violent, hate oriented life on Earth. After death, as previously discussed, a person will automatically migrate to the plane where “like attracts like”, corresponding with the vibrations, beliefs and other characteristics of the Astral Body. Murderers will therefore find themselves in a dark, dank, oppressive, misty, hate and fear filled world, a world that is a reflection of their own vibration, their personality, temperament and characteristics, and which world will generally be inhabited by other murderers of like character.

In this “murder world”, the residents will spend most if not all of their time striving to murder other people, and who will of course in turn be striving to murder them. There might well be hundreds of thousands or even millions of such murderers from Earth’s past, present and future in any particular lower Astral “murder world”, all engaged in these same dark activities. The same situation exists in a multitude of similar worlds, where people of similar dark

characteristics will exist at the same plane of Energy and vibration, all endeavouring to exert their influence over the other residents as a continuation of their dark lives on Earth.

In the Astral worlds it is of course impossible to physically harm anyone in the absence of a physical, material body. These people of the “murder worlds” can therefore spend potentially all eternity murdering others and in turn themselves being murdered over and over again, until they eventually learn their lessons and can progress. There will be many such “murder worlds” in the lower Astral planes, consisting of virtually every type murderous culture and circumstance existing today, ever existed in the past and ever will exist in the future of the physical world of Earth. These people will always find themselves in exactly those conditions which most closely matched their previous dark, “evil” lives on Earth, conditions completely necessary in order to eventually allow them to learn the lessons necessary in order to raise the vibrations of their Astral Body in order to progress to inner planes, or very often to reincarnate for another life on Earth in order to live the sort of life necessary in order to balance karma and thereby transition to inner Astral worlds upon the next physical death.

So in these lower Astral worlds murderers will continue to murder each other, robbers will continue to steal from each other, rapists will continue to rape each other, gangs will continue to fight each other, warmongers will continue to wage war on each other, oppressors will continue to oppress each other and so on, all in their own particular level of Energy and vibration of the lower Astral worlds, each of which is analogous to a particular type of “hell”.

These lower Astral worlds completely reflect the character and level of vibration of their residents in accordance with the Universal Law of Correspondence, and will therefore, as mentioned before be typically dark, damp, cold, misty and oppressive environments, with swamps, waste lands devoid of beauty, dark shadows, trees without leaves, and many other such characteristics, all of which most accurately reflect the darkest aspects of the people living

there. These dark worlds would most certainly seem like “purgatory” to these people, but are in fact “hells” they have created for themselves as a reflection of their own vibration, characters and dark lives previously lived on Earth.

Contrary to religious dogma however, none of these people are stuck in these dark Astral “hell” worlds for eternity. They will remain there regardless of how long it takes as measured in Earth time until they can finally come to realise and understand the significance and negative effects of their past lives upon themselves and other people, and therefore the impact it is exerting on their current situation, and are fully prepared to take the necessary actions required in order to progress. They must first fully understand and directly experience the true and precise degree of fear, hate and suffering which their previous physical lives inflicted on other people. Then and only then can they reconcile their current situation and resolve to return to Earth for another physical life with the intention of becoming a better person next time around, and thereby achieving progress on the path. Such a person can also start to balance the considerable karma arising from their previous dark existences and actions. These people might for example actually choose to live their next life on Earth as a victim, in order to experience similar degrees of suffering as endured by their own victims during their previous life on Earth.

If and only if they succeed in being a decent person during their next physical life, after the next physical death they can then progress to the brighter, more harmonious levels of the Astral worlds where they can then begin to learn the next lessons allowing further progress to even inner levels still.

No human being, regardless of how evil they might have been in an Earth life or lives is ever condemned to these dark, “hell” like lower Astral worlds forever. Everyone has the fundamental right granted by our Creator, and by means of the very freewill possessed by every human, to resolve problems and progress to the inner spheres of life. No matter how very dimly the Divine spark flickers in

people inhabiting these lowest, dark Astral worlds, the spark can and eventually will glow brighter as progress is made, even if such progress takes aeons as measured in physical time. Even the most evil people that have ever walked the Earth can and eventually will progress to the inner Astral worlds and beyond on their own path back to God, such is the ultimate destiny of the entire human race.

Chapter 42: The Belief System Territories

Due to the strong, widespread involvement by people with the various religions or “belief systems”, we should certainly discuss what might happen to such people after passing on from physical life on Earth.

As previously discussed, when a person leaves their physical body at the point of physical death, and after often spending some time within the Etheric plane close to Earth, they will usually make the full transition to the Astral world which will become their next home. The level of the Astral worlds in which a person will find themselves after the transition from physical life depends very much upon the many factors prevailing at the point of physical death. As we have previously noted, two of the biggest influences will be the level of Spiritual attainment and the overall character of the individual, especially during the years just prior to passing on. Factors involving the character include the ego, general attitude towards other people, attitude towards material things, degree of selfishness or selflessness, willingness to be of selfless service to others, and numerous other such individual characteristics. These in turn influence the equilibrium of the Astral Body, and most importantly therefore it’s state and level of vibration, density and balance. The level of vibration and density of the Astral Body together with the beliefs a person holds in the years immediately preceding physical death in turn determines the highest level of the Astral worlds in which a person can initially exist after the transition following physical death.

Most average, decent people with no particular higher level of Spiritual attainment, and with what might be viewed as an average sort of character and with no particular closely held beliefs, will arrive at the mid-Astral worlds which are remarkably similar to the Earth life system they recently departed. They will be attracted to a community consisting of the type of environment and culture of people with which they are most familiar and comfortable with in everyday physical life. They will usually soon feel most at home

after making the inevitable adjustments to compensate for the unique characteristics of “life after death”, in particular the fact the Astral worlds are “Mind worlds” where the Mind, thought and imagination has a profound influence on the way in which they perceive and experience everything.

There are however various levels of the Astral worlds located between the “hell” like lowest Astral planes and the much more peaceful and harmonious mid-Astral planes. These lower planes have often been described as the “belief system territories”. Although the belief system territories do not have the same absolute “hell” like qualities of the lowest Astral planes, they can nevertheless seem like a “hell” to people who transition to these territories after physical death, and become trapped in the Energy of that particular level of vibration.

Many people at the time of their passing still maintain very deep religious or other strongly held beliefs, a part of which includes a definite concept of what will happen to them after they “die”. Such people have very often been practicing their particular religion or “belief system” all their lives, and accordingly their beliefs have become very deeply seated in their psyche or Soul. These people after passing on often find themselves in a lower level of the Astral worlds in an environment that is a complete reproduction of the religion or belief system they practiced and were so influenced by on Earth.

The people living in and ruling these belief system territories have over the course of past, present and future time as measured in Earth terms, created entire worlds in which everything revolves around the absolute devotion to a particular belief, and in the case of religious beliefs often ruled by those who were the heads of their churches during physical life. Although life in these worlds can be pleasant, tolerable at least to those who are so religiously inclined, in no way are they comparable to the serenity of the mid-Astral levels and inner Astral worlds, where everyone has the complete

freedom of choice to do as they please in an environment of complete freedom, peace and harmony.

The main focus of the inhabitants of the religious belief system territories are their churches and an absolute unconditional devotion to the religion prevailing in these worlds. There are “worlds”, levels of vibration for every type of religion, belief and cult. We are advised the people who live in these belief system territories initially believe they are indeed in “heaven”, a religious heaven, and are quite content to continue to live a devoted religious existence within these worlds, completely oblivious to the realities, freedom and splendours of the inner Astral worlds.

As in the physical world, the leaders of some of these “religious worlds” maintain a very close control over their “congregations” by for example threatening to have them “cast them out into the darkness and wilderness” if they do not conform to, and live by the rules set out by the belief system leaders. These threats are similar to the threats of being cast into “hell and damnation” of the religions on Earth. To those who initially find themselves in such a world but having later seen it for what it really represents, being unable to leave these belief systems territories can indeed seem like being trapped in a “hell” world, a religious hell.

Sooner or later, as with the lower “hell” worlds, the residents of the belief system territories begin to see the reality of their situation for what it really is, and eventually desire to escape the environment in which they have become trapped in order to progress. Fortunately the residents and beings of the inner levels of the Astral planes are fully aware of the situation of those who are trapped in the lower planes including the belief system territories, and always remain vigilant and ready to help and to guide them wherever possible.

It should also be mentioned that there are large bands of people in the mid to high levels of the Astral worlds who are actively involved with assisting those trapped in the lower levels should such assistance be appropriate, and is not against the freewill of those

people. Such is the way of life in the Universe in all levels, spheres and realms of life and reality, the inner always assisting the lower in the great ascent back to our Creator.

Due to the law of freewill, a helper from a inner level of the Astral worlds cannot offer or endeavour to assist someone in a lower level unless they specifically request such assistance either directly or indirectly. Like all communications in the worlds beyond Earth, such a request or plea for help will be sent in the form of a focussed telepathic thought that will be received in the inner worlds. Once this thought request is received, helpers from the inner Astral worlds can then descend to the lower vibration and higher density of the belief system territory in which the person was trapped in order to rescue them, and lead them to their new home in the peace and harmony of the mid-Astral worlds

There are many such belief system territories in the lower Astral planes corresponding to the many diverse beliefs and religions that have ever existed, exist now and ever will exist in the future of Earth time. Beliefs do not necessarily need to be strictly religious in order for a person to become trapped in one of these lower Astral belief system territories. Any sort of strongly held belief or concept, particularly relating to what at person believes will happen to them after physical death will be sufficient to attract the person to a plane or world which matches their particular belief. Like all of the lower Astral worlds however, people can and usually do sooner or later escape or are rescued, and can progress to the world of their rightful abode where they will no longer be trapped by their belief, and can progress while enjoying the harmony, peace and splendours of the inner Astral worlds.

It therefore simply cannot be emphasised enough the tremendous importance of understanding before physical death the true nature of the inner realities, the process of physical death and afterwards, and in particular in not holding to a strongly held belief before passing on to the Astral worlds. In physical life the objective should always be one of complete Spiritual awareness, living life

accordingly, and remaining totally open to the inner spheres of reality awaiting after physical death. It is never too late in physical life to make the effort to discover and understand these greater realities, and in particular to dissolve any strongly held belief, be it a religious belief or otherwise. Failure to do so might well result in being “trapped in a belief” after passing on, at which point it becomes much more difficult to escape from and transcend that belief while living in an environment surrounded by people who are also trapped and living within the same belief.

Those who know the peace and harmony of the inner Astral levels and beyond would never allow themselves to become trapped in a “hell” like belief system of the lower Astral planes. This is one of the major benefits of Astral Projection as will be discussed later. Those who before physical death travel to the Astral worlds and can accordingly see and experience the conditions and environments for themselves, would never allow themselves to become trapped within the potential hell of a belief in the lower Astral worlds.

Chapter 43: Lower Level Astral Entities

There are a very wide variety of beings inhabiting the Astral worlds in addition to humans and other more advanced forms of Universal life. These beings can exhibit a very wide range of intelligence, characteristics and purpose in accordance with their position in the grand scheme of things, often existing as members of a single element of Fire, Air, Water or Earth.

One of the most basic Astral beings of the single elements, is known as an “elementary”. An elementary can be consciously created upon the Astral planes by a person living in the physical world who is experienced in these matters. Such a being thus created can then be endowed with a certain level of intelligence and abilities in order to carry out specific tasks upon the Astral planes for its creator.

It should be mentioned straightaway that the laws of karma still very much apply in these cases, and should a person create an elementary for negative purposes there will most surely be a karmic price to pay. Similarly if an elementary is created without the necessary degree of control over it, and it subsequently causes harm to others in any way, then the creator of the elementary will again be karmically responsible for his or her own creation. Nevertheless, elementaries can be and often are created for positive use in the Astral planes such as for psychic defence and many other purposes.

Elementaries can maintain themselves from human vibrations, and usually have a finite lifespan, the extent of which can be predetermined by its creator who will usually have “programmed” the elementary to “dissolve” itself, usually either after a certain period of time or by means of a telepathic command. It is also quite possible, and indeed it quite often happens for people to create an elementary without knowing they have done so. This can occur for example when a person thinks or obsesses about something persistently over an extended period of time. Such thoughts can

result in a resilient thought form, larvae or elementary being created at the level of that thought upon the Astral planes.

Another form of basic Astral being is known as a “phantom”. A phantom is created when one or more people think intensively enough about another person, often a recently deceased person who is the subject of considerable grief and mourning, and who is accordingly thought about persistently. These phantoms are often semi-intelligent, and usually take upon exactly the same appearance and characteristics as the deceased person. Very often psychic mediums make contact with these phantoms believing them to be the actual Soul of a deceased person, and accordingly become completely convinced they are in fact communicating with the real Soul of the deceased person. In turn unfortunately, the medium often convinces bereaved relatives that they are in communication with the Soul of their deceased loved one, and all manner of deception can then occur, albeit usually unwittingly. This is one important reason why a psychic medium should never be relied upon unless the medium has impeccable credentials and proven psychic ability. This is also another reason why people should learn Astral Projection in order to visit deceased people directly within the Astral worlds, therefore having no doubts as to the authenticity of the experience.

Eventually, once people cease mourning and intensively thinking about the deceased person, the phantom will lose its source of emotional Energy and eventually dissolve back into the elements of the Ether, the Akasha of its own accord.

A further class of very basic Astral being known as “larvae” are also brought into existence on the lowest levels of the Astral planes by the intensive and often repetitive emotional thoughts of humans. Larvae will endeavour to maintain themselves from the vibrations and emotions of people, and will usually seek people who are generating high levels of intense emotions or passions upon which to feed. Larvae can therefore be considered to be a sort of “Astral parasite”.

Although only of very low level intelligence and characteristics, larvae nevertheless have a definite survival instinct satisfied by feeding from strong human emotions originating in the physical world. The survival instincts of larvae can be so strong they will often seek a person upon which to “psychically feed”. They typically do this by locating a human who is susceptible to the particular type and intensity of passions and emotions they require in order to continue to exist, and then to cause and stimulate these emotions or passions to arise in their victim.

In order to grow stronger the larvae continually arouse increasingly inner levels of emotions and passions within the host, the vibrations generated from which they then feed from within the Astral planes. This situation can also feed upon itself, the more intense the passions invoked in the human host, the stronger the larvae will become, and it is even possible that eventually whole swarms of such larvae will be attracted to the person which can in turn lead to much more severe emotional or psychological problems for the victim.

Astral larvae attacks like this are certainly not uncommon, and unfortunately in the physical world they will usually be diagnosed as a psychological problem usually treated by means of drugs and various behavioural therapies, but which of course unfortunately do not heal the root cause of the problem; larvae attachments in the lower the Astral planes. The only way a person can free themselves from such a situation in the long-term is to consciously cease the passions and emotions from which the larvae are feeding, thus depriving them of the mental vibrations, the food they require in order to exist and survive. Only when medicine and in particular psychiatry and psychology recognises these causes and treatments and those of the numerous other forms of psychic attack, some of which will be discussed later in this book, can a patient be most appropriately and effectively treated in the long-term.
There is yet another broad class of lower Astral life that can be considered to be higher than an elementary known as “schemata”.

Among the classes of schemata are particularly well-known varieties known as “incubus” and “succubus”, sometimes wrongly identified as “demons”. Incubus and succubus thrive on sexual Energy and the passions, emotions and vibrations associated with such Energy. These entities will endeavour to arouse strong sexual reactions in their victims by creating strong sexual sensations. The more the victim enjoys and even welcomes and encourages these sexual urges and sensations and demands ever more satisfaction, the stronger the incubus or succubus will become along with its attachment to the host human being.

Unfortunately many people become so involved with the pleasures derived from these entities, usually not knowing what or where they actually are, that the situation often progresses to become an unshakable habit or addiction. The only way a victim can remove a schemata is to summon sufficient self-control and will power, as with any addiction, in order to strongly resist the urges the entity is endeavouring to generate. Only then, thus deprived of the sexual Energy, will the schemata leave and possibly seek another victim of its own accord.

There are a very wide range of entities and beings in the lowest Astral realms, some of which are harmful and many of which are not. Everyone should be aware of the presence of such beings due to the possibility of psychic attack and other such unwelcome influences.

Chapter 44: The Mid-Astral Worlds

Most decent people having completed their most recent life in the physical world will soon transition to the mid levels of the Astral worlds or “planes” as they are often known. The Astral worlds at these levels are clean, pure, well organised, extremely harmonious and peaceful; the perfect place of rest in fact after the trials and tribulations of a physical life in the Earthly world of matter. Lakes, rivers, forests, parks and numerous other delightful, peaceful and restful environments are all available for the enjoyment of mid-Astral residents.

The mid-Astral worlds are very similar indeed in many respects to the most pleasant aspects of the physical world having been created by people in accordance with their perceptions of what the ideal world should look like based upon experiences in the physical world. The people of the Astral worlds have therefore re-created the physical world within the Energy levels of the mid-Astral spheres of life and reality by imagining and focussing what they believe it should look like.

People at this stage of development are still very much focussed on materialism, and therefore see an ideal world consisting of the same material things they are comfortable with, desire and above all often never could experience in the physical world. In the mid-Astral everyone can have anything they desire, and hence this level of the Universe is often known as the “desire worlds”.

This is a perfect situation because those arriving to the Astral worlds having passed on from the physical world will find an environment that matches their expectations perfectly. If this were not the case the shock of arriving in the true Spiritual worlds, even with all their glories would be far too great. The Universe ensures that everyone arrives in the most appropriate level of the Universe in accordance with their vibration, which is in turn a perfect match with the vibration of the level of the Universe, in this case the mid-Astral worlds in which they will live until sooner or later making the

transition to a inner level, or very often re-incarnating on Earth for another physical life.

The principles of Correspondence, Causation and Attraction are highly evident within the Astral worlds with “like attracting like”; an immediate effect resulting from every action. Everything created as a thought in the Mind can manifest instantly, including negative thoughts as well as positive thoughts; new Astral residents soon learn to think in a positive and constructive manner.

Residents will be attracted to like-Minded people of similar characters, desires, aspirations and other life factors. People who were honest, sincere and friendly on Earth will therefore tend to find themselves attracted to, and in the presence of people of like nature in the Astral worlds.

Within the mid-levels of the Astral worlds are numerous realms consisting of all cultures from the past, present and future of Earth, therefore irrespective of which country, culture or tradition a person experienced on Earth, there will always be a corresponding environment awaiting in the Astral worlds. No person is left isolated after passing on to these Astral worlds with like always attracting like. There is a place for everyone without exception.

The usual trappings of the material world such as the need for money and therefore work do not exist in these mid-Astral worlds; there is quite simply no need for them. These are “Mind worlds” where everything desired can become an instant reality simply by imagining and willing it to exist. There are no limits to these powers of instant manifestation, the only notional limits being extent and powers of desire and the imagination and the Energy and emotion projected behind it. If a person desires a new home, be it a castle, a mansion, a fortress, a hut or even a tent, it can be manifested instantly. If a different style, interior or furnishings are later desired, it is simply a case of imagining the new design, projecting and willing it to become a reality, and it will instantly become so.

The same principles apply to everything within the Astral planes which again is why collectively the Astral worlds are also known as the “desire worlds”; people who live within the Astral worlds still think very much in terms of Earthly material things, not yet fully comprehending the inner realities and true purpose awaiting them in due course, realities that have nothing whatsoever to do with material things and desires.

There are people who even erroneously believe the Astral worlds are “home” such is the similarity to the material world. In fact the Astral worlds, like the physical world, is only a temporary transitional home on the way to our true home, the Mental planes in all of their levels, the true worlds of Spirit. The true Spirit worlds are more glorious than anything the physical or Astral worlds can ever be, but can only be attained after the density of the material desires of the Earth and the Astral worlds have been completely satiated and seen for the illusions they truly are.

Although newly arrived Astral residents usually find themselves in very familiar surroundings at first of the type they were used to on Earth, they are still free to explore the vast and limitless worlds and realms existing at these levels and sub-planes providing they are still broadly within the their own vibrational plane of existence, and density of the Astral body. These areas might consist of vast metropolitan like areas, towns, villages or simply very small communities, all separated by wider spaces but still containing areas of interest.

Initially the sheer vastness and limitless array of realms, environments and variety of beings living there can be absolutely overwhelming for new arrivals. There are creations, areas, and ranges of colours and sounds existing far beyond the comprehension of the earthly Mind. To the new arrival the mid-Astral worlds can indeed seem like “heaven” where everything desired can become an instant reality, and where total peace and harmony prevails in idyllic worlds of beauty far beyond the comprehension of those living on Earth. Indeed one problem with

the mid-Astral worlds is that the residents are often so happy with their “home”, they accept it as reality rather than realising their greater destiny of ascent to the inner, non-materialistic realms, the worlds of Spirit where the great ascent back to God continues. This ascent cannot progress until all material desires have been fully satiated.

Within the Astral worlds travel is accomplished in an instant merely by thinking about where to be, whether it is travelling to a particular place or to meet a particular person, simply by imagining to be already there. There are numerous people in the Astral worlds, both humans and other beings, who are only too happy to act as guides.

The Astral planes are absolutely vast, far more so than the physical Universe of matter, infinite, and wondrous, and include realms far beyond earthly comprehension until actually witnessed at first hand. The content and constitution of the Astral worlds have not only been created by beings and intelligences who have originated on Earth, but also from every other planet in the physical Universe containing high level life.

Everything imaginable is available to the residents of the Astral worlds and more; theatres, music halls, restaurants, huge libraries, technology, gardens, in fact everything that exists, has ever existed or ever will exist on Earth, as well as much more that has never existed on Earth exists within the Astral worlds. Everything a person could possibly need is available, no Soul ever being alone unless they desire to be. These are reasons why to many people the Astral worlds are indeed “Heaven”, until of course they progress to the still greater wonders of the inner Spiritual realms of life which will in turn seem like Heaven by comparison to the Astral worlds. The outer cannot usually comprehend the glories of the inner states of life and reality.

Beings existing in the inner Energy levels of the Universe, the inner Astral and all of the Mental planes can consciously lower their vibration to visit any level of the Universe that has a lower vibration.

Advanced beings therefore often “descend” to the level of the Astral and even physical worlds in order to assist mankind with its evolution to inner levels of reality. Many such advanced beings can be encountered in the Astral worlds, such beings including advanced human beings such as Ascended Masters and also non-human beings such as those known as “Angels” or the beings of the analogous planetary spheres. It should be mentioned that these great non-human beings are vastly powerful Spiritual intelligences all of whom have a purpose in the grand Universal order, and many of whom have the task of assisting mankind.

As the great journey inwards continues the inner is ever more glorious than the outer; one reason why individuals strive to attain ever higher states of perfection, and accordingly ever inner and more glorious levels of the Spirit worlds on the journey back to ultimate perfection, to God. It should be mentioned that in the absence of a physical body, earthly needs such as eating, drinking, washing, breathing, sex and any other bodily needs and functions are simply not required or applicable. However, to maintain the absolute stability, harmony and balance of these Astral worlds all of these earthly functions and activities can still be experienced according to the needs and desires of each individual.

Everything available and possible in the physical world is also possible in the Astral worlds and much, much more, but of course without earthly physical limitations. Although clothing isn’t necessary due to the lack of physical weather and environmental conditions such as wind, rain and physical temperature, most people still adorn themselves with clothing simply for appearance and perceived comfort, and of course as a matter of habit. Needless to say, like everything in the Astral worlds clothing can be changed in an instant. Although temperature does not exist, being an attribute of the physical Universe, the “climate” is nevertheless always optimum for complete comfort.

As mentioned previously, the Astral worlds are the “desire worlds” where residents still think and express themselves in physical,

material terms. It is not until all material possessions are seen as the illusions they really are can true progress be made to the inner spheres of life and reality. Some people are so materialistic in their thinking that this process can take hundreds or even thousands of years as measured in Earth time including many physical incarnations. Some people, in particular those more Spiritually advanced, already recognise the illusory nature of the Astral worlds for what they really are, and might simply take a short, welcome rest in the Astral worlds before moving straight on to the inner Spiritual realms of life.

As material desires are satiated and realised for the illusions they truly are, the desire to move on and progress to the increasing glories, peace and harmony of the inner spheres of reality becomes ever stronger. As this happens the Astral Body becomes increasingly less dense with an increasing vibrational rate as the density of materialism is shed. Reaching this stage, a person will joyously and naturally leave the Astral worlds to make the transition to next realm of reality, and to continue to progress and evolve on the great and most sacred journey back to God.

Chapter 45: The Inner Astral Worlds

Not much need be said about the inner Astral worlds which transcend the materialism so characteristic of the lower planes of life. It should be mentioned that many people still regard the inner Astral worlds as the “higher” Astral worlds. Where this might be true from the point of view of Energy vibration levels, it is again most important to know that travelling to “higher” Energy vibration is actually to travel inwards relative to the physical world and not upwards or higher.

Here people have for the most part finally satiated and reconciled their most basic, earthly material desires as the illusions they really are, and are resting in a place of peace, light, harmony, splendour and bliss of a magnitude beyond the comprehension of those still residing in the lower Astral worlds or on Earth. These inner planes are much more natural with an environment that can often be likened to the most idyllic summer’s day imaginable, with mountains, rivers, woodland and other areas of great peace and beauty, permeated by intoxicating fragrances of flowers and a wide array of peaceful sounds, the sounds of water trickling through streams, of children playing, and of the wind gently whispering through the trees. These inner levels of the Astral worlds have been called many things over the millennia, including “Heaven” and the “Summerland”.

The inner Astral worlds are the last stop on the way to the true Spirit worlds which are ever more glorious, peaceful and blissful the nearer they are to The Source of the primordial Light. These are the realms and beyond people truly aspire to in the great ascent along the path back to God, and a major motivation for ongoing Spiritual progression. Once experienced there will be no desire to return to the materialistic mid-Astral or physical worlds.

Of course for many people the mission on Earth in the physical world has yet to be fully accomplished and the time will come to return to Earth in order to learn further lessons and to equilibrate

more karma, all necessary for further onward progression and evolution. Having experienced the inner Astral worlds and beyond, the next time a Soul departs the physical world for the Astral worlds once again, they will remember life in the inner Astral worlds and will want to leave behind the materialism of the mid-Astral worlds as soon as possible.

Such is the way of progression on the great ascent to our Creator, every Spirit aspiring to the inner and more glorious levels of life. No person should ever fear “death”. The most recent stay on Earth at an end, the next phase of immortal life is one to be looked forward to with great joy, happiness and anticipation as an opportunity to progress nearer to God.

Chapter 46: Fairy-Tale Creatures

There are a very wide variety of beings inhabiting the Astral worlds at all levels in addition to humans and other advanced forms of Universal life. These beings exhibit a very wide variety of characteristics and purpose in accordance with their position in the grand scheme of the Universe, often existing as members of a single element of Fire, Air, Water and Earth.

There are particular classes of these inner beings of the single elements that are actually extremely well-known to everyone, and in particular to children who enjoy hearing stories about them; stories often known as “fairytales”. The beings featuring in these “fairy tales” are actually very real indeed, but live in the Astral worlds rather than in the physical world as most people suppose. There is a very large array of these “fairytale creatures” of the Astral worlds, some of the most well-known ones being:

Salamanders: beings of the pure element of Fire.

Sylphs: beings of the pure element of Air.

Undines: also known as mermaids, beings of the pure element of Water.

Gnomes: beings of the pure element of Earth.

In addition, other beings instantly recognisable to most people include fairies, often also known as faeries or fay folk, satyrs, wood nymphs, water sprites and numerous other such delightful beings. All of these creatures have their own place in the grand Universal scheme of things, often being involved with aspects of nature in the physical world.

Although usually invisible to the five physical earthly senses, those with Astral or clairvoyant vision can often see these beings at will. People who live within the Astral worlds or travel to the Astral world

by Astral Projection, which will be discussed in depth later in this book, can easily see, and interact with these delightful Astral beings of the elements.

Fairy stories originally came about because throughout the ages people with no natural psychic ability to perceive the inner realms of life have experienced a spontaneous “vision”, where the psychic senses which are latent in most people have suddenly and temporarily become activated. This can happen much more easily and more often than most people might believe. If a person is “mesmerised” by a scene, it might for example be a scene in a forest clearing, a beautiful meadow, a view by the sea, a mountain vista or a sparkling lake, it becomes possible to see these wonderful Astral creatures. This happens when the physical senses including vision become “paralysed” by the scene while focussing intently on the scene, causing an altered state of Consciousness often known as a “trance” condition, characterised by a slowing down of brainwave frequencies. When this situation occurs a person can then “see” beyond the “veil” separating the material world from the Astral worlds and into the realms inhabited by these “fairytale creatures”.

For example, a person standing on the deck of a cruise liner might be staring intently out to sea at the seemingly endless expanse of shimmering water, and then all of a sudden see a mermaid. This person might well later doubt what they saw, and would most probably be afraid to tell other people about the experience, but there is no doubting at all what they actually saw, albeit only transiently, was a very real mermaid going about its usual activities in the Astral worlds but close to water in the physical world with which they are associated through the element of Water.

Undines, or mermaids, are therefore beings of the Universal element of Water and therefore tend to be “seen” in the regions of the earthly counterpart in accordance with the Universal Law of Correspondence. The same might happen in a woodland setting, where fairies or faeries or fay folk as they are known from more

ancient sources can be seen flitting around a winding stream. In a forest wood nymphs might be seen, or even a unicorn standing in a clearing. Around hillsides and other such “earthy” areas gnomes might be seen going about their busy lives.

Although all of this might seem like something from one of the great fairy story books with which we are all familiar as children, these stories have a very real origin indeed, the results of people from cultures all over the world over the millennia actually seeing these beings for themselves, writing about them, eventually becoming the fairy tales so fondly told today to the great delight of children everywhere.

These creatures abound in folklore all over the world, and what is known to some people as a “fairy”, “mermaid” or a “gnome” in one part of the world is known by a completely different name elsewhere. Nevertheless, these creatures most certainly do exist and have been very widely “seen” throughout the ages, with stories told and folklore written as a direct result.

As with all Astral beings these are “Etheric” creatures which, like everything else in the Astral worlds, have no material or solid form and are therefore “seen” in accordance with the psychic perceptions of the observer. These beings can take on any size and shape they desire at any time. Over the ages people have formed very detailed perceptions as to what these fairy tale beings look like, probably based on the first written accounts and the many sightings related by word of mouth. Undines, or mermaids, will therefore be seen as human type beings with fins and flippers instead of legs. Fairies will be seen as small, human type creatures with small wings with which they flit around and hover over flowers, water and other features in nature. Gnomes are usually seen as small men and women busily going about their work, sometimes carrying a lantern or other working implements, wearing a tall cap on the head. Male gnomes will often be perceived with a long beard, and wearing the familiar tunic as pictured in fairy tales. Much more could be said about the existence and work of these

wonderful Astral beings, but suffice it to say they are very real indeed and have their own position in the grand Universal scheme.

Children, often until the age of five years old or so are still very tuned into the Astral and Spirit worlds and also have a much higher degree of natural clairvoyant and psychic ability than older children and adults. From the moment of birth children are indoctrinated constantly by parents, relatives and others to make full use of their five physical senses, and are often discouraged from playing with “imaginary friends”. The fact of the matter is, these friends far from being “imaginary” are very real indeed to the children who really can “see” and interact with them; another reason why children enjoy hearing “fairy tales” about their little friends so much.

It is indeed a great pity that children having been indoctrinated from an early age to use the five physical senses to the exclusion of their inner senses are often told to stop “imagining things”, and eventually lose contact with the greater reality of the Astral worlds and of all the wonderful beings residing there. In this new era we can at least hope children will be encouraged from the earliest possible age to continue to use their inner senses in addition to the lower earthly physical senses as was always the case in bygone times, thereby always maintaining connections with the inner realms of reality and the beings existing there at will.

Chapter 47: The Mental Planes

As with the Astral planes and the physical world of matter, the Mental planes, also known as the Spiritual planes, first came into being when the four elements Fire, Air, Water and Earth descended from The Source, The First Cause, from God. Like the Astral and physical planes, the Mental planes are therefore also density degrees of the Akasha, the Ether, the Quintessence of the elements. These planes include the highest and most exalted realms of Spirit, the Celestial and Cosmic planes.

The Mental planes are the home of human beings who, having satiated their material desires of the Astral worlds have subsequently transitioned to the level of the Mental realms equivalent to the vibrations and density of their Mental, Spirit body.

The Mental realms are the true Spirit worlds, places of Light, restfulness and bliss, the ideal resting place for the immortal Spirit after physical and Astral lives, until the time arrives to move onwards once again in the ascent back to God. Just as in the Astral worlds, everyone residing within the Mental worlds are on exactly the same level of Spiritual development.

In addition to human beings, the Mental worlds are inhabited by thought forms, also beings known as “elementals”. Elementals are very similar to the elementaries of the Astral planes, and similarly are brought into being by the process of intensive, concentrated and often repetitive thinking. It is through this process of intensive thinking that the elemental receives a degree of intelligence from the psyche of the person who created it, and with it an instinct for self-preservation. The main difference between a thought form and an elemental is that a thought form usually has one or more ideas as its basis, whereas the elemental is usually the result of a single intensive repetitive thought.

Elementals along with the Spirits of human beings and other advanced beings and intelligences of the Universe are the main

residents of the Spirit worlds, the Mental planes. As in the Astral worlds, within the Mental worlds, being the spheres of thoughts and ideas, everyone will see their own thoughts together with the unique characteristics of those thoughts, manifest and take shape instantly.

Over the ages considerable information has been gathered about the nature of the Spirit worlds, much of which has been channelled from Spirits residing within various inner spheres of life. One of the most extraordinary examples of this occurred in the 1930's when a large amount of very detailed information was received from Arthur Conan-Doyle shortly after his own passing to the Spirit worlds. Arthur Conan Doyle channelled the contents of entire books directly from the Spirit worlds through the mediumship of Grace Cook of White Eagle Lodge. One of these books, still available today is entitled "Arthur Conan Doyle's Book of the Beyond".

The full account of how this remarkable situation came about is also detailed in the book, but suffice it to say his main mission was to inform mankind of the glories of life awaiting in the Spirit worlds, and in particular the Mental and Celestial planes existing beyond the Astral realms. Arthur Conan Doyle also details what happened to him immediately after his own physical "death", his arrival in the Astral worlds and the efforts required to transcend the density of Astral worlds in order to reach the worlds of Spirit.

On 18 November 1931, Arthur Conan Doyle conducted one of his quite lengthy channelled sessions during which he relayed to the attended sitters detailed information about the glories and splendours of the Spirit worlds in which he now lives. His opening statement was as follows:

"*I find myself in an unspeakably beautiful heaven-world at this time. I desire above all to bring this reality home to my friends". "The true conception of life in the Spirit worlds has yet to dawn on man".*
On 6 January, 1932, Arthur Conan Doyle also had this to say:

“Neither pen nor brush can paint the beauties of the heaven-world. Man glimpses but faintly the wonders of the Spiritual life, and but few there are who, by inspiration and actual contact with high Spiritual spheres, catch fleeting visions of the glory of these lands”.

Arthur Conan Doyle provided many more vivid insights into the world of Spirit, the Mental planes through which each every one will travel on the ascent back to our Creator.

The words of Arthur Conan Doyle are echoed and reiterated by numerous other channelled sources, all of whom talk of the glory, light, peace, bliss and harmony of these Spirit worlds.

Chapter 48: The Celestial and Cosmic Planes

The Celestial and Cosmic planes include the most exalted spheres of life, the highest levels of the Mental planes, the Spirit worlds, inhabited by the most advanced human and other beings who have transcended all of the levels of the Astral and lower Mental Planes. The beings residing at these levels include the, as yet very few human beings who have achieved this level of evolution, and also include other wonderful beings who have never been human.

Once a human reaches this level of evolution along the sacred path, the need for reincarnation as a matter of necessity is left well and truly behind. Although there are many different names for these levels of life depending on the many cultures and traditions describing them, we will refer to them as they are often known; the “Celestial” and “Cosmic” planes, the Cosmic planes being the very highest of all before The Source, our Divine Creator God to Whom we are all returning.

It is a difficult matter indeed to describe the greatness of the exalted Beings residing in these worlds. We are advised however their powers are far beyond the comprehension of human beings still existing at the Earthly level of development. It is also said these levels of life are the abode of Beings who are as high above mankind is today as mankind is in turn to the very lowest levels of animal life on Earth and even of minerals. To the exalted Beings of these high Spiritual planes, mankind might often appear to be hardly even capable of any thought processes, the great Minds of these advanced beings transcending human beings by degrees totally incomprehensible to earthly man.

Again it should be stressed however that this is also the very same destiny for each and every human being. One day everyone will reach these levels of greatness and go on to journey to still inner levels. Such is the destiny of all mankind and the very reason each and every person should know and fully understand these vitally important realities so fundamental to the true meaning of life. Every

single day is yet another opportunity to make valuable individual progress on the path, and most importantly to also assist with the progress of others; no such opportunity should ever be passed by.

The seven minor planes of the Great Spiritual Planes include Beings referred to as Angels, Archangels and demi-Gods. On the lower Spiritual Planes dwell Beings recognised as Masters and Adepts. Above them exist the Great Angelic Hierarchy. Above them still are Beings so high in the scale of Universal life they might in all sincerity be called “Gods”. Such exalted Beings are far beyond the comprehension of human Minds, and “Divine” is a word most certainly applicable to them.

Again, everyone should know it is also the destiny of all mankind to ultimately aspire to these levels of greatness over the course of aeons of time. The Beings dwelling at these levels, and in particular within the Celestial levels of life, take a great interest in the evolution of mankind, while the Beings of the Cosmic levels involve themselves in the affairs of the entire infinite Universe with it’s countless galaxies, suns, planets, planes and realms, the inner Beings always helping lower in the great onwards ascent on the return to our supreme Creator, to God.

These Beings have from time to time intervened in the history of Earth affairs, leading to numerous legends, beliefs and traditions. Many ancient cultures have described “Gods” descending from the “heavens” bringing great knowledge, wisdom and teachings, and yet even the very highest of these Beings are still but individuations of, and held within in the infinite Mind of The Source, of God, our Prime Creator, but who have of their own freewill elected not to enter into a state of Unity with God in order to help humans and all other beings in the Universe in the continuing upward ascent through the great planes of life.

Little more need be said about the Mental planes including the Celestial and Cosmic realms, the highest planes of life. Most people will during the course of the great ascent back to our

Creator revisit the physical world numerous times, living a new physical life in order to realise the opportunities of learning the valuable lessons required in order to learn, progress and evolve back to God.

After each physical life after passing on from Earth each and every person will be once again reunited with the Astral worlds, but will sooner or later progress onto the Spirit worlds of the great Mental planes. Eventually, after the appropriate degree of perfection has been achieved, the immortal Spirit will move onwards and upwards through the great Celestial planes where finally freed from the cycle of reincarnation will continue the ascent through these “Heaven worlds”, the splendours and glories, the love, light, beauty, bliss and harmony of which we are advised by the Beings of the these inner spheres of life and reality are beyond the comprehension of most people until, sooner or later the level is transcended.

Chapter 49: The Angelic Hierarchy

Having discussed mankind and the lower forms of life of the Astral and Mental planes we should now take a look at these most Divine Beings of the inner realms, the Angelic Beings.

Almost everyone will have heard of Angels, often depicted with wings and known by such names as Raphael, Michael, Gabriel and Auriel. “El” quite literally means “of the Divine” as for example in “Elohim”, and Divine these Angelic beings surely are. Almost all cultures and religions of the world recognise the Angelic hierarchy to some extent.

The Angelic hierarchies dwell in the highest realms of Universal life, never having incarnated into human form in the physical world, having evolved along a completely different evolutionary path to human beings. Although these Beings are often referred to as “Angels”, this is another human perception, Angels being in fact very powerful Spiritual intelligences that are not actually human like in appearance, this being yet another human construct based upon the way human senses perceive the high Energy of these Beings.

Angels are often associated with the astrological symbolism of the planetary spheres. This is yet another human construct, a symbolic representation of the levels of Energy density and vibration in the Universe. It should also be mentioned however that there are no Energy “levels” as such, the entire Universe being a continuum of Energy originating at The Source, The First Cause, God, and extending out to the physical world of matter.

It should be mentioned however that both Angels and humans, like all forms of life and in fact everything else in creation are still all equal aspects of The Source Energy, our Divine Creator, of God. Just as every new human Soul incarnating on Earth for the very first time is brought into being as an individuated Spirit when the Divine spark of Spirit is sent forth from the Logos to descend into the form of a new human being, so too did all Angel life in the

beginning, all sharing the same kinship of Spirit between all life and of our Creator. Angels, although never having incarnated into matter and occupying a inner place in the great planes of life, are still very much involved with the well-being and progress of all mankind.

Angels have followed a different but nevertheless parallel line of evolution to human beings and indeed all other such life in the multi-dimensional Universe. Although only dwelling in the Celestial spheres and beyond, Angels can and frequently do descend to the lower spheres of life whenever the need arises in order to carry out specific missions within the Mental or Astral worlds, and even indeed within the physical world of matter. Angels are not usually however able to draw very close to any person in the physical world unless the person has absolute control over all emotions, ego, and all other aspects of character.

The Angelic hierarchy have an extremely important role in the evolution of the Universal grand scheme of things, not the least of which is in assisting the progress of all humans, not only on Earth but on planets all over the Universe. It is the ultimate destiny of every single human being to evolve to such levels of greatness as to be considered “God-people”, working alongside the Angelic hierarchy in assisting life evolving on other planets, just as other such highly evolved beings including Angels are constantly, but often subtly assisting with the ongoing evolution of mankind and life on Earth.

As with all beings of the spheres inner than the physical Universe, Angels have no fixed form or appearance and are always “seen” in accordance with the perceptions of the person “seeing” them in the presence of the very powerful level of Energy and Consciousness of the Angel. For many centuries artists have depicted Angels as humanoid type beings, very often with wings, glowing radiantly from head to foot, wearing long robes and sometimes holding various artefacts. One person for example might see an Angel as possessing wings and another might see the same Angel adorned

in a white robe surrounded by radiant white light without any wings at all. Regardless of how Angels are perceived by means of the inner senses however there can be absolutely no mistaking the sheer magnitude of the strength of presence and high level of Consciousness of these beings, radiating power, Love and Light.

Angels have no fixed formal hierarchies or names, all being an integral and equal aspect of the Universal scheme of things. Any level at which an Angelic Being exists will be on exactly the same basis as the level at which any other being exist, and that is in accordance with the level of vibration of Energy of the Spiritual body relative to The Source.

Over the centuries however Angels have been given names and formal hierarchies by human beings simply for the purposes of convenience and better understanding. Man has therefore over the years chosen to define several “levels” or “degrees” of Angels organised in accordance with their perceived responsibilities in the grand scheme of things. These organisations of Angels are variously described as the “Angelic Hierarchy”, “Angelic Hosts” and very often even “Choirs of Angels”. The term “Choirs of Angels” very often brings to the Mind of people the traditional concept of a choir, where Angels are perceived to be holding song books, standing in rank and singing to sounds of heavenly music.

There are various ways in which the Angelic hierarchies have been described over the years by various traditions, which being human constructs are neither right or wrong. A typical human defined Angelic hierarchy might for example be structured as follows:

The Seraphim: These are considered to be the very highest members of the Angelic hierarchy, existing very closest to God. These Beings are considered to be responsible for the radiation of Unconditional love and positive Spirit, and are also associated with Divine holy knowledge and wisdom.
This hierarchy is perceived to include Micheal, Seraphiel, Jehoel, Metatron, Kemuel, Auriel and Nathaniel. The popular perception of

the appearance of these Angels is of beings with six wings, two of which would be used for “flying”, a completely erroneous concept in the inner spheres, and the other four for the veiling of their faces for reverence. These Angels are also often depicted standing on winged heels.

Metatron is often considered to be one of the very greatest of the Angelic hierarchy, an Angel who is particularly close to God, a messenger Angel who is also considered to be a Divine link between God and humanity.

The Cherubim: These are considered to be the Angels or Spirits of harmony, and are often known as the “Spirits of the air”; they are also perceived to represent Divine wisdom.

This Angelic hierarchy includes Gabriel, Cherubiel, Ophaniel, Raphael and Zophel who from around the 16th century were often depicted as chubby looking children, “cherubs” with wings and winged heels. Before the 16th century they were often perceived as Beings with the head of a child, and the body of a bird.

The Thrones: This hierarchy includes the Angels of Justice, the Spirits of “will” who live in the essence of the symbolic astrological sphere known as Saturn. This has nothing directly to do with the physical planet of Saturn but is merely analogous to it.

The Thrones supervise judgement for individual karma and for humanity as a whole and are also depicted as the record keepers of the sacred Universal laws representing the “will” necessary to administer Divine justice in the Universe.

The Thrones, which include the Angelic names Orifie, Raziel, Zaphkiel, Japhkiel and Baradiel are often perceived with scales of justice and a bouquet of flowers, standing on red winged heels and seated upon lofty golden thrones.
The Dominions: These are also perceived as Spirits of wisdom and knowledge and also bring teachings by intuition. They reside in the

analogous sphere of Jupiter and represent the superior power of wisdom against physical strength and egotistical forces.

This hierarchy includes Zadkil, Muriel, Hashman and Zacharel and are perceived as having human shape and wearing a triple crown to signify their position over physical form. They can also be perceived to be carrying a sceptre and holding a cross and/or sword to symbolise the balance between the Universal active and passive forces.

The Virtues: This hierarchy are responsible for freedom of choice and dwell in the essence of the analogous planetary sphere of Mars. These Angels watch over the centres of freewill and provide the tools needed along the sacred path back to God in order to make choices, learn Spiritual lessons, and to overcome karmic debt.

This Angelic hierarchy works with the thrones to bestow grace and rewards on those who have overcome trials in their physical lives and include Uzziel, Gabriel, Michael, Peliel, Haniel, Babiel and Tarhishiel.

The Virtues are often perceived as having four blue, feathered wings and sparkling armour. They are also often perceived as carrying a sceptre, axe, spear, sword and shield for protection. These instruments are symbolic of the need to move forward in life with Unconditional love, even in the face of fear or battle.

The Principalities: This hierarchy dwells in the essence of the analogous sphere of Venus and are responsible for the protection of people regarded as important on Earth.

This hierarchy includes Auriel, Raphael, Raguel, Micheal, Gabriel and Remiel. These Angels are perceived to have human form and clad in armour. They are also seen to be carrying a sceptre, lily flowers, palm leaves and a cross.

The Archangels: These are the ruling Angels, Spirits of Fire inhabiting the planetary essence analogous to Mercury. These Angels are directly associated with God, standing in readiness to carry out Divine decrees for humans. This hierarchy consists of Michael, Raphael, Raguel, Auriel, Sariel, Remiel and Gabriel.

Since the 14th century Archangels have been seen to be clad in white linen, and sometimes perceived as carrying feathered pens and scrolls.

The Angels: These are the messenger Angels who also govern the nature Spirits. They dwell in the essence of the astrological Moon sphere and are seen as the guardians over all of humanity.

These Angels involve themselves with the everyday life of the planet Earth and are a direct gateway for information, knowledge and communications between mankind and The Source, The Prime Creator, God.

There are literally billions of Angels and who are often perceived to have a human type body with wings, clothed according to the Earthly country, tradition or culture with which they are associated.

In conclusion, all Angels are Divine Spiritual beings of Light who work very closely within the Energy of God, dwelling in the inner realms of life having followed an alternative evolutionary course to human beings, and who are instantly recognisable by their very high and powerful levels of Energy and vibration, existing at levels of the Universe with a corresponding high vibration. Those Angels closest to The Source, The Prime Creator, God existing at the very highest and most powerful levels of Energy and vibration of all.

All Angels work both for the good of all humanity and indeed for the good of the entire Universe, including all life on all planets. Although mankind over the centuries has traditionally felt the need to place Angels into convenient hierarchies and give them names in accordance with their perceived tasks and status, in reality they all

work in unison for the ultimate good of humanity on all planets of the multi-dimensional Universe.

The names and hierarchy of the Angelic hosts are entirely notional, and simply a human originated way of depicting these Divine beings. Different cultures and traditions will have different ways of naming and depicting Angelic beings depending on their own perceptions. The above described hierarchy is therefore fairly typical of the perception of the Angelic hierarchy across various cultures on Earth, and should not be taken as definitive in any way.

It should also once again be noted that the symbolic planetary spheres of Mars, Venus, Mercury and the others are directly equivalent and analogous to the various planes of life beyond the physical Universe. They are therefore also equivalent for example to the Tree of Life of the Kabbalah, and also of the planes of correspondence of the ancient knowledge and wisdom of the West, all ultimately being levels of vibration, Energy and density.

At the final analysis, the nature of the multi-dimensional continuum of Energy and vibration that is the Universe is agreed across all cultures and traditions of the world since time immemorial, only the names and perceptions varying in accordance with the many and varied races, customs and traditions of the world, with Angels, like all beings existing at the level of the Energy continuum of the Universe that most precisely matches their own unique Energy.

Chapter 50: Holy Guardian Angel

Everyone enjoys the invisible company of a Holy Guardian Angel who remains with us from the moment of our very first physical incarnation on Earth, constantly watching over and guiding us during our progress through many physical lives on Earth and beyond.

Holy Guardian Angels are members of the Angelic race of Divine beings who are still evolving just as every member of the human race is still evolving, but on an alternative evolutionary path to human beings. Of course all paths ultimately lead to our Divine Creator, The Source, God.

Like our Higher-Self, our own Holy Guardian Angel will communicate with us at a very subtle level, often by means of impressions, intuition or the “voice within”. Such communication can be in the form of perceived warnings, advice, and such knowledge from the inner spheres as we might require to progress at any stage of our life on Earth, or onwards through the inner spheres of life. Should we stray from the sacred path, our own Holy Guardian Angel may endeavour to warn us by the most subtle but effective means, but cannot directly intervene or interfere with our own freewill.

Our Holy Guardian Angel has access to the inner levels of reality and therefore knows and understands everything about us including past, present and future lives, and all factors influencing those lives including those influencing our progress along the sacred path back to God. Those who listen for and are receptive to the promptings of their own Holy Guardian Angel will always take heed of such guidance because like the Higher-Self will always have our own Divine progress to heart.

Like our own Higher-Self our Holy Guardian Angel should always be approached and respected in total Love and total faith, and

always in the certain knowing our Holy Guardian Angel is always with us and always will be; we never journey along the path alone.

Chapter 51: Spirit Guides

Spirit Guides represent a very wide range of Spiritual beings ranging from discarnate human beings who have previously incarnated on Earth, often many times, through to beings who have never before physically incarnated, or indeed might and often do originate from a completely different planet in the Universe. Planetary origin is of no real importance in the inner spheres; all life is ultimately Spirit and an equal aspect of God.

The concept of “appearance” and “speech” is also completely meaningless beyond the physical world of matter. Spirit guides originating from other planets are very often much more advanced in many ways than Spirit guides originating from Earth who’s knowledge is very often no more advanced than the human they are guiding. This is due to the fact that human beings living in the Astral worlds having previously lived on Earth are still very similar indeed in most respects, including levels of true knowledge and wisdom to those still living on Earth, the main difference being that they are discarnate, not inhabiting a physical body, and reside within the Astral worlds rather than the physical world.

Some people believe everyone is allocated a Spirit guide from birth, others believe that in order to enlist the services of a Spirit guide a specific request needs to be made. Such requests can be made while meditating from a deeper, expanded state of Consciousness, or when the Mind is completely quiet and focussed. Just before drifting off to sleep or just after waking in the morning before arising can be very good times for communication with Souls and Spirits of the inner realms, due to the receptive state of Consciousness existing at these times.

Genuine Spirit guides have chosen of their own freewill to assist a person during the course of a physical life, and often even later after the person they are guiding has made the transition to the Astral worlds after the passing of physical death. During the course of a lifetime a person might well even enjoy the services of a range

of different Spirit Guides according to life circumstances and ongoing progress along the path. Spirit Guides also very often specialise in a specific type of assistance, and when a person no longer requires that particular type of assistance, often due to ongoing advancement, the guide might leave and be replaced by a more appropriate guide required for the further advancement.

It is also quite possible to request a Spirit guide to leave and to request a replacement at ones discretion as life circumstances decree. A Spirit guide can never interfere with the freewill of the person they are guiding, and therefore the wishes of the person must always be completely respected.

Before proceeding further, a word of caution; there are numerous Spirits in the Astral worlds, in particular those existing within the lower, darkest, Astral worlds who are extremely anxious to establish direct communications with human beings still living in the physical world, often for their own dubious, often dark purposes. These are the type of Spirits often contacted by means of the Ouija board for example. These Spirits will claim to be anything or anyone you would like them to be in order to gain your confidence. Some even make the most outrageous claims to be such Divine beings as Archangels or even God. Unfortunately, Spirits dwelling in the lowest levels of the Astral worlds very often mean no good, sometimes even having the intention to eventually control or even possess a human being for their own purposes.

There are of course many genuine Spirit guides dwelling within the inner levels of the Astral worlds who really are only concerned with the genuine well-being Spiritual progress of the person they are guiding, such guides often dwelling in the mid to inner Astral worlds. Unfortunately it is not always an easy matter to determine which Spirits are genuine in their intentions and which are not. Should you make contact with a potential Spirit guide in meditation, in dreams or by pro-actively seeking or requesting a Spirit guide, you should always follow your inner-guidance and the voice of your Higher-Self who will know the true nature of the Spirit you are in

contact with. If your inner voice or intuition says “leave well alone” then you would be well advised do just that without question; never be so tempted by the thought of enjoying your own Spirit guide that you allow such temptation to over-rule your inner guidance which always speaks in your very best interests. If you do accept a Spirit guide, be sure to develop a relationship over a long period of time in order to establish mutual trust. If the Spirit guide tries to encourage you to do anything, particularly against your own freewill, then immediately cease all communications with that particular Spirit immediately and permanently.

Genuine Spirit guides will never, ever compel you to do anything, especially against your own freewill; they are there to help you according to your needs and evolution, always respecting freewill and only assisting or answering questions if specifically asked to do so. If you have any doubts whatsoever for the need of the assistance of Spirit guide, then do not seek one at all; your intuition, Higher-Self and Holy Guardian Angels are your very best guides, and above all can and should be completely trusted at all times.

The main mission of a Spirit Guide, as the name suggests, is to literally guide people through life by offering and providing such assistance as Universal laws allow, should the need arise or requested to do so, and providing always such assistance does not compromise the freewill of the person. This assistance will, in addition to progress along the path, include help in resolving life problems, providing advice, answering specific questions, specific help with healing, communication with deceased relatives and much more. Again however, a Spirit Guide can only assist if such help is proactively requested either consciously or subconsciously, in order to avoid influencing the freewill of the human they are guiding.

It is quite possible to communicate intentionally and directly with Spirit Guides although this usually takes quite some practice, such communication being by telepathy. For those who have not yet established direct conscious contact with their Spirit Guide,

assistance from the guide can arrive in many and varied forms, including but not limited to “voices” appearing in thoughts, impressions, intuition, within dreams and by way of synchronistic events; events which might seem like a pure coincidence at the time, but which actually have a meaning. People who practice meditation might often find themselves communicating with their Spirit guide sooner or later, and once such communication has been established will usually be ongoing.

Synchronicity is a particular common way for a Spirit Guide to assist and to make their presence felt. If they really want to make a point, they will create a synchronicity in a person’s life, immediately causing the person to take notice. Synchronicities in general are experiences created by the Soul or Higher-Self in order to bring greater awareness. A person either alone or with the assistance of their Spirit Guide creates the synchronistic event in a inner realm through the mediation of the Soul, subsequently manifesting into the physical world. If for example you happen to be walking along one day and meet someone apparently by accident, it is usually because your Soul and the Soul of the person you have just met have made the decision in the inner realms to meet each other. There is absolutely no such thing in the Universe as “chance”; the laws of Cause and Effect being ever present within the lives of everyone.

As we will see later in this book, everyone without exception leaves their physical body at night during deep sleep to travel to the Astral worlds. Sometimes these travels only extend as far as the lower Astral worlds corresponding to the areas of the personal psyche, or slightly inner to the level of the group human unconscious; these travels are often remembered later as nonsensical dreams. Sometimes however the Soul during deep sleep travels to the level of the Astral worlds to which they will transition after physical death. There the Soul will learn valuable lessons required for physical life, meet deceased relatives, loved ones and friends and travel the infinite Astral realms in order to gain further valuable experience. Often there are specific tasks or meetings to attend to during these

visits. It is a task of the Spirit Guide to guide a person during these nightly visits and to generally provide advice and assistance. Most people will not recall these Astral visits or might often simply dismiss them as elaborate or vivid dreams. Be absolutely assured however that everyone does indeed leave their body during deep sleep in order to travel and carry out missions within the Astral realms, often in the presence of, and with the guidance of Spirit guides.

Chapter 52: Communication with Inner Spheres

As mankind has accelerated its descent into materialism and away from The Sources of Universal reality and knowledge, bands of Spirits in the inner spheres have increasingly endeavoured to make contact with people on Earth in an attempt to turn mankind back towards the Light, it's true purpose and destiny. These bands of Spirits in turn work with inner Spirits and they in turn inner Spirits still, and so it is through ever inwards spheres of life, the inner always assisting the outer, the fate of mankind and beings of all planet in the Universe always being a Universal concern.

The inner Spirits know that if it could be conclusively proven and demonstrated to mankind beyond all doubt the truth of survival after physical death and of the nature and truths of the inner realities, the present course of the humanity could be turned back from the brink of where it is currently heading. The main focus of the inner spheres therefore, especially over the last two hundred years or so until more recent years has been to encourage contact with the Spirits of the inner spheres through people usually known as "mediums" who are receptive to such contact, through which they are able to establish and maintain a two-way communication between the Spiritual and physical worlds.

In more recent years the term "medium" has been replaced with "channel", and the act of a medium communicating with inner spheres is usually known as "channelling". There are many and varied types and degrees of channelling, ranging from transient psychic contact from a fully awake state through to trance channelling, materialisation and the direct voice.

Chapter 53: Psychics

A search on the Internet today will reveal numerous so called “psychic services”, frequently being offered by means of “premium rate” telephone services charging several dollars per minute. These services are offered in various forms, including but not limited to psychic readings, rune readings and tarot card readings.

There are certainly genuinely gifted psychics offering their services today, but unfortunately there are also many indiscriminate people claiming to be genuine psychics who seem to do nothing more than play on the emotions, desperation and vulnerability of people, with the sole purpose of obtaining their money; such so called psychics are nothing more than complete charlatans.

Genuine psychics of the sort people might have heard about prior to the increasing popularity of the Internet can provide a genuinely useful service that can be of great service, help and comfort to many people, always providing of course people receiving such a service fully understand the meanings and limitations of such a “psychic reading”.

Psychic readings are not a definitive telling of the future or of a specific direction in life, and any psychic claiming the contrary should be completely avoided. Genuine psychics can only suggest probabilities based upon their own interpretation of the psychic Energy associated with the person receiving the psychic reading; it is then for the recipient of the psychic service to proactively alter the course of their own life in the direction of the future probable outcome in order to be more “in tune” with the Energy, vibration and therefore probability of than outcome, an outcome which of course is still by no means guaranteed.

As we will also discuss later in this book, everyone creates their own reality, and it is therefore for each and every person to understand this extremely important fact and to proceed in life and on the sacred path accordingly, while not relying on the word of

others. Again, while certainly not discouraging people from seeking the services of a psychic, anyone doing so should be strongly advised to first of all to determine the absolute honesty, integrity and level of abilities of any psychic before proceeding with any psychic reading session, and in particular before parting with any money. A bad or fraudulent psychic reading can very easily leave a person in a much worse state than before the reading took place.

We will discuss in a later section of this book how each and every person can assume full control of their own reality without the need for the services of a psychic or a medium. This is not accomplished by the need for a psychic telling of what the possible future is, but rather by proactively deciding what your own future should be, and subsequently consciously creating that future for yourself by means of your own freewill. Always remember, there is absolutely nothing that we cannot be, do or have, and no psychic reading will ever alter that absolute fact, a truth due to the perfect workings of the Universe, The Source, of God.

Chapter 54: Psychic Mediums

The most basic form of channelling is that used by “psychics” who “hear” the voices of Spirits “in their head”. These include the “television psychics” or “psychic mediums” as they often call themselves. This type of psychic will often work with a large group of people, or sometimes on a private one to one basis, or often at longer distance by means of telephone, or indeed these days even by email or Internet messenger service.

Unfortunately, as with other types of psychic service, there are many charlatans who operate quite simply and very cynically to take money from vulnerable, often bereaved people who are often suffering considerable grief through the recent loss of a loved one. It is often very difficult indeed for the average person to differentiate between a good and genuine psychic medium and a charlatan. It should be said however that any genuine psychic medium should be prepared to do one to one personal “sittings”, and should, as with any genuine psychic, be able to provide a list of testimonials from satisfied clients.

There are unfortunately many charlatans around, especially with the rapid rise in the Internet where thousands of such opportunists are offering their services to people, people who are often experiencing serious difficulties in life or in many cases are recently bereaved. Such people are therefore extremely vulnerable due to the desire to receive word from their loved ones and to know they are happy in their new home within the inner worlds of the Astral planes, often thought of as “heaven” or the “afterlife”.

Again, always, always investigate psychics extremely thoroughly before engaging their services, and always, always obtain and verify as many testimonials as possible before proceeding. The importance of these precautions simply cannot be emphasised enough, the consequences of failing to do so can be very adverse. The next chapter in this book will provide you with excellent guidelines about psychics and locating genuine psychic services.

Always listen to your inner guidance and never, ever agree to the services of a psychic of any kind if your inner-voice, your Higher-Self, advises you against it. Your Higher-Self knows everything about your Spirit at all levels of reality relative to the past, present and future relative to physical Earth time, and your Higher-Self, being sublime, and having your lives, very best interests and evolution to heart will always serve as your very best and most trusted guidance.

Chapter 55: Genuine Psychic Services

In previous chapters we have discussed in no uncertain terms of the limitations of psychics, and above all the serious and very real dangers involved in utilizing the services of “premium rate psychics” of the sort that seem to proliferate on the Internet today, no doubt attracted by the profits such calls generate, calls that are often charged by the minute.

Again, it has to be stressed that due to the large profits available to people calling themselves “psychics”, and who often refer to themselves by glamorous or mystical sounding names intended to impress the potential client, that very considerable care should be taken before even considering utilizing the services of such people.

It is important to note that some of these people offering psychic services by means of premium rate telephone services and the Internet are indeed genuine. Other “psychics” believe themselves that they offer a high level of psychic abilities when in fact they do not. Again however, and this simply cannot be stressed enough, it is extremely important to be totally certain that anyone claiming to be a psychic does indeed have genuine, high level psychic abilities, otherwise the person receiving the reading will not only have wasted money, but much worse could be adversely psychologically affected.

So how does a genuine psychic offer their services? First of all we should recognize that every single human being as well as many animals have psychic powers available to us. With most people however these abilities are below the surface of the Mind in a latent state and have therefore never been fully exercised. Genuine psychics are very often born with psychic abilities to some extent, and then, with that realisation, further develop their psychic abilities over the course of many years, and usually with the benefit of some high level training by other experienced psychics. Some psychics are fortunate enough to have natural high-level abilities from birth, but these are relatively scarce.

Other genuine psychics possess clairvoyant abilities, that is to say they actually “see” images in their “Minds eye”. The “Minds eye” is actually an Etheric Energy centre, one of the seven “chakras” often known as the “third eye”, “brow centre” or “brow chakra”. We will discuss the chakras and clairvoyance in more detail later in this book.

Some genuine psychics are “clairaudient”, that is to say they actually “hear” answers. There are also genuine psychics who work with the “intuition”, “feelings” or “impressions” they receive in response to the various questions asked. This works in a similar way to remote viewing. Some psychics concurrently possess all of these abilities and can use combinations of them for the best possible answers.

Other forms of psychic reading use a method often known as “scrying” or “divination”. These methods use instruments such as Tarot cards, the I Ching, runes, crystal balls or even tea leaves in order to view the probable future. A more complex forms of scrying is numerology. As impressive and even glamorous as these might sound, such tools are however simply that, tools that facilitate a point of focus and therefore an aid to the psychic reader who is interpreting Energy in the same way as a clairvoyant or indeed any other psychic ability. Some forms of scrying such as the I-Ching and numerology are extremely complex and can be extremely accurate, but only when uses by highly experienced practitioners.

Another well-known form of scrying is Astrology. By Astrology we do not mean “reading the stars” in the newspaper which is not real Astrology and should not be regarded as such, and most certainly should not be relied upon in any way. True Astrology does exist and can be very accurate involving the compilation of proper astrological charts based on a wide range of factors. As with all types of scrying Astrology is still the interpretation of Universal Energy and its likely influence at any particular temporal Earth time. Like all forms of scrying, psychic abilities, clairvoyance and other

abilities there is nothing mystical about it, they all ultimately interpret configurations of Energy.

Once again it must be absolutely stressed that no psychic, regardless of any claims to the contrary or whatever instruments they use can ever foretell the absolute future for anyone. Whereas the past, relative to temporal physical Earth time is definitive, dealing with events that have already occurred, the future depends entirely on a range of quantum probabilities, in other words of potential, possible or probable future events existing within the inner multi-dimensional realities beyond the confines of the physical world where space and time do not exist. At any particular time, as it is measured in physical terms, there can therefore be any one of an infinite number of possible quantum outcomes for any particular related situation.

Consulting a psychic can cause a person to subconsciously move their life in the direction of one of these multi-dimensional quantum probabilities, thereby increasing the chances of that probability becoming a quantum reality in the physical world. As we know, we all constantly create our own realities, no one can create a reality for us, so anyone believing strongly enough in what a psychic tells them can strongly influence there own reality in the same direction by holding that desired reality within the Mind as if it were already a fact. This is often completely misinterpreted as an accurate psychic reading, when in fact the recipient of the reading has create a reality themselves based upon that reading. That is not necessarily negative, especially if the recipient of the reading has enjoyed benefits as a direct result.

Assuming all diligence has been heeded and a high quality and genuine “reader” has been located and engaged for a psychic “reading”, and also expectations are not unrealistically high, such services can be of tangible benefit by the provision of mental comfort, and also affording the opportunity to positively affect future events based upon the range of probable events.

It must once again be stressed however, regardless of any claims to the contrary, no psychic can predict the absolute future, and certainly no psychic can alter that future. Any psychic who claims otherwise by for example offering to bring such things as money, love, travel etc. should be completely avoided. Aside from the Universal laws of freewill which any genuine psychic reader should understand and fully respect, ultimately only the person receiving the psychic reading can create their own future, their own reality, such are the workings of immutable Universal laws; no other person, psychic or otherwise, can create a reality for another person, and that includes bringing wealth, love, travel or anything else. A psychic reading should therefore only be used strictly for guidance purposes in order that the person receiving the psychic reading can influence their own “future” in terms of physical Earth time.

A psychic reading is a very serious matter indeed and should therefore be approached with the same diligence as with obtaining any other serious product or service, in fact much more so because of the likely effect of the reading on the person receiving the psychic reading which can be profound.

Also be extremely wary of psychics who ask leading questions, seeking information from you they can use as a basis for extracting further information on a question and answer type basis, or who provide broad, generic type answers of the sort that could easily apply to almost anyone. Such a question and answer session might proceed as follows:

Psychic: *I sense someone in your life called John. Do you know someone called John?*

Client: *Yes I do.*

Psychic: *Is he a friend or perhaps someone you work with?*

Client: *Well actually he is a cousin*

Psychic: *Yes I was feeling that was the case because you are clearly quite close*

Psychic: *I sense a grandparent who has recently passed on. Do you have a grandparent who has recently passed on?*

Client: *Well my grandmother passed on about 5 years ago.*

Psychic: *Yes, the connection is becoming stronger now. It is your grandmother*

Psychic: *I sense that your grandmother would like you to sort out your relationships*

Client: *Relationships with who?*

Psychic: *Your relationships generally, especially with other family members*

And so the session continues with the psychic asking ever more searching questions during which time they build an impression of the life and circumstances of the client which is then used as a basis for a convincing psychic reading. Such a reading of course is totally fake.

Another common ploy used by charlatan psychics is to state that something very important, often something the client is longing for will happen by a specific date. Of course, when that event inevitably fails to transpire, the person who received that prediction, who will often be in a very highly stressed state by that time, will call back on the premium rate telephone service wanting to know why the event did not happen and when it will happen. In this way the psychic can lock the client into a series of premium rate, very expensive consultations for as long as the client is desperate enough to go along with it. This is just one of many such ploys used

by Internet and premium rate psychics in order to secure further money from clients by the use of premium rate telephone services.

So the question is, if you wish to seek the services of a genuine psychic what should you do?

First of all it is not at all unreasonable for a psychic to charge for their services although many of the very best and most genuine psychics actually do not. One characteristic of a genuine psychic is the desire to be of selfless service to other people without any thought whatsoever of reward. This also applies to genuine healers and other Spiritual people who's main objective is to be of service to humanity.

Those psychics that do charge a nominal amount for their services will charge by the "sitting" and never by the minute. Again, charges will vary but a typical charge should be no more than $50 for a sitting of long enough duration to be of great value to the client. In most cases the charge will be a lot less or often free. It should be pointed out that if a psychic does provide their services for free, you should offer a donation for their services any way in just such an amount that you feel is appropriate.

Never be taken in by the clothing in which a psychic dresses. Many psychics, in particular when appearing on Web pages are seen to be wearing all manner of mystical looking clothing, often including such things as a head scarf of the sort worn by "fortune tellers". Genuine psychics never feel the need to impress or mislead in this way, always preferring to dress normally.

Again, never be taken in by fancy sounding names or titles often beginning with the word "psychic" followed by an often false, sometimes glamorous or mystical sounding name.

Most really talented and genuine psychics will not even have, or indeed desire a presence on the Internet. They are so well-known

and respected that people will travel very considerable distances for a sitting, often even to another country.

Another indication of a genuine psychic is their temperament and overall personality. Genuine psychics are very usually very sensitive people, and would never, ever seem to be in a rush, frustrated, or even become annoyed at the questions of their client. Never be afraid to challenge a psychic directly on any answer or information received. If their character or attitude changes as a result, then terminate the session there and then and do not continue.

If you must consult a psychic without recommendation, which again is extremely inadvisable, the first few questions should be addressed at the psychic in order to establish their credibility, experience and abilities. As them the following as a minimum:

1) Where did you receive your formal training as psychic?

2) How many years have you been providing psychic services?

3) In what environment have most of your readings been carried out?

4) Are you prepared to offer 30 minutes without charge in order that I can establish the accuracy of your readings by asking you simple questions?

5) Can you provide the names and full contact details for at least 10 clients?

These are all totally reasonable questions, and ones that should be asked first. Now let us look at the sort of answers you should receive:

1) Even naturally gifted psychics require training from other experienced psychics in order to maximize their own

potential, as well as for the benefit of the client. This can be a long and ongoing process. If a psychic says they have not received such training then leave them alone.

2) As with all things a psychic requires time and real experience in order to develop their abilities to a high degree. A minimum length of experience should be at least 10 years.

3) Most genuine psychics will be familiar with and utilise traditional psychic “sittings”. These will typically take place in the home of a psychic or sitter, or in another recognised environment such as a Spiritualist church. If any psychic only has experience with Internet, telephone, email or other distance methods, then leave them well alone. First hand psychic sitting experience with the client present is crucial.

4) Any genuine psychic should be prepared to provide 30 minutes of their time free of charge in order for you to fully satisfy yourself they are genuine. Despite what any psychic might claim to the contrary, 10 minutes, 15 minutes even 20 minutes is not sufficient time to determine the authenticity of a psychic.

5) Obtaining genuine, reachable and verifiable references from satisfied client is an absolute must before accepting any consultation with any psychic. Always obtain at least ten such references and always follow up by contacting each reference personally, and asking them for the basis of their testimonials for the psychic. Only if all of the references prove to be totally authentic, and the answers to the questions you ask are satisfactory, and above all the references appear to be genuine should you proceed with the consultation with the psychic.

Once you have found your psychic it is extremely important for you to know how to interact with the psychic for your maximum benefit while allowing the psychic to be able to function efficiently.

Never get involved in chatty sort of conversations with the psychic. If you do this you will provide the psychic with plenty of information they can use to make the information they provide seem impressive. Always therefore be totally polite, friendly but above all detached.

Never volunteer information. Answer the questions put forward by the psychic as briefly as possible without elaborating on them. That isn't to say that you should withhold information, because the psychic needs to establish and maintain a link, but rather only provide the exact information requested and no more.

If this is a one to one local psychic reading as it should be ideally, observe the body language of the psychic to see if they seem comfortable with the session. If they do no seem comfortable then the psychic connections are probably not there, and the sitting will provide no useful purpose. Observing body language is also a very good indication as to whether the psychic is genuine. The psychic should appear to be totally relaxed, friendly and above all focussed at all times.

Should you decide on a "distance sitting" such as telephone, Internet messenger or email, and all of the above advice has been heeded to the extent possible, then here is what you can expect in terms of accuracy.

All mediums have to establish a psychic connection with you at the Energy level of the human Mind in order to provide any sort of reading at all. One to one local sittings are by far the best for this, but the connection can be established during distance sittings, because "distance" is purely a physical Earth characteristic that does not exist on the Mind Energy level a true psychic reading

takes place. Generally speaking, the more interactive a sitting is, the better the connection can be potentially established.

Telephone sittings can result in a decent psychic connection. However, especially in the case of the premium rate psychic services the psychic is often unprepared for the telephone call and therefore the sitting. The psychic might typically be going about their daily activities when the phone rings with a client expecting a psychic reading. In these cases an effective psychic reading might be difficult at best. The psychic will be more focussed on what they were doing before the phone rang, particularly if it was something important to them, and will not be able to focus on making and maintaining the connection with the client. The only telephone readings that can be effective therefore are those that have been mutually arranged beforehand, and where both the psychic and the client are fully prepared. Never make use of any psychic service that requires simply phoning a premium rate, or indeed any number, and the psychic will be available immediately.

Email is another electronic medium used for psychic services. Email does not even require the psychic and the client to be actively connected, being a passive medium, so establishing any sort of meaningful connection by email must be regarded as doubtful at best. However, it is quite possible over a length of time and with many email exchanges for psychic to establish a good connection with the client, and to provide a meaningful reading. This will take time however, and will involve multiple email messages. The same rules always apply however as for all psychic readings, and in particular the need to avoid providing the psychic with any information that can be used to contrive answers.

One medium that does have real potential for psychic readings are the electronic “instant messenger” services so popular these days on the Internet. Instant messenger, or messaging services have the benefit of the direct connection between the psychic and the client. More importantly usually it is necessary to plan such a psychic reading session in advance so both the psychic and the client are

prepared. Most importantly of all however messenger services are written or more specifically typed. The physical action of typing, like writing, strongly focuses thoughts in the Mind, and which focus assists considerably in the psychic connection and reading session, for the same reasons as physically writing affirmations or anything else intended to influence inner energies, the subconscious Mind or Higher-Self is very effective. So if a distance consultation is crucial, and all other guidelines as detailed here have been observed, an electronic messenger consultation is a very realistic option.

The more advanced, and potentially accurate methods of psychic reading such as Tarot, the I-Ching and Numerology should always be in the presence of proven experts in these areas, with many years experience supported by a large number of verifiable references.

In conclusion, always completely follow the guidelines set out in this chapter, and above all always follow your inner guidance at all times. Your Higher-Self will never, ever, ever let you down and that is a fact that should be kept in Mind at all times. If you are unsure about consulting a particular psychic, or indeed any psychic, and in particular if you receive feelings, messages or intuition from within, then under no circumstances proceed against your inner guidance, however desperate you might feel. The consequences of trusting and accepting the words of a charlatan psychic can be very damaging indeed for many reasons, including psychological, financial and material, and is quite simply not worth the risk however desperate you believe you might be for guidance or information.

Your very best source of guidance comes from within. The previous chapters of this book detail how to obtain these answers without ever having to rely on a psychic or anyone else. If it is contact with people who have passed on to the Astral worlds you are seeking, again, you have abilities to meet this person or people within the Astral worlds, and to return with indisputable, first hand proof of the meeting.

It is never necessary to rely on the word or abilities of others. As an immortal Spiritual being, made in the true Spiritual image of God, there is nothing at all that you cannot be, do or have, or information, advice or guidance that you do not have direct access to whenever you need it.

Chapter 56: The Ouija Board

The Ouija board has long been a popular method of attempting to contact “the other side”, and is probably the only product sold on a large scale for this particular purpose. The name “Ouija” is derived from the French and German words for “yes”; “oiu” and “ja”. The Ouija consists of a flat board upon which is printed the letters of the alphabet, some numbers, punctuation marks and with the words “*yes”* and “*no”*.. The participants proceed by placing their fingers lightly on a pointer, which then supposedly without the conscious effects of the participants moves to spell out a series of messages.

Many users of the Ouija board often regard this activity quite simply as a novelty for parties and other such gatherings, very often without fully realising the very real potential dangers of which there are many. The Ouija board can and often does work, and indeed many communications received can be from “the other side”. Unfortunately however many of these contacts are with beings residing in the very lowest levels of the Astral planes who’s intentions are often much less than honourable.

As discussed previously, humans and other beings living in the lowest Astral worlds do so because of the dark, negative and sometimes very evil lives they previously led while on Earth, and accordingly now exist at these correspondingly low Energy levels of vibration. The danger with this is that the lower in the Astral plane the being exists, the easier it is for them to make contact with the physical world through the Ouija board, due in part to the inner relative densities and lower relative vibrations of the Ether.

The lower in the Astral worlds the being, the lower is their Energy vibration, usually indicating a correspondingly low level of trust. Always remember that these low Astral worlds are a perfect reflection of the character of these beings existing there. The more inner the being relative to the physical world, the more evolved and therefore trustworthy the being is, but at the same time the more

difficult it is to contact people living in the physical world. This simple guideline should always be kept in Mind in these situations.

The beings of the lower Astral worlds will frequently revel in claiming to be Angels, Archangels, famous people or even God, while others will have no hesitation at all in claiming to be deceased people known to the Ouija board sitters. On other occasions these lower Astral beings might simply use obscenities, cursing and generally extremely bad language. Why do these lower Astral beings behave in this way? Aside from the fact this is very often the character of these beings, and hence the reason they inhabit the lower Astral worlds in the first place, their despair is often pushed to the extreme simply because they can no longer physically experience the things they once enjoyed and very often abused so much while still physically alive such as indulgence in crime, violence, excessive drinking, excessive drugs use and excessive sex devoid of genuine love, respect or passion. If they had any sort of reasonable capacity for love, loving thoughts or other positive attributes, they would not be in the situation they are in. If they even had the capacity to ask for help to relieve them of their misery, such help would be provided by more highly evolved inner beings if appropriate.

Mediums who have contacted beings at these low Astral levels often report extremely hostile, abusive and sinister voices. These are the voices of the very same beings often contacted through the use of Ouija boards. Unfortunately, because the users of the Ouija board are usually hoping for and therefore anticipating genuine contacts with inner-level Spirits, they will almost always be taken in by the deception of these lower Astral beings.

Sometimes this is all quite harmless, and although the Ouija board users are misled, there is usually no permanent harm done. There is a very real danger however of some lower Astral beings having much darker and more sinister motives. Such dangers include a lower Astral being for example posing as a deceased relative. Once the lower Astral being has been able to convince the Ouija board

sitters they are indeed a deceased relative, they will often be very manipulative, proceeding to request or even demand certain things to be done for them, mostly with view to increasing it's own strength of presence within the material world. Such requests are often carried out by the Ouija board sitters without question, not wanting to risk upsetting or offending what they genuinely believe to be a deceased relative, friend or inner Spiritual being.

Lower Astral beings do not like dwelling in their dark worlds, and will very often seize any opportunity to take control of a physical body in the material world. This could in turn very easily lead to a full possession resulting in all sorts of potentially nasty problems, including but not limited to very severe psychological problems. The personality of the possessed person might change dramatically and for the worse. The only solution to such a state of possession, is to exorcise the being from the possessed person. This might all seem rather dramatic after what started out as an innocent party game, but it most certainly can and does happen, and accordingly all Ouija board users should know the dangers beyond any doubt before using a Ouija board, even as a party novelty.

The Ouija board should always be regarded as a potentially very dangerous instrument and preferably avoided altogether. Those insisting on ignoring these dangers should at the very least be aware of the type of being likely to made contact with, and what their real motives often are. Any being claiming for example to be a deceased relative should be thoroughly tested by asking questions to which only such a relative would know the answers. The same principle also applies to all beings purporting to be Angels, Archangels or famous people. Such beings will in reality know very little about Angels, Archangels or the famous people they purport to be, and can therefore be easily caught out. Again, it is very important indeed to remember this sort of behavior is a reason why these beings are dwelling in the lowest part of the Astral worlds in the first place; they simply cannot and should not be trusted under any circumstances unless fully tested by an expert who understand these dangers.

Stoker Hunt, a person who carried out research into the effects arising from the use the Ouija board, summarized a common pattern of communication that can often develop when people make contact with entities within the low levels of the Astral worlds; he said:

"The invader focuses on the victims character weaknesses, if one is vain, appeals to vanity are made. 'I need your help' the seducer will say, 'and only you can help me'. The entity is malicious and does not hesitate to lie, misrepresent itself (usually as a deceased loved one) and flatter. It's better for the invader of course if the victim is alone, isolated and ill. If needs be the invader will terrify its victim, materialising in ghastly form, inducing grotesque visions, inciting poltergeist activity, causing objects to appear out of the blue, delivering false or tragic news, levitating objects, perhaps levitating the victim. All these things and more might be done, not as ends among themselves, but as a means to an eventual complete possession".

It should be clear by now the Ouija board is a potentially very dangerous instrument indeed, especially for those who do not understand its fullest implications. Dr. Carl Wickland, an American psychiatrist, wrote his classic work on mental illness "Thirty Years Among the Dead" in 1924, within which he warns:

"*The serious problem of alienation and mental derangement attending ignorant psychic experiments was first bought to my attention by cases of several persons who's seemingly harmless activities with automatic writing and the Ouija board resulted in such wild insanity that commitment to asylums was necessitated. Many other disastrous results which followed the use of the supposedly innocent Ouija board came to my notice, and my observations led me into research in psychic phenomena for a possible explanation of these strange occurrences".*

These are only a very few of the possible outcomes of the use of the Ouija board. It should be made clear however not all contacts

by means of the Ouija board are malevolent, and there have also been many positive, long term communications where it has been possible to contact well meaning and friendly inner level Astral beings. One particularly noteworthy case was that of Pearl Curran who used a Ouija board with her neighbour on July 12, 1912. After a year of experimenting she began to receive messages from Patience Worth, a Spirit entity who claimed she was born in 1649 in Dorsetshire, England. Between 1912 and 1919 she dictated five million words through the board, including epigrams, poems, full-length novels, allegories and short stories. Her collective works filled twenty nine bound volumes, and 4375 single spaced pages. These works included five full length novels, the most successful being “A Sorry Tale”, a 300,000 word story of the earthly life of Jesus which was reviewed by the New York Times on July 8, 1917, commenting: *This long and intricate tale of Jewish and Roman life during the time of Christ is constructed with the precision and accuracy of a master hand. It is a wonderful, a beautiful and noble book”.* Patience Worth won many more accolades and awards over the years for a wide variety of literary work.

Another famous Spiritual entity who first appeared by means of the Ouija board called himself “Seth”, who first made an appearance when Jane Roberts and her husband first began using a Ouija board in 1963. The entity eventually introduced itself as Frank Withers who died in 1942 after his most recent physical life as an English teacher. He preferred to be called “Seth” and stated his mission as helping people to understand themselves and reality better.

Through Jane Roberts, Seth dictated several best-selling books dealing with the nature of reality, reincarnation, Astral travel, dreams and the nature of God. Seth also provided step-by-step teachings on meditation techniques and extra-sensory perception. He was also able to diagnose illnesses, correctly describe the contents of buildings and rooms many miles away, and materialised as an apparition in well-lit settings.

There have been many other such successful uses of the Ouija board that proved to be of great value to the people concerned, and in some cases, such as Seth, to humanity as a whole. This should not be taken as reason in and of itself to justify the inherent risks involved of using the Ouija board. James Merrill, a Pulitzer winner describes his Ouija board experiences when he wrote “The Changing Light at Sandover” in 1982. His frightening experiences including visions, bodily transformation, the feeling of powerful presences as well as more memorable and joyous ones are recorded in the poem. After thirty years however he no longer recommends people use the Ouija board because “one can never tell how susceptible a given person will be”.

On balance, the use of a Ouija board should be strongly discouraged. Due to the nature of the way this instrument functions it is much more likely to attract malevolent low-level Astral entities than well-meaning or even helpful inner-level beings. Those who do attract lower level beings ultimately stand a very high chance indeed of suffering possession and/or serious mental illness, both of which would be nearly impossible to overcome by modern medical means. The only solution to such a serious situation involving inter-dimensional forces would be an exorcism carried out by a highly experienced practitioner of which there are very few living today.

The most sensible solution therefore is to resist any such temptations completely, leaving the Ouija board and similar instruments such as a tumbler with playing cards and automatic writing very well alone for your own safety and for the safety of those around you.

Chapter 57: Trance Mediums

Trance mediums as the name suggests place themselves into an altered state of Consciousness, usually known as a “trance”, with the objective of channelling information directly from beings of the inner realms. Although trance mediums can and often do make contact with deceased humans, they have also been successful in making contact with inner-level Spirits, many of whom can provide valuable and accurate information on Spiritual matters.

Over the years genuine trance mediums with high level channelling abilities have channelled a considerable amount of often very valuable information from Spirits of the inner spheres, some of Whom have been very high level Spirits indeed, often resulting in information of great value to mankind. On several occasions these inner-level Beings have channelled information through the same medium for many years, and the information thus received has often been the subject of various series of books, many of which are still available today. Following are just three of the most exceptional cases of channelling from advanced Spiritual beings.

White Eagle: A high level Spirit who for many years during the first part of the twentieth century channelled at very large quantity of advanced information and teachings through the mediumship of Grace Cook. It was with the assistance of White Eagle and several other advanced Spirits the then recently deceased Arthur Conan Doyle was able to communicate through Grace Cook and provide considerable valuable information regarding life in the inner realms of life and reality. This resulted in books quite literally channelled from the inner spheres, including “Arthur Conan Doyle’s Book of the Beyond”.

In later years “The White Eagle Lodge” was formed to continue the work of Grace Cook and White Eagle, and to spread the teachings as far and wide as possible by means of a range of books, and also to freely offer other valuable services to those in need of such services such as healing. Based in Hampshire in England, the

White Eagle Lodge still continues this very important and valuable work today many years after the passing of Grace Cook, who was undoubtedly one of the greatest of the more recent trance mediums. The many books produced by White Eagle, Grace Cook and the White Eagle Lodge can still be obtained today from White Eagle Lodge.

Silver Birch: Through the mediumship of Maurice Barbanell around the middle of the twentieth century, Silver Birch was present at numerous “sittings” during which he patiently answered questions for the “sitters”. A “sitting” is a group of people attending what is often known as a “séance”, where the medium invokes a deep altered state of Consciousness known as a trance. The Spirit will then “talk” through the body of the medium directly.

Over the course of many years, such sittings were frequently held at the home of Maurice Barbanell during which time Silver Birch answered literally thousands of questions for hundreds of visitors from all over the world. It should be mentioned that “Silver Birch”, like “White Eagle” are assumed names; these great Spirits actually represent entire groups of very high level Beings all working together as one within the inner Spiritual realms for the direct benefit of mankind.

In the case of Silver Birch, in order to achieve contact with his medium Maurice Barbanell from the inner realms of the Mental plane, the Spirit worlds, it was necessary to make use of the vacated Astral Body of an American Indian as an “interface”, in order to mediate the differences between the very high Energy vibrations of the inner Spiritual worlds and the much lower Energy vibrations and density of the physical world. Maurice Barbanell was also the editor of “Psychic News” in which he published full transcripts of the question and answer sessions that had previously taken place between Silver Birch and the sitters. In addition there where many books published detailing the Silver Birch question and answer sessions, all providing considerable information on a very

wide range of important Spiritual matters. These valuable books are still available today through the Spiritual Truth Foundation.

Seth: As previously discussed, through the mediumship of Jane Roberts a Spirit referring to himself simply as “Seth” channelled a large volume of Spiritual information over a number of years. These channelled sessions resulted in a series of books still available today including “Seth Speaks” and many others published in the name of Seth.

Aside from these more well-known mediums and the Spirits with whom they worked, there were many other less well-known but nevertheless important cases, all providing most valuable information on a very wide range of subjects, usually for the direct benefit of mankind. Such valuable communications between the Spirit worlds and human mediums is still occurring today, a well-known example being the channelling of a group of beings collectively known as “Abraham” Who are channelled by Esther Hicks with assistance of her husband Jerry Hicks. Esther and Jerry Hicks continue to do an exceptional service by bringing their high level teachings to mankind in the form of seminars, books and electronic media.

A further but less well-known group of high Spiritual beings collectively known as “Michael” provide very valuable information to mankind through various people who channel Michael and record the teachings received.

Chapter 58: Materialisation Mediums

Materialisation mediums are a less well-known type of medium, but might certainly seem much more impressive to the sitters present during these sessions than voice channelling alone. Materialisation mediums are able to allow the Spirits with whom they are communicating to draw large quantities of ectoplasm from the body of the medium and to a lesser extent the other sitters present while in semi-darkness, thereby facilitating a means by which Spirits could actually become visible and therefore materialise either completely or in part.

Unlike the Spirits channelled by some trance mediums, these Spirits tended to be low to mid-Astral level Souls who were not therefore able to impart much information of value to mankind generally. Only low to mid-level beings can lower the low vibration to the level of vibration of the Etheric body required in order to interact with ectoplasm thereby facilitating a complete materialisation. Entities known as “ghosts” have such a low level of vibration and correspondingly higher density, the reason they are so often “seen” as apparition. Materialised, channelled Spirits did nevertheless provide considerable evidence of the continuity of life after physical death to the sitters present, many of whom were also seeking, and indeed achieved communication with deceased relatives.

One of the most famous of all materialisation mediums was Helen Duncan who carried out numerous successful séances whereby Spirits of the deceased would materialise completely in ectoplasmic form, and in such a form were able to communicate with all present on a one to one basis. Many of séances of Helen Duncan took place in the 1930’s and 1940’s during the time of the second world war, and therefore not surprisingly many of the Spirits who materialised were people who had been killed during the fighting. The services of Helen Duncan often provided very great comfort to bereaved relatives, many of whom were actually able to see,

communicate with and hold conversations directly with their loved ones.

Throughout the war years Helen Duncan reunited many grieving relatives with servicemen who had lost their physical lives in action. At one particular séance in Portsmouth a sailor materialised and was reunited with his mother. The sailor said that his ship, HMS Bahrnam had very recently been sunk. Maurice Barbanell, the editor of “Psychic News” and the medium for Silver Birch heard about this and made enquiries at the admiralty as to whether this sinking was in fact true, and if so why had the relatives of the deceased crew members not been officially informed. The admiralty was furious at this situation due to the fact that the sinking of HMS Bahrnam was still considered to be classified information and accordingly should not have been public knowledge. The military authorities became very concerned that a medium of the capabilities of Helen Duncan could so easily obtain further classified information from deceased army personnel, and in particular sensitive information regarding the forthcoming D-Day landings. This of course was not the intention of Helen Duncan at all.

The authorities subsequently however reacted in the most appalling possible manner by arresting Helen Duncan who was by that time a frail lady with six children and a disabled husband to support, and sent her to jail for nine months causing her husband and children to be evicted from their family home as a direct result. The authorities then needed to find a suitable law under which to charge her, finally deciding to make use the extremely outdated, misguided and often highly barbaric witchcraft laws that were still in force in Britain at the time. Helen Duncan was later visited in jail by Winston Churchill who was absolutely appalled by the situation. As a direct result Winston Churchill subsequently promised to repeal all such laws at the very first opportunity.

During the subsequent trial of Helen Duncan forty one highly credible witnesses swore under oath they had been present when

their loved ones had materialised and communicated with them during her séances. One such witness was a high-ranking wing commander who stated under oath he had met his dead mother, father and brother at a Helen Duncan séance. Not a single one of these highly credible witnesses was broken under cross-examination.

The court also tried to make the case that all of these materialisations must have been the work of accomplices wearing false beards, wigs, white cloaks and other such items, but no such evidence was ever found and of course ever could be found. Helen Duncan did not charge money for her services therefore such an elaborate deceit would not have made any sense whatsoever.

Some years later a team of stage magicians headed by William Goldston, the founder of the magicians club, carried out an experimental sitting with Helen Duncan. He and his colleagues were apparently completely astounded when during the sitting a deceased famous stage magician, “The Great Lafayette”, materialised and spoke to the group in his own voice. Goldston later reported in Psychic News that Helen Duncan must most certainly be genuine, and that no magician could possibly duplicate the phenomena he and his colleagues had witnessed that day.

In 1956 police in Nottingham raided a séance being held by Helen Duncan. Despite the police knowing very well, due to their investigations into Helen Duncan that materialisation séances need to take place in semi-darkness due to sensitivity to light of ectoplasm, they apparently nevertheless made a grab for the medium and took flash photographs of the surroundings. Needless to say nothing was ever found, and the photographs revealed no evidence whatsoever of any sort of malpractice. However the shock incurred by the sudden withdrawal of ectoplasm due to exposure to the lights was sufficient to very seriously injure Helen Duncan, and most sadly she passed on within five weeks of the raid.

Helen Duncan was most certainly one of the worlds most gifted materialisation mediums and it really is truly horrendous that the life of this frail, well meaning lady should have been terminated in such a brutal way, for no other reason than the continued ignorance of the authorities. Her legacy however continues to this day, and few would doubt the services of Helen Duncan were gifted, genuine and most valuable in helping numerous bereaved people, including during the time of the second world war where so many people physically lost their loved ones in the fighting, and who where able, through the gifts of Helen Duncan to know beyond any doubt that their loved ones are safe, well and happy within their non-physical existence of the Astral worlds, often known as the “afterlife” or the “beyond”.

The Noah’s Arc Society for Physical Mediumship was formed in England in 1990 and now has a membership of 1700 people and 150 member circles worldwide. It was established to provide a safe haven for mediums and to protect them from what the President of the society describes as: “the harsh treatment meted out to early pioneer physical mediums from so-called researchers who insisted on trussing up the medium, demanding endless tests, and inflicting grave harm physically through violating the laws governing physical phenomena”.

Chapter 59: The Direct Voice

The direct voice is most certainly one of the most impressive forms of mediumship whereby the people present at a sitting, the sitters, are able to very clearly hear Spirits speak aloud in their normal voices, exactly the same voices as they were known by in physical life, and to engage in long conversations with them. This was particularly reassuring for the relatives of the deceased ones as they then knew beyond any doubts whatsoever from the accent, style of speaking, phraseology, words used and information received that they really were in direct communication with their loved ones speaking to them in person from the “beyond”.

As with materialisation, the direct voice involves the use of ectoplasm. Spirits draw ectoplasm from the throat chakra of the medium and to a lesser extent the sitters, and then form the ectoplasm into an “Etheric voice box” through which they are able speak from the Spirit side of the channel, manifesting in the physical world as a Spirit voice. This Etheric voice box functioned by making use of the ectoplasm to reduce the higher thought vibrations of the Spirits communicating through the “voice box” to a much lower rate of vibration that could translate to physically audible sound.

These Spirit voices were very often so clear and loud it was exactly as if speaking to a physical person in the same room. Although direct voice sittings needed to take place in darkness as with materialisation sittings due to the sensitivity to light of ectoplasm, the sitters could sometimes easily observe the whitish coloured ectoplasm exuding from the throat chakra area of the medium. The ectoplasm could also be very clearly observed and photographed by means of infrared viewing equipment that did not affect it.

From the Spirit side of the channel the ectoplasmic “voice portal” could be seen as a large glowing disk of Energy into which they would “speak”. It should be noted that Spirits do not actually physically “speak” in the absence of a physical body, but rather

communicate by means of a projection by the Mind of thought towards the voice portal which then translates the resultant thought vibrations into a clearly audible voice by means of the Etheric ectoplasmic voice box created from the ectoplasm of the medium and sitters.

One of the most extraordinary direct voice mediums was Leslie Flint, 1911-1994 who's permanent sitters recorded literally thousands of voices of discarnate Spirits on tape over the course of many years. When these discarnate Spirit voices first started appearing to Leslie Flint he was often expelled from cinemas and theatres as the voices were disturbing the quietness of the surroundings, and of course people had absolutely no idea of who the voices were or where they were originating from.

The voices channelled by Leslie Flint during his numerous and usually recorded sittings ranged from the Souls of the deceased relatives of the sitters, through to people who were once famous on Earth who came to deliver important messages, usually involving evidence for the continuity of life after physical death.

Of course there were the usual groups of sceptics who believed Leslie Flint was a fraud. Leslie Flint often therefore agreed to conduct sittings in the presence of researchers who had carte blanche to carry out more or less whatever experiments they needed to in order to prove or disprove that Leslie Flint and the Spirit voices were indeed genuine or otherwise. In one such particular experiment as reported in the Psychic News edition of 14 February 1948, Leslie Flint was physically tied to a chair with sticking plaster stuck over his lips thus sealing them together completely, and with bandages placed over his mouth over the sticking plaster. The researchers observed the Spirit voices still arriving with their usual volume and clarity. There were twelve people present during that particular sitting and all agreed the voices were most definitely not those of Leslie Flint but were in fact rather those of the Spirits who had arrived in order to communicate with the sitters. At the end of the sitting everything previously

applied by the researchers, including the ropes, the bandages and sticking plaster were all still totally intact and completely untouched, just as they were when originally applied by the researchers.

The information received directly from Spirits by means of the direct voice mediumship of Leslie Flint was not simple vague information of the type that could easily apply to anyone, but was rather extremely specific and accurate as you would expect to be the case coming directly from the Spirits who were in possession of and conveying the information. One such typical example involved an airman who was killed in action during the second world war. This airman originally appeared at a sitting being attended by Lord Dowding, giving his name as Peter William Handford Kite. The Spirit asked if his parents could be contacted at an address he supplied, and be invited to attend a sitting where he would be present for them. The parents duly accepted the invitation to attend the sitting with Leslie Flint and for nearly forty minutes the airman communicated with his parents in his own clearly recognisable and normal voice. His parents were able to confirm everything he had said was totally true and accurate in every respect. Among the things he spoke of to his parents during the sitting was a joke about buying an Alsatian dog, that his mother had put photographs of his grave in Norway in her bag that very morning, that he liked the cherry tree in the memorial garden they had planted for him, that his bedroom had not been changed in the six years since he had "died", that he had not liked the wallpaper in his bedroom and that his father was still driving his car although it was too small for him.

Unfortunately, sceptics still tried absolutely everything possible in order to attempt to discredit Leslie Flint, just as they had previously tried to discredit many other well-known and totally genuine mediums. In 1971 Leslie Flint had this to say about this situation:

"*When I first began to allow myself to be tested I was naive enough to believe that if the tests were successful the scientists and researchers who had carried them out under their own conditions would proclaim to all the world the truth of life after death. All too*

soon I learned the hard way that many of those who call themselves researchers have immutable values of their own which preclude belief of a meaning or purpose in man's existence or the possibility of a life after death. Their concern was to disprove the reality of my voices and they would postulate any alternative, however far-fetched or absurd, sooner than admit the implication of their own successful experiment".

Some of the more ludicrous explanations put forward by some of these so called researchers included suggestions the voices were not real but rather the result of some hypnotic power accompanied by mass hallucinations. This was later disproved when a throat microphone was attached to the throat of Leslie Flint during a sitting such that the slightest sound made through his larynx would be magnified enormously, while the researchers continuously observed him at the same time through an infra-red telescope. When Leslie Flint proved them wrong yet again, the best suggestion the researchers could come up with is that he must have the ability to talk through his stomach.

One impartial, open-Minded expert who did investigate Leslie Flint very thoroughly indeed was Professor William R. Bennett, professor of electrical engineering at Columbia University in New York City. As engineers are usually regarded as highly practical and level-headed people, his evidence was widely regarded to be of particular value. Professor Bennett had this to say of his own personal experience during a Leslie Flint sitting:

"My experience with Mr. Flint is first hand; I have heard the independent voices. Furthermore, modern investigation techniques, not available in earlier tests corroborate previous conclusions by indicating the voices are not his. But to be thorough, one should consider the possibility of live accomplices. This suggestion became untenable to me during his visit to New York in September 1970, when, in an impromptu séance at my apartment, the same voices not only appeared, but took part in conversations with the guests."

The Spirit voices channelled by Leslie Flint are still available as recordings available on the Internet website established in his name and for his work, and anyone can judge for themselves both the authenticity of the voices and the value of the information received.

Chapter 60: Electronic Voice Phenomenon

As times have progressed since the days of the materialisation and direct voice mediums science has played an increasingly important role in communicating with Spirits of the inner spheres. Many voices from the “beyond” have been captured on magnetic media and in particular on audiotape. There have been numerous cases, especially in recent years where the voices of deceased people now living in the Astral worlds would appear to amazed relatives on audio tape. This usually happened when something quite normal was being recorded, but when the tape was played back the voices “from beyond” are clearly present on the tape. These voices are often very clear, usually carrying a short but simple message, enough at least to provide ample evidence to those involved of the presence of the deceased person.

It is this sort of experience that has prompted further extensive and controlled investigation into obtaining the voices of “deceased” Souls now living in the Astral realms by recording them on tape and similar electro-magnetic recording devices. These experiments are often carried out in a similar way to conventional sittings or séances whereby the sitters simply sit around the tape recorder or other recording device providing the necessary focus and Energy. The presence, focus and intent of the sitters are sufficient to attract the attentions of Spirits from “the other side”, who are then able to record their messages.

These messages cannot actually be heard being recorded due to the vast differences in the density and vibrations between the Ether of Astral and physical worlds, however the voices are heard to be present during the replay of the tape.

How does this situation occur? The entire Universe, the Ether consists of vibration, Energy, and of particular importance in this case the Electric and Magnetic “fluids”. These “fluids” are not actually liquids as recognised in the physical world, but rather the electric and magnetic characteristics of the Universal Fire and

Water elements. It is the electro-magnetic propagation properties of the Ether that allows the vibrations of the communications of the Spirit voices, thought waves in the form of Energy, to pass through the electromagnetic continuum of the Ether and thus to be recorded on magnetic tape.

During one particular set of experiments carried out under strictly controlled conditions in a sound-proof studio in order to ensure that no extraneous noises could be present, two researchers left a tape recorder running for twenty seven minutes, during which time 200 Spirit voices were recorded. As with all of these “phenomena” there were several sceptical scientists who endeavoured to find a “logical” explanation for these voices recorded on the tape, but were totally unable to do so.

This area of research became known as “Electronic Voice Phenomenon” or EVP for short. Many famous people considered pioneers in their fields such as Marconi, Edison, Sir Oliver Lodge, Sir William Crookes and John Logie Baird were all totally convinced of the reality of Spirit communication by EVP and were using their professional skills and reputations to prove it. Even the Christian churches were open-Minded to EVP including Catholics, Protestants and Fundamentalists.

The Catholic church has even actively encouraged research directed towards Electronic Voice Phenomenon. Two of the earliest religious investigators were Father Ernetti and Father Gemelli who stumbled upon the Electronic Voice Phenomenon while recording Gregorian chants in 1952. Father Gemelli apparently heard the voice of his own deceased father on the tape saying, “Zucchini, it is clear, don’t you know it is I”. “Zucchini” was the childhood name of Father Gemelli. Pope Pius, the cousin of the Rev. Professor Dr Gebhard Frei was co-founder of the Jung Institute and was an internationally recognised and respected parapsychologist who worked very closely with Dr Konstantin Raudive, a pioneer of EVP working in Germany. Rev Frei stated: *“all that I have read and heard forces me to believe that the voices come from*

transcendental, individual entities. Whether it suits me or not, I have no right to doubt the reality of the voices"-- Rev. Professor Dr Gebhard Frei.

Rev. Professor Dr Gebhard Frei died October 27 1967. In November 1967 at numerous EVP tape recording sessions a voice claiming to be Gebhard Frei was recorded. The voice was positively confirmed and identified by Professor Peter Hohenwarter of the University of Vienna as unquestionably the voice belonging to Dr Frei.

The Catholic religion became increasingly supportive of EVP research with several Vatican approved researchers producing compelling evidence for EVP. Father Leo Schmid, a Swiss theologist, collected more than ten thousand recorded voices in his book "When the Dead Speak" in 1976, published shortly after his death.

In England, in 1972, four senior members of the Catholic church became involved in the famous Pye Recording Studio tests conducted by Peter Bander. Father Pistone, Superior of the Society of St. Paul in England, said after the tests:

"I do not see anything against the teaching of the Catholic church in the voices, they are something extra-ordinary, but there is no reason to fear them, nor can I see any danger". --Father Pistone.

A series of high and respected officials of the Catholic church subsequently lent support to EVP in what has now become a firm Vatican position of acceptance for these "voices from beyond". The following definitive statement was issued by Father Gino Concetti at the Vatican:

"According to the modern catechism, God allows our dear departed persons who live in an ultra-terrestrial dimension, to send messages to guide us in certain difficult moments of our lives. The Church has decided not to forbid any more the dialogue with the

deceased with the condition that these contacts are carried out with a serious religious and scientific purpose"

Printed in the Vatican newspaper Osservatore Romano and cited in Sarah Estep's American Association Electronic Voice Phenomena, Inc Newsletter, Vol 16 No, 2 1997.

The "ultra-terrestrial dimension" to which Father Concetti refers is of course the Astral worlds, again often known as the "beyond" or the "afterlife". The church itself does not as yet appear to officially support the reality of the true multi-dimensional nature of the Universe, or indeed the reality of the true purpose and destiny of mankind, it is however most positive that indeed it does at least officially support the reality of the continuity of life in an inner dimension after death of the physical body.

Chapter 61: Instrumental Transcommunication

Instrumental Transcommunication, “ITC” for short, is a particularly fascinating extension to the work of EVP. World ITC, an organisation specialising in this field and from which the following is referenced has this to say in introducing their cause:

“For thousands of years mediums and shamans have been in contact with a type of communicator that we don’t see and we cannot touch. These types of communicators can’t be perceived through our five senses. And the so called “normal” people (who are not aware that they might have mediumistic capabilities), often say that they feel that they are in contact with something/somebody in a way that other people cannot understand or believe. We define: Transcommunication takes place with partners we cannot perceive by use of our five senses. That is, partners inhabiting realms beyond our perception” – World ITC.

Note: again, the “realms beyond our perception” is a reference to the Astral worlds, the “afterlife”, the “beyond”.

Instrumental Transcommunication, ITC, is a range of technologies and means by which communications arriving from the Astral worlds can be received and stored by technical equipment. Unlike Electronic Voice Phenomena which largely focuses on audio tape recordings, ITC greatly extends the range and sophistication of equipment used to include tape recorders, TVs, radios, computers, telephones, mini-disk recorders, video recorders, the psychophone and all other devices already being used or will be used in the future in order to obtain these contacts from the Astral worlds. Examples of such devices also include microphones, video cameras, amplifiers for microphones, noise generators, mixing desks, lasers, ultrasonics and many other technical devices with the intent of obtaining meaningful information from the Astral world in the form of voices, as well as images and text.

The big advantage of ITC is the possibility to prove to others in more compelling ways than traditional channelling, often viewed with cynicism and scepticism, that something out of the ordinary "paranormal" is indeed taking place. People generally have more faith in scientific evidence that is often believed to be more physically tangible.

The entire field of Instrumental Transcommunications has been evolving for a number of years. In the 1920's Thomas Alva Edison, inventor of the electric light, the motion picture camera and phonograph was busily at work in his laboratory building a machine to achieve Spirit communication "with the dead". His assistant Dr Miller Hutchinson wrote, "*Edison and I are convinced that in the fields of psychic research will yet be discovered facts that will prove of greater significance to the thinking of the human race than all the inventions we have ever made in the field of electricity."* This was a most profound and important observation relating to the work of one of the greatest innovators that has yet physically lived.

Edison himself wrote "*If our personality survives then it is strictly logical or scientific to assume that it retains memory, intellect and other facilities and knowledge we acquire on Earth. Therefore, if we can evolve an instrument so delicate as to be affected by our personality as it survived in the next life, such an instrument, when made available, should record something".* – Thomas Alva Edison

Around 1925 Oscar d'Argonell wrote a book entitled "Voices from Beyond by Telephone" in which he detailed long conversations with his friends from the Spirit world. His book also gave details of how the calls were actually accomplished from the Spirit worlds.

In 1936 Atila von Szalay started experimenting with record cutting equipment and achieved success in recording Spirit voices on phonograph records.

In 1949 Marcello Bacci began recording voices using an old vacuum tube radio. A team of Spirits subsequently developed

around his work speaking to him through radio sounds. It should be noted there are large bands of Souls within the Astral worlds who's self appointed task it is to make and maintain contact with people still living on Earth. The primary reason for this is to conclusively establish the truth, reality and importance of the continuity of life after the death of the physical body, thus assisting the advancement of mankind. People would visit Marcello Bacci at his home, and deceased relatives would often speak with them through the equipment.

In 1959, a Swedish film producer, Friedrich Juergenson captured voices on audio-tape while recording bird song. Listening more intently to his tapes he heard his mother's voice say in German; *"Friedrich, you are being watched. Friedel, my little Friedel, can you hear me?"* During the next few years he continued to record hundreds of voices from the Astral worlds. Friedrich Juergenson went on to publish two books on his work called "Voices from the Universe" and "Contact with the Dead".

In 1967 a researcher, Franz Seldel, developed an instrument known as the "psychophone" for recording voices from the Astral worlds.

In 1971 a very important series of experiments took place involving the chief engineers of Pye Records Limited when they invited EVP pioneer Konstantin Raudive to their sound laboratory, installing special filtering equipment to block out noise from radio waves. Raudive spoke into the microphone for eighteen minutes, during which time no other voices were heard in the studio. When the tape was played back the researchers heard over 200 different Spirit voices from the Astral worlds. This well-known experiment led to a large number of independent people using home tape recording equipment to collect Spirit voices.

During the late 1970's considerable progress was made when USA based Spiritual researchers George and Jeanette Meek met a gifted psychic William O' Neil. The Meeks provided the resources

for an advanced project in direct Spirit communication with Spirit friends of Willam O' Neil being invited to participate. One of his Spirit friends was Dr George Jeffries Mueller, a deceased university professor and NASA scientist who simply appeared in O'Neil's living room one day as a semi-materialized Spirit and announced he was there to assist in the project of Meek and O'Neil.

This became a remarkable collaboration between the Astral and physical worlds with Dr. Mueller assisting Bill O'Neil to design a new piece of equipment that could convert Spirit voices into audible language. The device designed as a result of this remarkable association between the two worlds became known as the Spiricom comprising a series of tone and frequency generators emitting 13 tones spanning the range of the adult male voice.

By late 1980 the Spiricom had evolved to the point where the Spirit voice of Dr. Mueller was loud and easily understandable. The pioneering work of the Meek's with their friends Bill O' Neil, and Dr. Mueller in the Astral world became the catalyst for many similar experiments and research, carried out all over the world.

Between 1982 and 1988, Hans Otto Koenig developed a new type of Spirit communications device utilising extremely low frequency oscillators as well as ultra-violet and infra-red lights. In 1983 he appeared on the popular Radio Luxembourg where his equipment was set up under the close scrutiny of the radio station engineers. One of the engineers asked if a voice could come through in direct reply to a question, and a voice quickly replied, *"We hear your voice. Otto Koenig makes wireless contact with the dead."* . Stunned, Rainer Holbe the radio show presenter addressed the millions of listeners across Europe saying, *"I tell you, dear Listeners of Radio Luxembourg, and I swear by the life of my children, that nothing has been manipulated. There are no tricks. It is a voice, and we do not know from where it comes."*

Between 1984 to 1985 Ken Webster received some 250 messages on his computers from a Spirit named Thomas Harden who had

passed on in the 16th century. The Spirit claimed he had owned the same property four centuries earlier. Thomas Harden appears to have remained in the Etheric region of the Astral planes closest to the physical world and was therefore what is commonly known as a "ghost". Thomas Harden referred to the computer as a "light box", and sent information accusing Ken Webster of stealing his house. The many messages that followed in an old English dialect contained much information about the life of Spirit and of that era generally, all facts that were confirmed later.

And so ITC has progressed over the years with many seemingly amazing "phenomena" involving Spirit communication from the "beyond". In 1985, Klaus Shreiber began to receive the images of Spirits on his television set including Albert Einstein and deceased Austrian actress Romy Schneider, as well as various deceased family members; another of numerous such incidences of ITC, both intentional and by design, whereby residents of the Astral worlds are able to make direct communication with physical people still living on Earth.

In 1985 the science of ITC entered a new phase when Mark Macy of the World ITC organization and web site where many of the above examples of Spirit communications can be found, began to work closely with scientists and researchers on both sides of the Atlantic. Mark Macy said:

"Sixteen of us met in England to discuss this modern day miracle, its tremendous possibilities for our world, and the obstacles that stood in the way. We formed new friendships, and by the end of a long weekend we also formed INIT; The International Network for Instrumental Transcommunication. In the coming months Ethereal beings told us that they were observing our efforts closely and would provide guidance and support. We began to observe unprecedented miracles in our research. Many of us received phone calls, from Spirit friend Konstantin Raudive, and the Harch-Fischbachs; note: radio based ITC equipment of Maggy Harsch-Fischbach and her husband Jules Harsch of Luxembourg; *received*

astounding pictures and messages through their computer, all as a result of resonance among INIT members. It was clear that a new phase of ITC research on Earth had begun. Our Ethereal friends told us that the greatest strides would be made by individuals from different countries who committed to work together in harmony with pure intentions".

As these aging researchers passed on to the Astral worlds themselves, they very soon began to communicate with their colleagues still remaining on Earth. These researchers turned Spirit communicators from the Astral worlds included Konstantin Raudive, Friedrich Juergenson, Klaus Schreiber, Bill O' Neil and George Meek, all of whom wished to continue their earthly research from their new side of the veil in the Astral worlds.

The World ITC site sums up this remarkable research with equally remarkable results thus: Ethereal beings told INIT on more than one occasion that simply opening the door to the Spirit worlds can be dangerous; but researchers who work together and dedicate their efforts to inner human principles will receive Ethereal guidance and protection.

As years passed the Ethereal friends of Mark Macy along with a team of more than one thousand Spirit beings who had once lived on Earth shared vast and astonishing information with INIT members through computers, telephones, radios and other technical media. The advanced Ethereal beings said they had accompanied our world for many thousands of years and had come close six times when Earth had reached a crossroads leading either to a dark age or a period of enlightenment. This they said was the seventh time and they wished to establish a lasting bridge with their formless realm of wise, loving Consciousness.

ITC research would be the means by which to establish that bridge. Through the work of INIT it became evident that the more miraculous forms of ITC contact were made possible by such Ethereal beings who also provided protection and guidance for ITC

researchers and their Spirit friends. Mark Macy has been a leading researcher in ITC for many years. In 2001 he is was experiencing “miracles” in his laboratory including colour images of Spirits on a reliable basis, and the steady improvement of radio contacts towards a loud and clear dialogue.

It is clear the field of Instrumental Transcommunications is proving to be very important in proving the continuity of life after the death of the physical body and of the inner realities, information that really is so important to the future of mankind. As the years progress, the work of people like Mark Macy and his World ITC, together with the numerous scientists and researchers both within the physical and Astral worlds will become progressively more important as one of the main routes of inner level Spirit communication.

Chapter 62: Channeling Conclusion

There are numerous ways and means of establishing and maintaining contact with a wide range of beings from the inner spheres of reality, especially human beings. Some methods of communications are relatively safe for the genuine and experienced channeler, medium or researcher, and others of which are outright potentially dangerous such as the Ouija board and its variations for example.

Any form of channeling at all continued by inexperienced people should always be regarded as potentially dangerous, and should accordingly never be attempted. Genuine channelers, mediums and EVP experts for example have been practicing their particular disciplines for many years and therefore fully understand the dangers involved and how to deal with them should they arise. Many of these people also have entire bands of beings in the Astral and inner spheres assisting, watching over and protecting them during the furtherance of their important work.

Although many forms of channeling are highly effective when practiced by genuine channelers, mediums and researchers, including those mentioned earlier in this section, there have been and still are unfortunately many much less competent practitioners as well as large numbers of outright charlatans who are doing nothing more than seeking to willfully deceive people, usually for financial gain. Such charlatans are particularly dark as they will generally be more than happy to prey upon recently bereaved people and others suffering in life. Unfortunately the general public tends to take the cynical and sceptical view by focusing on the charlatans claiming them to be representative of channeling generally, thus giving all genuine mediums, channelers, researchers and their work a bad name.

In other cases science and researchers who are totally rooted in the three dimensional world of physical matter have tended to commit much of their time and Energy in striving to disprove the

ability to contact beings of the inner realms, including deceased human beings, using whatever means they have available whether such means are fair, ethical, true or otherwise. Many people have also become quite understandably highly disillusioned after one or more experiences with fraudulent mediums or psychics that have often resulted in considerably more harm than good.

It is not at all surprising therefore that genuine channeling, mediumship and instrumental research has never achieved the level of acceptance necessary in order for mankind generally to take it seriously enough to accept the absolute and most important truth of the continuity of life after the death of the physical body, and indeed of the existence of multi-dimensional realities of life beyond the physical world of matter, the physical Universe only representing a tiny fraction of the magnificence of the entire Universe of Energy, Consciousness and Love of which we are all an inseparable aspect.

As mentioned earlier there is a whole hierarchy of more advanced beings of the inner spheres of reality who are concerned with the progression of the entire human race. These hierarchies extend ever inwards, the inner always assisting the outer in the great ascent back to The Source, The First Cause, to God. As mankind has strayed further and further from its true path and destiny in favour of an illusionary path built around creed, dogma, indoctrination, gross materialism and the ego, perceiving only a three dimensional physical reality, the beings of the inner spheres are involved with various strategies aimed at bringing awareness of the inner truths and realities back to humanity.

It has been realised by these advanced beings that channeling and most other forms of mediumship have largely failed to succeed in this most important task for the reasons previously discussed, and accordingly alternative more direct and convincing approaches are required. The new focus over the last few decades therefore has been to teach mankind the existence of the inner realities, the truth of the continuity of life after physical death, and in encouraging

people to verify these important matters for themselves at first hand rather than having to rely solely on the word of mediums, psychics, clairvoyants and others. This strategy has resulted in the numerous seemingly miraculous and ongoing situations which was first referred to in the introduction to this book thus:

"T*oday we are witnessing seemingly "miraculous phenomena" whereby people are experiencing spontaneous, and sometimes even dramatic Spiritual experiences. Often, following such experiences are a sincere and dedicated seeking of genuine and true purpose, very often accompanied by an overwhelming realisation that there really is much more to "life" than the physical, material world erroneously identified as "reality". Such life changing experiences arrive in many and varied forms and degrees, including spontaneous Astral Projection, or "out of body experiences", Lucid Dreams, near-death experiences, and very often simply a sudden "realisation" in the form of an unmistakable inspiration or intuition received from "higher" sources. These changes are not only happening in the adult world. We are also witnessing new and extremely successful children's books, films and television programs, subtly guiding children away from the creed, dogma and indoctrination of the past".*

This then is the new paradigm moving forwards in this new and pivotally important era for all mankind. Once a sufficient number of people on Earth have expanded their awareness and Consciousness to fully realise, encompass and accept the inner realities and Universal truths and to structure their lives accordingly, this will in turn result in a much wider and accelerating expansion of Consciousness eventually encompassing the entire group human Mind, the collective human Consciousness, whereby exactly the same Universal realisations, truth and realities will sooner or later become an integral component of the Consciousness and life of every human being on Earth.

It is no coincidence therefore that these seemingly "miraculous" events, are increasingly occurring during this new era into which

the planet and mankind has now progressed. Channelling, mediumship and other indirect methods of contact and research all have their own place and are no less effective or important to those genuine people who practice them or to the people who genuinely benefit from them; the emphasis has now however shifted.

The remainder of this section is therefore dedicated to this new and vitally important approach to the inner realities. We will discuss how you can consciously visit the inner worlds verifying at first hand the truth and nature of your own immortal existence, and in the Astral worlds in particular to communicate with deceased human beings including family and friends, as well as gathering a multitude of extremely valuable experiences and information.

Chapter 63: Contact with the Inner Spheres

There are numerous ways in which the inner spheres of life and reality ranging from the Astral planes to the much more inward Mental planes be contacted, connected with and indeed visited. Many of these methods, in particular those required to safely communicate with the inner spheres of life beyond the Astral worlds are advanced, requiring dedication, discipline, practice, balance, and a degree of personal evolution in order to accomplish safely and successfully. That having been said, almost anyone can potentially achieve these levels of ability with commitment and dedication, by diligently and honestly applying individual development methods including those discussed in the next section of this book. For those so willing, the rewards can be very profound indeed, and very often life changing for the better.

Again it must be stressed however that despite the numerous articles you may read on the Internet and elsewhere regarding channelling and other such indirect methods of communication with the Spirit worlds, everyone would be very well advised indeed to leave these well alone until such time as your necessary level of development has been achieved, otherwise the consequences could well be very serious indeed for those who choose to dabble without the necessary abilities and experience.

We can now proceed to look in at several distinctly different methods of achieving contact with and travelling to the Astral worlds, including methods used successfully over many years. These methods will not only result in a much higher quality and more reliable level of experience and communication with beings in the inner worlds as compared to channelling and other indirect methods, but most importantly are also completely safe. Having successfully accomplished any of the following methods any temptations to interact with the inner worlds by less direct and safe methods such as channelling will be set aside and seen for what they are.

Chapter 64: Clairvoyance

Clairvoyance quite literally means “clear seeing” and can be defined as the ability to view within and beyond space and time without the need for physical eyesight, and therefore beyond the limitations of the five physical senses. There are many levels of clairvoyance and those with clairvoyant abilities might experience the entire range of such levels or simply just one or two of them.

In general terms clairvoyance includes the ability to view things at any distance beyond the scope of the eyesight and other physical senses, and also to “see” beyond the confines and limitations of temporal space and time, in particular to view the Astral worlds and the people and beings living there. The images “seen” by a clairvoyant might range from a still image or even an impression, to full motion pictures in vibrant colours appearing every bit as real and lifelike as actually viewing the physical world through the physical eyes if not much more so. The Astral worlds and beyond exhibit colours, sounds and vibrations way beyond anything perceivable by means of the five physical senses, and a clairvoyant can often view these in all of their splendour.

Clairvoyance is often known as the “sixth sense” and is associated with area of the forehead known as “the third eye”. At the location of the third eye there is a corresponding physical gland known as the pineal gland located slightly above and between the physical eyes, approximately mid-way between the eyebrows. This is also the same location as one of the main Vital Energy centres of the Etheric Body often known as the “brow chakra” as discussed earlier. It is the brow chakra that is actually the “third eye” and which is therefore responsible for the ability of clairvoyance. The physical pineal gland itself has steadily atrophied during the course of the evolution of mankind, particularly in recent millennia, progressively shrinking from its original size of approximately equivalent to a ping-pong ball, down to approximately the size of a pea as it exists in most people today. This atrophying of the pineal gland is mainly due to its lack of use, not only from a physical point

of view but more particularly due to the lack of its intended Spiritual use, thereby gradually shrinking as mankind has forgotten how to recognise and fully utilise its latent psychic and inner abilities.

The pineal gland has also shrunken due to breathing habits that became progressively less centred on Vital Energy and more centred on the inhalation of ordinary air through the mouth and nose. Of course humans need to physically breath, but the breathing of Vital Energy throughout the entire body is also vital for to the existence of life in all spheres of the multi-dimensional Universe. In many respects the pineal gland resembles an eyeball, and indeed it still has many of the same characteristics as an eyeball except that of course it cannot physically see in the same way as physical eyes.

The biological pineal gland actually functions in conjunction with the brow chakra of the Energy Body in order to bring Spiritual or higher visions to the Mind rather than the physical visions of the three dimensional world of matter as provided by the senses of the two physical eyes. As previously mentioned however, due to the progressive lack of use of the Spiritual vision over the course of thousands of years as mankind has become increasingly obsessed with materialism and its focus on the five physical senses, the brow chakra has progressively succumbed to disuse, and the associated pineal gland has accordingly steadily atrophied as would any organ which is no longer used for extended periods of time.

The decline in use of the pineal gland, coincident with a progressively more material outlook on life and the associated decline in understanding and knowledge of Spiritual realities and of the true destiny of mankind, has resulted in people ceasing to consciously breath Vital Energy through the entire body including the chakras, in this case the brow chakra, and to focus exclusively on breathing through the nose and mouth. This in turn has resulted in mankind progressively seeing things in a totally different and limited way, and only in accordance with the perception of the five physical senses. This is a major contributing factor as to how

mankind has progressively lost contact with the inner spheres of reality and therefore of his own Spiritual nature, true purpose and ultimate destiny. This same lack of inner Spiritual awareness is also a major reason why most people now perceive themselves to be located within the confines of a physical body, completely separate from everything and everyone else around them and from the Universe generally, looking out on the world through physical eyes, interacting with the surroundings by means of the eyes and the other four physical senses.

When mankind eventually turns its back on materialism, creed, dogma and all of the other insidious negative factors affecting humanity today, and once again begins to know its true and ultimate destiny, people will once again begin to live their lives in accordance with true Spiritual values arising from the full realisation of our true Spiritual nature, and in the certain knowledge we are all children of the same Prime Creator, The Source, God, to whom it is the ultimate destiny of everyone to eventually return as perfected Spiritual beings.

Those people now following the true path are already beginning to regain their true Spiritual faculties including clairvoyance. As this process continues those people will progressively experience raised vibrations of the Energy Body, Soul and Spirit, in turn facilitating the reconnection with and realisation of inner abilities such as clairvoyance, which will in turn strengthen and become progressively more profound as time progresses.

Children up to the age of five years old or so having only relatively recently arrived back from the Spirit worlds and not having yet been fully indoctrinated into the material world of the five physical senses, still have very strong clairvoyant connections to the Astral worlds and can still “see” beyond space and time. As mentioned earlier, very often children appear to their parents to be fantasising or playing with “imaginary friends”; if only parents knew these friends are in fact very real indeed. Young children are still very much a part of the world of Fairies, Gnomes, Mermaids and other

such delightful and very real beings of the Astral worlds. Clairvoyance, as naturally enjoyed by young children brings the ability see distant places, view things happening in those places in both the physical and Astral worlds, and even to see into the past, present and future; there really are no limits.

Anyone can work towards activating the brow chakra, the third eye, and therefore clairvoyant abilities. First and foremost however must come a sincere and true Spiritual recognition, and the true determination and commitment to evolve and progress. Without this level of recognition, commitment and sincerity, no true progress can or will be made.

As with all inner and Spiritual exercises an adequate state of relaxation is first of all required within a location where you know you will not be disturbed. A comfortable chair or recliner is ideal, providing you will not be prone to falling asleep. For this reason, lying on or in a bed is not advisable unless supported in a semi-upright position by pillows for example.

When firmly settled and completely comfortable, spend a few minutes becoming as deeply relaxed as possible. The next section of this book provides full details on achieving a state of deep physical relaxation, absolutely ideal for these exercises.

Next, in order to increase your state or relaxation, perform rhythmic breathing for a few minutes. Breathe in slowly through your nose to a count of five, hold your breath for a slow count of five and then breathe out slowly through your mouth for a further count of five while imagining all tension leaving with your breath. These procedures will slow down your brainwaves to a more receptive level and deepen relaxation.

Next, close your eyes and focus on the area of your third eye which is located between your eyebrows; to do this effectively you will need to focus your physical eyes upwards and inwards as if going slightly cross-eyed. At first this might seem somewhat

uncomfortable and might even cause tension or a slight ache, but these will pass with continuous practice. Maintain your full attention at the position of your third eye and do not to allow any thoughts to enter your Mind; your entire attention should be entirely focussed on the area of your third eye and viewed behind your closed eyelids.

Continue to concentrate as much as you possibly can and watch for anything appearing within your field of focus. You might for example start to see colours, shapes, symbols, or even images. Continue with this exercise for at least ten minutes, the longer the better, thirty minutes being a useful time to practice this each day. When you wish to conclude the session, slowly bring yourself back to your normal waking awareness. Once you are fully aware, immediately write down everything you saw while focussing on the third eye, no matter how insignificant it might seem. Keeping a notebook or journal specifically for these exercises is very important.

Make these exercises a daily habit; the more often these exercises are practiced the sooner results can arrive, continuity being very important. Should you not see or perceive anything at all for the first few sessions please do not be concerned; it might well take some people many weeks or even months to penetrate the veil between the physical and Astral worlds, a veil that has become ever thicker and less accessible due to the exclusive use of the physical senses.

Consider these exercises as like the peeling away of those the physical layers that have been added over the years until finally all layers have been peeled away revealing the glories of the Astral worlds. Patience and perseverance are extremely important as is the case with the gaining of all worthwhile inner abilities. This third eye activation exercise may also be combined with meditation by practicing these exercises at the end of a meditation session where you will still be very relaxed and your Mind quiet and highly

focussed. Having gained clairvoyance, constant use of this ability will be further enhanced over time by continued daily practice.

In addition to clairvoyance there are the related abilities of “clairsentience” and “clairaudience”. Clairsentience is a more general ability involving the inner equivalent of the senses of smell or touch. Like all inner abilities clairsentience might appear spontaneously as a result of Spiritual progress or as a result of the practice of other abilities such as clairvoyance. For example you may suddenly sense a perfume, perhaps of flowers, even though there are no such flowers physically present anywhere near you. Or you might suddenly feel something brush past you or feel a tickling sensation on your face when there is apparently no-one else present. These are all examples are of clairsentience where impressions from the inner worlds are perceived in the form of smell or touch.

Clairaudience is the ability to perceive sounds originating from the inner spheres; sounds not detectable by the physical ears. These sounds can vary dramatically ranging from random noises such as pops, whistles and knocking sounds, through to the full reception of other beings and situations within the inner worlds. Clairaudience is not related to the physical ears in any way, but is rather linked to the throat chakra. Beings residing in the inner worlds will often attempt to communicate directly with humans in this way, and as such this might be considered to be a form of channelling. However as with all communications from a completely unknown source, these should be approached with extreme caution.

Clairvoyance is a rightful ability of all human beings. Like all such abilities however they should always be used for good and honourable purposes and in particular for your own genuine needs and ongoing development and to assist others whenever the need and opportunity arises. Never be tempted to use any inner ability against others in any way, or against their will otherwise there will most surely be a karmic price to pay, either in this life or a future life.

Chapter 65: The Akashic Record

Every single thought, every action and every event happening now, has ever happened, and ever will happen anywhere in the entire Universe in all dimensions of reality are instantly “recorded” in the causal sphere of the Universe, often known in Eastern mysticism as the “Akasha”, another name for the Ether or The All, an aspect of the Universal multi-dimensional continuum that is God. This repository of Universal information is often known as the “Akashic Record”, or sometimes even conceptualised as the “Akashic Library”.

On an individual level, the Akashic record holds every minute single detail of every single life of each and every person without exception. This information will when a person has progressed far enough along the path be made available, at which time the full details of all lives will be revealed in perfect context.

Although the Akashic record is frequently conceptualised as a vast library with shelves upon shelves of record books, it exists in reality, as with everything else in the entire Universe as pure Energy of the Ether. The Akashic record can be accessed by humans having the necessary psychic abilities, such people often discovering highly detailed information relating to past events going back over any number of years as measured in Earth time, and also even of future events. Very often prophets predicting the future are doing so by accessing the Akashic record and “viewing” details of such probable future events. One such famous person was Edgar Cayce, sometimes known as the “sleeping prophet”, who over the course of many years while in a state of deep trance channelled a considerable amount of information on a very wide range of subjects in direct response to questions addressed to him by those present, much of which was recorded. It is quite probable that other famous prophets such as Nostradamus also obtained predictions of future events by directly accessing the Akashic record.
There are several advanced psychics who can also obtain information and predictions directly from the Akashic record, some

of whom for example work with police forces in the search for missing people or to solve unsolved crimes. It should be pointed out once again however that not all people who claim to be psychics have this level of ability, but might well nevertheless claim the ability or to seek to impress people simply by mentioning the Akashic record. As ever therefore before spending money or relying on any psychic for any purpose, whatsoever, always gain testimonials and evidence of their claimed abilities first; this vital but precaution simply cannot be stressed enough. Any genuine psychic would be pleased to produce such testimonials; any not pleased to do so or take offence at the request should be completely avoided. Genuine psychics, particularly those with the ability to access the Akashic record will usually be Spiritual people who will therefore not be motivated by mere materialistic or commercial gain, indeed most genuine psychics will fully understand the detrimental effects of such materialism and commercialism and therefore will most certainly not be motivated by mere money.

It is quite possible that many cases of afterlife regression, clairvoyance, remote viewing and other forms of psychic access are also achieved by means of access to the Akashic record, although this might not always be the case. There are people however with advanced psychic abilities who can proactively access the Akashic record with such a high level of accuracy, the information they access, record and make available has the potential to alter the course of science or even the whole of the planet such is its importance. These people are however usually very secretive and understandably so, fearing the negative backlash, ridicule and cynicism they might be subjected to by science, religions and the materialistic world generally. The time is arriving however whereby access to the Akashic record will become fully accepted, and those with the abilities to do so will be respected for the service they provide for the benefit of mankind.

Chapter 66: Astral Projection

No longer is it adequate, necessary or indeed desirable to rely solely on psychics or channeled information for evidence of Spiritual realities. Over the last few decades in particular Astral Projection and “Out of Body Experiences”, often known simply as “OBE”, have become increasingly more important at all levels in pointing the way forward and thereby reconnecting mankind with inner realities and destiny and purpose in life. Astral Projection is also the best possible preparation for the next physical death, which of course everyone will experience sooner or later. “Death” is an event in the personal evolution of every person, and event experienced a multitude of time, that should never be feared, being the next stage of a joyous Spiritual journey on the return to Our Creator, The Source, to God.

Those who can Astral project from their physical body in order to explore the inner realms of reality, their next home, never fear “death”, knowing beyond any doubts whatsoever from first hand experience that in reality the finality of so called “death” really does not exist, and is in fact no more than a completely natural transition from the dense, low vibration of Energy of the dense physical world of matter, to a much higher Energy vibration and correspondingly finer density of existence in the inner worlds, the Astral and Spirit worlds. Again it should be mentioned at this stage that the Astral and Spiritual worlds are not actually “higher” relative to the physical world, but are in fact “inner” dimensions with The Source, Our Creator, God at the very centre of all creation at the very highest vibration of Energy.

“Death” not only no longer holds any sort of fear for people who learn and engage in Astral Projection but indeed the situation known as death usually becomes something to be embraced with excitement and anticipation when the time arrives, and with it a knowing beyond all doubt the true reality of the life of peace, tranquillity and harmony awaiting beyond the confines of the physical world.

In addition to Spiritual exploration, meetings with deceased relatives and friends and for general information gathering, Astral Projection is also extremely useful for many other valuable purposes including for example healing and manifestation. Indeed an entire book could be written on the profound benefits of Astral Projection but by far the best way of discovering these profound realities is by direct experience. Those who experience Astral Projection and out of body experiences see and know the physical world for what it really is, a temporal experience, and have a much more profound understanding of the true meaning of life, usually resulting in a complete re-evaluation and appraisal of individual priorities and direction.

There is actually nothing at all new about Astral Projection, even the most ancient cultures for example the ancient Egyptians and many others were totally familiar with, and made maximum use of these completely natural abilities. Many cultures, for example the native American Shaman, still use Astral Projection extensively today for many purposes benefiting their people.

There are many references, albeit in symbolic form to Astral Projection in the books and bibles of the popular world religions. Highly advanced, no longer visible ancient civilisations of thousands of years ago used Astral Projection extensively to manifest things required on Earth. Even very earliest humans of hundreds of thousands of years ago at the very dawn of civilisation were capable of Astral Projection, very often practiced by the tribe shaman or “medicine man”. Indeed, the entire tribe would often participate in the Astral Projection process by drumming and other methods and rituals designed to invoke the required altered state for Astral Projection. It is now thought the paintings found on the walls of caves around the world, many of which are very similar indeed despite the vast distances separating them across entire continents, are actually pictures depicting experiences of Astral travel, and more importantly such depictions relate important information bought back from the Astral worlds by the shaman for

the benefit of the tribe. However, as with so many inner abilities such as clairvoyance, mankind has largely lost the instinctive ability to Astral project due largely to the millennia of ongoing creed, dogma and materialism.

So what exactly is Astral Projection? First of all it is most important to keep in Mind that Astral Projection is an extremely normal and natural ability of all human beings. Every time we achieve a certain stage of sleep the Energy and Astral bodies are automatically projected out of phase with the physical body, often associated with rapid eye movement, abbreviated to “REM”, signifying the onset of a type of low level Astral Projection. Most people who are untrained in remembering dreams and sleep activities will have no recollection of this process.

The projection of the Astral Body during sleep and the various modes of dreaming and of their implications will be discussed in detail later in this book, but for now however suffice it to say that Astral Projection is a completely natural human process, as natural in fact as sleep itself. The main difference between Astral Projection during sleep and Astral Projection in the usual meaning of the term is in the latter case the process is carried out with full conscious awareness and control. Rather than both Mind and body being in the sleep state, with Astral Projection the body is in the sleep state but the Mind is fully awake, aware and in conscious control over the entire process; this then is the fundamental basis of all Astral Projection and Out of Body experiences.

As discussed earlier, humans fundamentally comprise three distinct bodies; the physical body, the Astral Body and the Mental or Spirit body. There is also an intermediate body effectively acting as an “interface” or “transformer” between the physical and Astral bodies, usually known as the Etheric or Energy Body. Under normal circumstances most people are only aware of the existence of their physical body, being entirely focussed on the five physical senses of sight, smell, taste, hearing and touch, through which the three dimensional world of matter is experienced. The inner much more

subtle bodies are always very much present however, albeit existing beyond the range of the perception of the five physical senses.

We are all multi-dimensional beings, concurrently occupying physical, Astral and Mental bodies, even though most people are only aware of the physical body. Astral Projection is the projection of Consciousness beyond the limitations of the five physical senses in order to assume awareness and control of the Astral Body with its own Astral senses, within the Astral planes. Astral Projection is not actually projecting to the Astral plane as such, because as humans we are already multi-dimensional beings, continually and concurrently existing in the Astral and Spiritual worlds at an infinite number of levels of Energy. Where we perceive ourselves to "be" at any time is determined by at what level of vibration of Energy our conscious awareness is focussed. Astral Projection is therefore a projection of Consciousness beyond the confines of the physical body, thus becoming consciously aware of the Astral worlds thereby assuming control over the Astral Body already residing there.

The Astral worlds are very real indeed, seeming much more solid and real than the physical world, the physical world merely being a very pale projection of these inner or more specifically inner realities; an illusion that might seem very real, but is really only "real" in accordance with and as perpetuated by the restricted perception of the five mundane physical senses existing exclusively to enable interaction with the physical world of matter. As previously noted, Eastern traditions often refer to the physical world of matter as "maya", illusion. It should also be noted that although the Astral worlds appear to be much more solid, "real" and vibrant than the physical world, the Astral worlds have been and are still being created by the Minds of human beings in accordance with recent experiences within the physical world, and the Astral worlds are therefore in and of themselves not true reality, true reality being our true home as immortal Spiritual beings in the inner, inner world of Spirit. By comparison with the physical world, the Astral worlds

are, at the mid to inner levels a much more pleasant place to be, with anything desired being instantly created by the Mind without the need for money, work or any of the other trappings of a physical existence.

Astral projectors, like those who have passed on after the experience known as “death” do not find themselves in some sort intangible “dream world” but rather experience a very solid, vibrant, intense environment where all senses seem greatly magnified. The senses involved of course are the inner Astral senses and not the five mundane physical senses so much taken for granted in the physical world of matter. Thoughts can actually be seen to take shape instantly and anything desired can be instantly manifested by means of the powers of the imagination in the very process of creation. This is also why the Astral worlds are known as the “desire worlds” and the Astral Body known as the “desire body”.

Everyone dwelling at any particular level of the Astral planes exists at exactly the same level of Spiritual evolution, vibration and density, and accordingly absolute peace and harmony prevails at the mid-Astral worlds and inner. Of course in the lower Astral worlds although everyone is also on the same level and of a like Mind, character and personality, those worlds reflecting the people living there can be anything but peaceful and harmonious, being a direct reflection of the dark lives of those people while living on Earth.

In the peace and harmony of the mid to inner Astral worlds there is no money, no factories or offices, no formal work, no bosses and no formal leaders, everyone of their own freewill working together harmoniously as Spirit for common causes. People living within the Astral worlds still nevertheless retain their materialistic perspective and earthly desires, the main reason they are still living there, and it is not until these desires have been completely recognised, satiated and purged, with material things seen for the illusions and barriers to progress they really are, can further progress be made to the

inner vibrations and ever more blissful conditions of the upper Astral and Mental worlds.

It is these human characteristics of the mid-Astral residents that causes the mid-Astral worlds where many Astral projectors find themselves to be very similar indeed in appearance to Earth, so similar in fact that after the transition known as “death” many people do not immediately become aware of the fact they have “passed on”. Similar houses, cars, trains, gardens, leisure, entertainment and many other typical Earthly characteristics all created by the desires human Mind over aeons of time, often as an extension of their previous material lives on Earth, all being represented within the Astral worlds. The Astral worlds were not therefore created for humans, but rather by humans as a reflection of what they believe life at that level should represent. This applies to all levels and realms of the Astral worlds, and indeed the Astral worlds of the beings of other planets are similarly created according to their own particular worlds, environments and perceptions.

Everyone upon passing over to the Astral worlds after physical death will be attracted to the precise degree of vibration and density of their own Astral body, character, beliefs, perceptions and level of Spiritual development. It is very important to remember however that all of these worlds, past, present and future, still exist concurrently within the Universal continuum of the Ether, The All, God. Unlike Earth however the Astral worlds contain everything from the past, present or even the future as relates to Earth time. This is one reason why the Astral worlds often seem so much like the physical world that some people who have passed on from Earth and why they often do not realise they have actually “died”, often taking quite some time before they can accept it. In addition to a familiar Earth-like environment and people, the Astral worlds are inhabited by numerous entities and beings who have never physically existed on Earth, including from the past and future of Earth, and some who will even originate from other planets in the physical Universe.

Within the Astral worlds a cause in the form of a thought will immediately result in a corresponding effect whether it is positive, neutral or negative. New residents and visitors very quickly learn this important principle. The Astral projector should always know and understand these laws before projecting otherwise it is very easy indeed to become caught up in undesirable situations that are in reality no more than the manifestation of his or her own Mind. For example if the Astral projector is afraid of meeting an “evil being” then he or she will upon projecting probably come into contact with that very same evil being. The evil being will however be merely a projection of the imagination and accordingly not at all real but nevertheless seeming very real and terrifying for those unprepared for such situations.

It is most important therefore within the Astral worlds for the projector to maintain a passive state of Mind at all times but with an air of mild curiosity. In this way everything will seem normal, and opportunities to explore and learn will rapidly present themselves quite naturally, very often by meeting other Astral residents or quite likely a guide. The guide might be a personal “Spirit guide” or one of numerous willing Astral guides who are only too willing and able to help all Astral projectors. At the final analysis however the best way to learn about the Astral planes and the Universal laws prevailing there is to actually go and gain experience at first hand; this is exactly what the advanced intelligences of the inner realms are endeavouring to bring about in this new era for mankind.

There are many aspects of Astral Projection and the Astral worlds in general the projector will need to get used to very quickly indeed. Travel is instantaneous; it is simply a matter of thinking where you wish to go or who you wish to be with, and you will instantly find yourself there simply by focussing on the destination. Of course a projector needs to know where they wish to go in the first place and this is where an Astral guide can be most useful. Meeting deceased relatives, friends and others is very straightforward assuming they are still dwelling at the same or lower level of the Astral worlds. A person in a lower Astral world cannot however project to a person

in a inner Astral world due to the higher vibrations existing there, vibrations that cannot be tolerated by an Astral body of lower vibrations. By simply thinking about the person, by visualising them and by desiring and creating the intent to be with them as if you are already there, you will instantly find yourself in the presence of that person.

All communication in the Astral worlds takes place by thought transfer, and is therefore instantaneous. Such thought transfer can be basic telepathic communication to the exchange of entire packages of information in symbolic form including imagery. There is no problem talking as on Earth with the “mouth” of your Astral Body if that is what you wish to do, and indeed new arrivals within the Astral might instinctively do, but nevertheless actual communication is still carried out telepathically by words, images or symbols over any distance, and therefore speaking as with a physical mouth is superfluous.

Many people newly arriving in the Astral worlds will quite understandably speak their mouth as a matter of habit, but this still results in telepathic communication nevertheless, and they quite soon realise that communication is by pure thought transference and will learn to use that mode of communication. Although telepathic communication can be performed a word or symbol at a time, it is much more efficient, as the people of the Astral worlds soon discover, to send entire “packages” of thoughts which the recipient can absorb at will.

Is Astral Projection safe? Yes, absolutely. No actual harm can come to an Astral projector. A question often asked is whether another being can enter and take over the physical body of a projector while the projector is still away from the physical body in the Astral worlds. The answer to this is quite simply this situation cannot occur any more than it can happen while experiencing normal nightly sleep projections.

Another question often asked is whether it is possible to get “stuck” in the Astral planes and not be able to return to the physical body. Again there is no danger of this situation occurring whatsoever. While still possessing a physical body a fine silver cord, the Astral matrix, maintains a permanent connection between the physical and Astral bodies, and this connection is only finally severed at the point of physical death. In order to return to the physical body it is only necessary to think about being actually there at that moment and it will happen instantly regardless of your Astral situation at the time.

There have been numerous methods for achieving Astral Projection used over the course of many thousands of years. Many methods taught in modern books and elsewhere require very considerable practice, discipline, willpower, patience, concentration, and very often even a high degree of natural ability; many of these methods are often for all practical purposes beyond the scope of most people as many have already discovered.

Many if not most of the methods often described today are designed to initially result in what is commonly known an “Out of Body Experience” or “OBE”. The terms Astral Projection and Out of Body Experiences, often abbreviated to “OBE”, are often confused or used interchangeably. In fact Astral Projection and OBE properly describe distinctly different situations. Astral Projection can be defined as a projection of Consciousness beyond the confines of the five physical senses to assume control of the Astral Body, the Soul, which then becomes the principle centre of conscious awareness and the vehicle of travel while interacting with the Astral worlds. OBE can be best be defined as an “Etheric projection”, where the centre of Consciousness is projected away from the physical body to the Etheric Body, also known as the Energy Body. The Etheric or Energy Body is denser than the Astral Body with correspondingly lower vibrations. An OBE therefore takes place closer to the physical world. The Etheric plane is often referred to as the “real-time zone”, taking place close to the physical world of space and time rather than within the Astral realms beyond space

and time. Although an OBE, an Etheric projection appears to be taking place in the physical world itself, the environment experienced during an OBE is actually a dense reflection of the physical world within the Etheric plane, and accordingly has many characteristics of the Astral plane of which it is a lower vibration, higher density aspect, including, as most people quickly realise, sensitivity to thoughts.

Thoughts can quickly cause what are often known as “reality fluctuations” where familiar surroundings and objects can suddenly appear, alter in appearance or even disappear completely. It is quite possible and indeed common to convert an initial OBE to a full Astral Projection simply by consciously raising the vibrations of the Etheric Body. This can be accomplished by using the power of the Mind to form the definite intent to transition to the Astral, achieved for example by focussing on a particular Astral locale or a particular person residing within the Astral worlds. An intent is then formed to be at that locale or with the person, or by issuing a definite statement in the form of a command in the present tense, for example; “ I am now in the presence of my grandfather”, or, assuming you have an Astral locale you are already familiar with; “I am now at…and then the name of the locale”.

Astral Projection and OBE methods like all inner abilities require long-term commitment and practice. It is no good approaching these things in a less than committed way or as some sort of novelty. Everyone can succeed with Astral Projection or OBE, but the Mindset for success must be absolute, regardless of how long it takes. Likewise, the desire for Spiritual exploration must be absolute and most importantly for all the right reasons, reasons you will for example find in this book. Your Mind, and in particular subconscious Mind should be so programmed to succeed with Astral Projection and OBE that it becomes an integral part of your psyche. The more you desire to experience these abilities the more likely you are to succeed, and the sooner you are likely to succeed.

As with most abilities, regular and dedicated practice makes perfect; it is not good enough to simply practice for just a few minutes for a few nights and give up if there is no success; like most things, success will come to those who persevere. Therefore before embarking on these important objectives, take time to make a full intellectual and emotional commitment, together with the resolve to succeed. The profound benefits for those who do so will more than justify such commitment and resolve, and the experiences will become increasingly more frequent and profound as time progresses.

Chapter 67: Three Astral Projection Methods

Astral Projection Method 1: The Third Eye Focus

As previously mentioned, there have been and still are numerous methods for achieving conscious Astral Projection, and ultimately the choice of method is determined by personal preference. However the following methods and their variations contain the major principles required for success, and which methods have enabled many people to succeed consistently with Astral Projection who might otherwise not have been able to do so at all.

The following first three methods are oriented towards Astral Projection as opposed to OBE. These particular methods are sometimes also known as “phasing” as your conscious awareness is “phased” away from the sphere of the five physical senses of the Earthly body to assume conscious awareness and control over the inner Astral senses of the Astral Body within the Astral planes.

All successful methods of Astral Projection require the projection of Consciousness away from the physical body and senses. One of the most fundamental aspects of achieving this is to first attain a state often known as “Mind awake, body asleep”. In this state the physical body is fully asleep just as it would be during your usual night-time sleep, but the Mind remains fully conscious and aware just as it would be normally during daytime waking hours.

The Mind awake, body asleep state therefore involves focussing your attention fully away from the five senses of your physical body until your physical body quite literally goes to sleep by itself while your Mind remains fully awake. The Mind awake, body asleep state can be accomplished at any time with sufficient abilities of concentration and relaxation, the methods of which will be discussed in the next section of this book. Such abilities do however require time and practice, although all such time and practice is very well spent.

There are fortunately very much quicker and easier ways of achieving the Mind awake, body asleep state without the need to formally practice to the same extent. This is fundamentally achieved by making use of this state as it naturally occurs during sleep cycles, for example after awaking from your normal night's sleep a couple of hours earlier than usual. When you first awaken from the sleep state, including even a daytime nap, your body is normally in an extremely relaxed state while your Mind starts to awaken to a state of daytime conscious awareness rapidly. The basis of this Astral Projection method therefore is to maintain and deepen this already physically relaxed state until such time as your body goes back to sleep to continue its normal sleep cycle while at the same time focusing your Mind to keep it fully alert and conscious.

It is quite possible to achieve the required Mind awake, body asleep state after going to bed at night and before sleep by allowing your body to fully relax and go to sleep while maintaining full conscious awareness. If you can allow your body to fully relax into sleep while maintaining your Mind in a fully conscious state, you will become aware of the projection process that automatically occurs during normal sleep and can then assume full control over the projection process and subsequent activities.

Before we commence with a full Astral Projection method we should again address the common concerns that might arise as a thought in the Mind thus preventing successful Astral Projection to take place. It is simply not possible to become lost in the Astral planes or not be able to return to your own physical body. While Astral projecting your Astral body is always connected to your physical body by means of a fine, often invisible thread, often known as the "silver cord". If visible this thread looks exactly like a silver cord, but one that can expand infinitely. The silver cord, which is actually the Astral matrix as discussed earlier in this book may be likened to an umbilical cord connecting your Astral Body, or more specifically your integrated, conjoined Astral and Mental bodies, your Soul and Spirit to your physical body. This maintains a vital

link that simply cannot be severed during Astral Projection. Likewise, another entity cannot posses your physical body while you are in the Astral planes. We are all multi-dimensional beings, and although travelling in the Astral Body where your conscious awareness is located, you are still also concurrently occupying your physical body, albeit beyond the reach of the five physical senses. So again, please do not worry at all about not being able to return to your physical body or of it being possessed by another entity; such fears are unfounded and will almost certainly prevent successful Astral Projection. I for one am not aware of any cases whatsoever where any these situations have occurred.

Moving on to this first Astral Projection method: commence by setting your alarm clock to awaken you at least two hours before your normal waking time. A very good time to awaken for this is around 04:00am. This method involves allowing your physical body to go back to sleep while your conscious Mind remains fully awake.

As soon as you awaken start this procedure immediately; do not be tempted to roll over and go back to sleep again. Lie flat on your back and maintain the extremely relaxed feeling you enjoyed immediately upon waking. Next, immediately focus your full attention on the area directly between your eyebrows. This area corresponds with a major centre of the subtle Energy Body known as the “brow chakra” or “third eye” as discussed earlier. To accomplish this you will need to force your focus upwards and then move your eyes inwards in order to focus exactly on the area between your eyebrows as if you are going slightly cross-eyed. Some people might find this to be very straightforward, while others might find it somewhat of a strain at first. The strain will soon settle down however with practice.

Next, while maintaining your focus between your eyes, become fully aware of the entire area of the top of your head; this is known as the area of the “crown chakra”. Finally, again while keeping your attention firmly on your third eye, also become aware of the region of your upper chest; this is the “heart chakra”. It is not necessary to

focus on your crown and heart charkas, but only to maintain awareness of them. Your point of focus should be on you brow chakra, your third eye located between your eyebrows. Please do not worry to begin with if you have trouble maintaining awareness of your crown and heart chakras at first; it is most important of all to maintain concentration and focus on your third eye, your brow chakra.

While focussing on your third eye remain fully relaxed and empty your Mind completely of all thoughts. It is most important to maintain your physical body in a state of complete stillness and total relaxation throughout. It is also most important to remain flat on your back; do not roll over on to your side or any other position other than flat on your back. This might seem like a difficult process at first, but if you remember to do this from the outset as soon as you awaken, you will soon be able to prevent your normal mundane waking thought processes from starting. If a thought does enter your head, for example, “what shall I have for breakfast today?”, or “am I still totally relaxed”, or “can I still sense my physical body”, simply acknowledge the presence of the thought and allow it to drift through your Mind without giving it any further consideration whatsoever. Do not fight such thoughts or become upset by them otherwise your concentration and relaxed state will be broken, and you will have to either start the process again or leave it until another day. Again however, the benefit of waking two hours early in the morning is to achieve and maintain the necessary state of deep physical relaxation while not allowing thoughts to even start to enter your Consciousness.

While maintaining your attention firmly on your third eye and with your conscious awareness of your crown and heart chakra’s, all while keeping your Mind totally clear of thoughts, begin to breath rhythmically through your nose. Slowly and deeply breath in through your nose to a slow count of five, hold your breath for a further slow count of five, exhale through your nose for a further slow count of five, and then relax your breathing for a final slow count of five. Repeat this breathing process five times initially.

Having completed this initial breathing exercise while still maintaining your full attention on your third eye, maintaining awareness of your crown and heart chakras and emptiness of Mind, imagine with as much feeling as you possible can that you are a feather falling very gently from a great height. Feel yourself drifting very slowly and peacefully downwards while enjoying the lightness, floating and drifting feeling immensely. Should your attention drift away from being the feather, repeat the breathing exercises and then start drifting as a feather once again. This might all seem like a lot to remember at first, but it is really a fully integrated process, and very soon you will not even have to think about it. As you become more proficient with this stage of the process you can modify it to suit the best method for you; the main objective is to achieve that all important Mind awake, body asleep state.

As this procedure progresses you should feel your body maintains a state of deep physical relaxation and soon starts to feel progressively heavier as if sinking right into your bed. You might also feel a very pleasant wave of warmth sweeping through your body as this process progresses. It is still very important to maintain complete concentration on the third eye area between your eyebrows without wavering, and if possible to maintain awareness of your crown and heart chakras, all, most importantly while maintaining your Mind empty of thoughts.

Soon you should completely lose all sensation of your physical body to the extent you forget about it altogether. You should however never be tempted to ask yourself whether you can still feel your body, as this will break your concentration; just know beyond any doubts in your own Mind that you cannot feel your physical body and that the process is therefore progressing very well. Once again it must be stressed that this Mind awake, body asleep state is absolutely fundamental in order to achieve success with almost any method of Astral Projection. It can take anywhere between five minutes to an hour or more to reach this state, so please do not

hurry it; the time taken to achieve this fundamental Astral Projection state will reduce with practice, and in particular with success. You must proceed in a calm, relaxed and controlled way, always knowing beyond any doubt you have already succeeded.

If after one hour you have still not been able to achieve the required Mind awake, body asleep state then it is best to simply accept the time as valuable practice and to continue again another day. Everyone can potentially achieve this natural state, it simply like most worthwhile things requires genuine commitment and practice. As previously mentioned, by comparison to most other Astral Projection methods this procedure is very much more straightforward and easier to accomplish due to being an extension of the normal sleep process. Be absolutely honest with yourself at all times; if you are still aware of your physical body or cannot maintain the focus on your third eye area, or can prevent thoughts from entering your Consciousness, then do not continue with that particular session, there is always another day, and of course practice makes perfect.

Having successfully achieved the Mind awake, body asleep state it is very important indeed to maintain it; it will not be long before the Astral Projection process naturally commences. Do not allow any thoughts to linger in your Mind and do not ask questions of yourself, such as, “have I achieved the Mind awake, body asleep state yet”. When you have reached this state you will know beyond any doubt. You will have no feeling of your physical body and will probably start to see swirling colours, like clouds, drifting across your field of inner vision. This is known as “hypnagogic imagery” and is an extremely good indication you have achieved an important state for the next stage of this method. It is now very important to maintain this entire state without breaking your concentration. Again, do not worry, it will come sooner or later with practice; people have achieved success at the first attempt but others might take weeks to accomplish this.

The hypnagogic imagery will soon become more and more intense and might begin to form more recognisable shapes such as scenes, or sometimes symbols. These are actually visions of the Astral worlds, and you should welcome them knowing you are very close indeed to fully projecting. You might also start to hear noises such as hissing, popping or other strange noises, but again please do not worry; these are only the audible equivalent of the imagery originating in the Astral worlds. Another very common experience is seeing your surroundings through your closed eyelids. If you experience this state it is a very good sign indeed that the projection process has commenced. Your physical body will be asleep and your Etheric body will have moved out of phase with your physical body, and you will be viewing your surrounding with your Etheric sight rather than your physical eyesight. In fact what you are viewing is not your actual physical surroundings but rather a very similar Etheric reflection of it.

One of several possibilities might present themselves having reached this important stage; you might suddenly find yourself travelling towards the imagery at great speed, and very soon afterwards find yourself suddenly completely within the Astral worlds. Another possibility is that the imagery might suddenly take on the appearance of a “television screen” where you can plainly view a part of the Astral planes and everything occurring there as if watching it on TV. If this happens, imagine yourself as intensely and realistically as possible that you are moving towards the screen and as it gets larger and larger the scenery becomes more and more vivid. Once you reach the screen imagine yourself passing right through it and completely into the scenery you were previously observing; you should then find yourself fully in the part of the Astral plane you were viewing within the screen.

Yet another possibility is that you see “tunnel” type structures appearing in your Minds eye. If this happens simply imagine yourself moving towards and into one of the tunnels and very soon you should be transported to the Astral planes at high speed arriving after what might well have been a most exhilarating ride.

These are the most common situations encountered during this stage of the Astral Projection process just before projecting to and arriving within the Astral planes. You might well find an alternative scenario presents itself, in which case simply relax and go along with it without questioning it in your Mind; no two people's experiences are exactly the same.

There is another possibility you might encounter while practicing Astral Projection; the sudden onset of what appears to be rapid and often very dramatic vibrations. These vibrations might feel localised, often around the top of your head, or might spread throughout your body. It is also quite possible for some or all of your Etheric body to suddenly start "floating" out of your physical body. If this happens you have the possibility of converting to an "Out of Body Experience" or "OBE", which is dealt with in much more detail later in this section.

If you wish to continue with your Astral Projection experience rather than converting it to an OBE you must remain totally calm, relaxed and passive as the vibrations are occurring. This might seem to be much easier said than done as the vibrations can often seem very dramatic although always totally safe. Simply allow the vibrations to wash over you as if you were bathing in them, and soon enough they should dissipate at which point you might well find yourself in the Astral world and you will have succeeded with your Astral Projection. The vibrations might however actually become a full OBE situation where you simply float right out of your body. If this occurs you can to proceed with the procedure as detailed for an OBE, later in this section.

While practicing this Astral Projection procedure there is also another state you might encounter; that of "three dimensional blackness". This will appear in your Minds eye as an area of blackness encompassing your entire field of inner vision. However, unlike seeing blackness with your physical eyes behind your eyelids, which might seem flat and two dimensional, this blackness

will appear to have three dimensions, and feel much more solid and real. This three dimensional blackness is still located within the area of Energy associated with the Astral planes, but is rather in fact an intermediate state usually experienced before fully transitioning to the Astral planes.

One approach to this situation is to use your imagination as intensively as possible to create a large, brightly coloured door in the blackness with the wording “To the Astral Planes” written on the door in large letters. This symbolises a portal into the Astral planes through which you will travel. It is very important that the door is made as solid and real in your imagination as possible before passing through it; the best way to determine if the door is ready to open is to imagine yourself knocking on it, or imagine yourself throwing pebbles at it. If when you knock on the door with your imaginary hand, or when the pebbles hit the door the sound seems muffled, wait while intensifying and deepening the experience and then with your imagination knock on the door or throw the pebbles again. This time it might seem louder and clearer.

Continue with this process until knocking on the Astral door or the impact of the pebbles sound every bit as real as the sound you would hear in the physical world. When this happens imagine yourself opening the door and walking right through it. While imagining yourself doing this you should not see yourself in the third person as if observing yourself walking through the door, but rather actually imagine yourself in the first person within your Astral body walking through the door, at which point you should then find yourself in the Astral world.

It is most important to maintain total concentration, relaxation and focus throughout all of these scenarios. If you allow your Mind to wander or start to think of physical, mundane things you will find yourself returned immediately back to the world of your physical senses. Should this happen it is best to resume the practice another day.

If the Astral door method does not work for you for moving beyond the area of three-dimensional blackness there is another method of progressing to the Astral planes but which requires more concentration. This involves the “placing of intent”. While in the three-dimensional blackness form a strong intent to travel to the Astral worlds with as much concentration as you can possibly muster. Similarly, if you wish to visit a certain place or person within the Astral worlds you must place a strong intent, imagining yourself with as much clarity as possible, and in the present tense to actually be in the presence of that person or place already. Having formed your intent you should either find yourself suddenly travelling at great speed, soon finding yourself at your Astral destination.

Sometimes a “portal” might appear in the form of a tunnel, area of colour or other symbol through which you should imagine yourself passing. Should the placing of intent not work first time, place a strong mental request for the presence of a guide. If you then perceive the presence of a guide you can state your request or intention, and the guide will assist you with wherever you wish to travel to. If you do not know where you wish to go, then simply ask the guide to be taken somewhere interesting, or to a place where you can learn valuable lessons for your Spiritual progression.
Should none of these procedures succeed it is highly advisable to terminate the session knowing you at least made excellent progress, that the practice was most valuable, and then to resume another day. It is most important never to feel discouraged. The benefits of achieving Astral Projection are really profound; each time you practice will bring you a stage nearer your objectives, and is extremely well worth the time and effort committed. Each practice will impress on your subconscious Mind your absolute desire to accomplish Astral Projection, and it is for the subconscious Mind to assist and facilitate this objective.

Do not forget to record everything, successes or otherwise in your notebook, journal or diary as soon as you can after your experience has ended. If you delay in doing this, even for a few minutes, you

might well start to forget important and valuable details of your experiences.

When arriving in the Astral you should again remind yourself this is a “Mind world” where everything you think or imagine can, and usually does become an instant reality. If you are apprehensive for example, or worse imagine there are evil beings nearby, you will soon meet such beings even though they are not in fact real; they would in fact be a product of your own imagination. For this reason, you should always maintain an air of passive curiosity and never over-react to your surroundings. It is useful to remember that everyone on the level of the Astral to which you have projected has a very similar personality and level of evolution as yourself. If anything happens that scares you or makes you feel uncomfortable it will almost always by a product of your own Mind. Mental and emotional control is therefore most important, while always maintaining a position of mild curiosity.

Should you be presented with a situation you feel you simply cannot handle it is best to conclude that particular Astral journey by willing yourself back into your physical body. If this happens resolve to yourself next time you will remain in complete mental control. As previously mentioned, a very good idea once in the Astral is to immediately mentally request the presence of a guide. At least one guide should appear who will not only show you around or take you to wherever you wish to go within the Astral Planes, but the presence of a guide will also help you keep your emotions under control. If you wish to meet with a deceased person such as a previously passed over relative, simply form an image of the person in your Mind, mentally imagining yourself to already be in their presence. You can also include the thought “I am now in the presence of…..” and state the name of the person. Again, as always, this imagination must always be in the present tense; in the Astral and inner worlds there is no space or time everything happening in the Eternal Now. The person should very soon appear before you, or alternatively you will find yourself instantly in the presence of the person wherever they are.

After several visits to the Astral an extremely worthwhile activity which many people become involved in is a process known as “Soul retrieval”. There are many guides and other beings in the Astral worlds specialising in the retrieval of Souls who have for some reason become trapped in either a lower part of the Astral where they do not rightfully belong, for example a belief system territory, or are very often trapped very close to the physical world and are often seen or perceived as a “ghost”. We have already discussed ghosts earlier in this book, but suffice it to say once again that these unfortunate people become stuck for many and varied reasons and are often too reluctant or too scared to leave of their own accord for their rightful place in the Astral worlds. For some reason, trapped Souls very often respond much more favourably to people who are still physically alive on Earth but travelling within the Astral Body. For this reason people in the Astral planes involved in the process of Soul retrievals often very much welcome the assistance of an Astral traveller.

Each Soul retrieval is usually different but equally important. It should be noted however that some Souls become stuck close to the physical world due to horrendous circumstances surrounding their physical death, circumstances they have either become trapped within or keep reliving over and over again. Again, as no space or time exists beyond the physical world, a ghost is simply repeating a series of actions within the Eternal Now and without concept of the space or time relative only to the physical world. You should be prepared for this eventuality and allow your guide to take the lead. A Soul retrieval broadly consists of gently convincing the trapped Soul that they are in the wrong place, and that you are there to help them to their rightful home. While doing this mentally project thoughts of reassurance, Unconditional Love and other positive emotions. When the trapped person agrees to leave their current circumstances, they can then be guided to the level of the Astral worlds to which they rightfully belong.

When you wish to conclude a journey to the Astral all you need to do is to place the intent to be back in your physical body and you will arrive there almost instantly. Having arrived back in your physical body, always add detailed records in your Astral notebook, recording every possible detail.

Although to begin with this method is best performed after awaking early in the morning, it is also quite possible to Astral project by means of this phasing method at any time of the day at all. Just after retiring to bed at night is a particularly popular time, the main problem being there is a much higher likelihood of falling asleep before the process is complete, in other words the Mind going to sleep before the physical body.

Performing this procedure during the daytime from a fully waking state requires the development of high-level deep physical relaxation and concentration abilities as will be discussed in the next section of this book. After learning such abilities you will be able to achieve the Mind awake, body asleep state at almost any time at will without awaking from a sleep cycle first, and by using this method you will be able to Astral project almost any time at will. The only difference between practicing this method after early morning waking and during the day therefore is with the latter deep physical relaxation must first be invoked by means of concentration and other methods rather than relying on the immediate waking state.

This method can also be attempted, often quite successfully after a daytime nap where again your body will already be very relaxed, thus making it much easier to invoke the same Mind awake, body asleep state as with early morning waking. In this situation start the method as soon as you awake after your nap and do ensure you remain totally relaxed, maintaining the “just awakened” state of deep physical relaxation before proceeding with the rest of the method, just as for the early morning waking method.

Astral Projection Method 2: Creative Visualisation

This is a very effective variation to the “Third Eye” method, and one which can often result in a much more rapid transition to the Astral planes. This method might also prove to be effective should you not have succeeded with the first method. This again has proved to be a highly successful Astral Projection method, and one that can be selected as a complete alternative to the “Third Eye” method if desired. It can also be used if you feel unable to maintain the necessary focus on your third eye, while keeping your Mind clear of thoughts.

Although this method is based upon the use of the imagination, it also involves the use of all the inner senses for maximum effect. We should note straightaway, as we will see later in this book, imagination should never be confused with mere “fantasy” or a simply a “figment” of the imagination” but rather as an extremely important and most powerful human ability. In this case imagination is your key to the Astral worlds. Development of the powers of imagination, including visualisation abilities, will be discussed in more detail later in this book, but suffice it to say for now that well developed powers of imagination are a tremendous advantage in the practice of both Astral Projection and OBE as well as many other valuable abilities.

This Astral Projection method should as with the first method be once again ideally performed immediately after awaking a couple of hours earlier than usual, or alternatively at night-time just before sleep. If night time is chosen the same caution applies as with the first method; there is much more chance of simply drifting off to sleep before the Astral Projection method has been accomplished; early morning is therefore much more preferable. This method can also be performed immediately after awaking from a daytime nap or after invoking the required state of deep physical relaxation at any other time during the day.

To proceed with this method, begin by focussing your attention on your third eye, brow chakra, but rather than keeping your Mind totally empty of all thoughts as with the first, “Third Eye” method, this time use all of your powers of imagination to create, as realistically or vividly as possible a scene of your choice, such as a park, a beach, your garden or indeed anything else you feel is familiar, appropriate or attractive to you. The more engaging the scene is the more effective this method will be, so a place that where you really enjoy being such as a favourite place in the countryside, your garden, the house of a close relative would be ideal for this method. The scene does not have to be one you are familiar with, it can be one created by your imagination, and place that really excites you and you would love to be. Whatever location you choose must hold you attention and generate the same emotions such as excitement, relaxation and anticipation as actually being there in person.

Imagine yourself totally immersed in, and becoming an integral part of that scene with complete realism, knowing yourself to actually be there already. Again this must be performed in the first person so you actually know beyond any doubt that you really are a part of your scene. Continue by making your chosen scene and your involvement within it as real and as vivid as you possibly can within your Mind, to such an extent in fact that you feel and know beyond any doubts whatsoever that you are actually already an integral part of the scenario. Use all of your senses to the maximum extent; smell the freshness of the air and the scent of the nearby flowers, feel the warmth of the sun and the firmness of the ground beneath your feet. Hear the birds singing cheerfully, taste that cooling drink you are casually sipping as you feel the cooling breeze against your face as it whispers through the trees.

Maintain this entire scenario in your Mind with all of your powers of concentration fully engaged while maintaining your deeply physically relaxed state. Soon you will find your scene assumes a life of its own, and rather than having to use your imagination to create the scenario it now seems to unfold before you as you

become more and more a part of it. Continue this involvement with your scene, following its course and allowing it to unfold while maintaining an air of passive anticipation.

When you reach this stage, you will have successfully made the transition to the Astral world. Everything occurring will no longer be a creation of your imagination but rather a very real Astral locale. Remember to stay completely calm and assume an air of being a passive but curious observer while waiting to see what transpires next. You can at this stage also assume full control over your situation. You might for example desire to meet a deceased person; if so, simply visualise the person as if they are already in your presence while forming the desire and intent to be with them. The person might appear in your presence or you might be transported to wherever they are. If you wish to visit another part of the Astral worlds you are already familiar with, simply imagine you are already there, again always in the present tense, and you will find yourself transported there instantly.

During your first few visits to the Astral worlds, as suggested with the “Third Eye” projection method, you might be well advised to mentally request the presence and assistance of a guide, and if one appears request to be taken to areas of particular interest and benefit to you. Remember the characteristics of the Astral worlds, most importantly that they are Mind worlds where you can create at will and your thoughts instantly become reality, and you will be able to gain experiences far beyond the remotest comprehension of people still entirely focussed within the material, physical world of the planet Earth.

The use of imagery in this way as a route to Astral Projection can be a very powerful catalyst indeed, and even imagining a static object such as a candle or a fruit can help to focus the Mind away from the five physical senses and towards the Astral plane, while invoking the all important Mind awake, body asleep state. Any image or scene you personally find absorbing for any reason whatsoever can be effectively used for this technique, the more

absorbing, interesting and attractive to you the better. The scene used for this method does not have to be one that you are familiar with, it can be any scene that can hold your full imagination, to focus your attention as far away as possible from your physical senses.

Astral Projection, and in particular this highly effective and proven method is all about projecting your conscious awareness away from the five physical senses, a process also known as “phasing”. You are quite literally limited only by your imagination, which in itself has no limits being a basis of all creation. When you Astral project you will very soon discover not only does your Mind by means of the powers of imagination shape your reality in the inner worlds, but so to does it in the physical world, the only difference being to manifest into the physical world, being of a much higher density and of much lower vibration often takes longer to achieve. These extremely important matters are discussed later in this book when we discuss the truth of how we all create our own reality.

Astral Projection Method 3: Communion with the “Deceased”

Unlike the first two methods this method is not Astral Projection by the usual definition, but nevertheless shares many characteristics with it. This technique has proven to be extremely effective in enabling many people from all walks of life to communicate directly with deceased relatives and friends, and to gather irrefutable proof of the continuity of life after physical death without the need to commit to a full Astral Projection method.

People using this procedure have been able to meet with deceased relatives now residing in the Astral worlds returning with information only those people could possibly have known. This method might appeal to those who do not feel ready for full Astral exploration, or who are unable to commit the necessary time and effort, but nevertheless wish to prove beyond any doubt the truth of the continuity of life after the death of the physical body without having to rely on the services of a medium, psychic or clairvoyant.

Other people might simply wish to reunite with deceased loved ones or friends and to be assured they really are fine and very happy in their Astral home. One of the biggest advantages with this method is the possibility of communicating directly with deceased people without having to rely upon the services of a psychic of unknown abilities. Making contact with a deceased loved one through a psychic medium will always leave room for doubt, however, meeting and communicating a deceased relative person to person within the Astral worlds, and returning with irrefutable first-hand proof will provide evidence beyond any doubt whatsoever. Such meetings also provide conclusive proof of the continuity of life after the death of the physical body, thus confirming the truth that we are all immortal Spiritual beings, and that “death” is merely an illusion and a superstition that simply does not exist in reality, death being merely a natural transition from the low vibration and density of the physical world to the higher vibration and much lower density of the Astral worlds, sometimes known as “the afterlife”, “the beyond” or even “heaven”. As we will see however, the Astral worlds are not the true “heaven worlds”, but rather another step along the path towards out true home in the Spirit worlds that truly are the glories of Heaven.

This method might not, initially at least, result in such a vivid interaction with the Astral worlds as with full Astral Projection, and indeed most certainly is not intended to do so. Nevertheless, the quality of the Astral experiences will steadily increase with practice, and even from the very first success the experience should be unquestionably real. Many who might commence with this method having already conclusively proved to themselves the reality of the inner worlds, might then wish to progress to a full Astral Projection method. The most important objective of this method therefore is to meet with “deceased” people who have passed on to the Astral worlds, and to obtain irrefutable confirmation of their continued existence, happiness and well-being.

This method once again relies principally on the immense powers of imagination which everyone, whether they realise it or not possesses. Many people might well question their own ability to visualise effectively or indeed at all, but in reality everyone can visualise at least to some extent, and as with most abilities the more visualisation is practiced, the more success will be experienced. For example, close your eyes for a moment, relax as much as possible and visualise in your Minds eye your own home, car, pet, a relative or indeed anything or anyone else well-known to you. The image should come to Mind very quickly and easily. Now visualise something from your past such as a memorable scene or occasion. Now do the same again but this time add the feelings and emotions you associate with these people, animals and scenes with as much depth and emotion as you possibly can. Depth of feeling and emotion supports imagination in an extremely powerful and important way. You will very soon realise that you can indeed visualise and add emotion to any situation at will. As with all abilities practice makes perfect, and this most certainly also applies to imagination and visualisation, as we will see in the next section of this book.

To commence with this procedure the first requirement is to sit or lie down comfortably in a place where you will not be disturbed, and relax as much as you possibly can. If you already have a method by which to achieve deep physical relaxation then please do use it. For those who do not formally practice deep physical relaxation, the next section of this book will deal fully with this subject by providing a method by which a state of deep physical relaxation can be achieved. It is however most important not to attain such a relaxed state that you fall asleep; you merely need to be as relaxed and focussed as possible on your objectives. Here is the full method for communion with “deceased” people living in the Astral worlds:

Stage 1: While sitting or lying down as comfortably as possible, but without the possibility of drifting off to sleep, gently breath in through your nose to a slow count of five, hold your breath for a further slow count of five, and then gently exhale to a final slow

count of five. Repeat this procedure at least three times or until you feel deeply relaxed. This relaxation process is the first stage in shifting your focus away from your physical environment, and is very important for success.

Stage 2: In your now relaxed state, imagine, by means of the most intense imagination you can possibly summon, a pool of sparkling clean white Energy located a small distance beneath your feet. Start to gently inhale and “feel”, again by means of the imagination that this pure, sparkling white Energy first enters your feet, and then steadily travels up through your entire body eventually reaching the top of your head. As this vibrant Energy travels up through your body feel how exhilarating, refreshing and relaxing it is.

Now feel this vibrant Energy passing through the top of your head before drifting down as if it were a beautiful sparking white waterfall to re-join the pool of Energy just below your feet. Repeat this process at least three times as vividly and with as much feeling and imagination as possible, each time with the Energy rising steadily up through your body and through the top of your head before gently falling back to the Energy pool beneath you, in a beautiful sparkling shower of pure, white sparkling Energy.

Stage 3: Next, again by means of the most intense imagination you can summon, feel a large pool of the same pure, white, vibrant sparkling Energy located just above your head. As with stage 2 start to gently inhale and “feel” this exhilarating, refreshing, relaxing Energy start to drift gently downwards, passing first through the top of your head and slowly down through your body until it reaches your feet. Upon reaching your feet, visualise and feel the Energy, again by means of your imagination, leave both feet and gently curve back upwards to rejoin the vibrant, while pool of Energy just above your head.

Again, as with stage 2, repeat this at least three times, but as many times as you feel is necessary to become completely energised, calm and relaxed. You will soon discover after practice how many times you need to repeat this process before progressing to the

next stage. It is most important to “feel” this Energy as intensively as you possibly can by means of your imagination, first as it travels down through your body and then as it travels upwards once again to the pool of Energy just above your head. After this stage of the process you should feel completely relaxed and energised.

Stage 4: The placing of intent to visit someone. At his stage intent should be conveyed to your sub-conscious Mind to travel to the Astral worlds in order to meet someone residing there. This stage alone will not in and of itself result in a direct shift to the Astral world, but rather primes your sub-conscious so it does not place any barriers before the process, which can often otherwise happen. The placing of intent not only conditions your sub-conscious Mind to accept the required Astral Projection where it might otherwise attempt to block it, but also provides the intent required to proceed to the final stage in the process. In practice therefore, after stage three you will simply form a firm intent in your Mind to travel to the Astral worlds for your desired purpose, in this case to meet and communicate with a person residing there.

Note: the next stage in this process is absolutely fundamental to success, and might well take some practice before success is achieved. Please do not be discouraged, this stage requires summoning your very highest possible level of imagination, in particular visualisation, and again you will find these abilities progressively increase with regular practice. Eventually you should be able to simply form the firm intent to explore the “afterlife”, meet deceased relatives, guides and anyone or anything else you wish to do during your afterlife explorations. For your first journey however the Astral worlds will not be familiar to you and you will not usually therefore be able to place the intent to visit a specific locale. You can however request the services of a guide who will be familiar with a very wide variety of locations that they will be more than willing to show you. The services of a guide are very useful indeed, especially when visiting the Astral worlds from the physical world for the first few times.

Stage 5: Having formed the intent to visit a deceased relative, proceed as follows: With all of the powers of imagination you can summon, visualise a location you associate with a deceased person of your choice. The garden of the home where the person used to live is ideal for example. If you do not have such a clear memory you can, as an alternative, create your own ideal scene such as a garden, a park or indeed anywhere else that takes your fancy, but it is most important to be able visualise the chosen location as vividly and realistically as possible, utilising the maximum extent of the powers of your imagination.

Once the location is as clear in your Mind as possible, start to create an entire animated scenario for meeting the deceased relative involving all of your senses as deeply, vividly and with as much emotion as possible. By emotion we mean positive emotions such as happiness, joy and anticipation. It is extremely important to know in your own Mind, and beyond all doubt that this is the means by which the gateway to the Astral world is created and the meeting with the deceased relative subsequently accomplished. This will start out as a scenario created entirely by the powers of your own imagination, but will gradually, or even suddenly switch to a dynamic scenario whereby everything assumes a life of its own without any input from your imagination whatsoever; the scene will simply unfold before you. An example of this scenario might progress something like this:

You are sitting on a bench in your favourite park where your grandparents often used to accompany the family when you were very young. It is a very beautiful, idyllic, warm summers day, the sun is shining brightly and the birds flitting about the skies and sitting in the trees while singing cheerfully, and a gentle, most welcome cooling breeze makes ripples over the park pond where the water lilies are blooming and bobbing up and down on the shimmering water. The sweet scent of roses drifts across from the nearby rose garden and the trees just behind you look beautiful and green while rustling in the gentle breeze. In the distance you can

see and hear children playing joyfully with their own friends and families.

Note: Use all of the senses of your imagination as intensively as possible to see, feel, hear, smell, touch and experience this scene as vividly as you possible can. You must feel as if you are actually an integral part of the scene beyond any doubt whatsoever in your Mind.

Suddenly you see a figure walking towards you; it is your dear grandfather who passed away some years before. He ambles up to you and with a joyful look on his face and says, “hello John”, or whatever you wish your name to be, “how are you keeping?” “I am fine” you reply, “why not take a seat and we can have a nice chat”. And your grandfather then sits down beside you. Imagine your grandfather just as you remember him when you were younger while continuing a conversation with him. Keep imagining both sides of the conversation for now.

“Do you remember the fine times we all used to enjoy here?” asks grandfather. “Yes”, you respond, “we used to come here every week in the summer, and on really hot days I used to look forward to a nice cold ice cream”. Note: keep this two way conversation going for a time and you will find the answers from grandfather becoming increasingly more spontaneous and not originating from your imagination at all; when this happens you know you have established a connection with the real Astral presence of your grandfather, and your conscious awareness has crossed from the physical world to the Astral world. The scene is very real because you have created it in the Astral by means of your imagination based upon a scene in the physical world. This is a creative process whereby you are creating an Astral environment and then inviting your grandfather to meet you within that environment; the meeting is between your Astral bodies or Souls. Your perception of the locale might be different to how your grandfather perceives the local. Like everything, the locale is created from pure Energy, and how it is perceived depends entirely on how the Energy formation is

decoded and interpreted by the Astral senses. It is most important not to think about these things however, focussing entirely on maintaining the ongoing dialogue with grandfather. If you question the reality of the situation you will almost certainly lose the Astral connection and return to your physical level of awareness.

Grandfather says, “your grandmother and I used to come here before you were born, when your parents were about your age”. “What did you used to talk about” you ask? “We used to talk about many things”, said grandfather. “Your grandmother was always talking about her jewellery collection”. Note; by this time the answers from grandfather are becoming increasingly spontaneous and require no input whatsoever from you. At this stage you should focus entirely on asking the questions and maintaining the dialogue. “What was in this jewellery collection”, you ask. “There were many beautiful pieces in the collection” says grandfather. “Your grandmothers favourite was a large brooch made from 22 carat gold, set with diamonds and with a large red ruby set in the middle; your own mother has that piece of jewellery now”. And so the conversation continues for quite some time until it is eventually time to part. You tell your grandfather how much you have enjoyed your meeting before you both say cheery goodbye to each other until the next time you meet.

You can then imagine walking home before gradually bringing your awareness back to your physical surroundings. Taking a few deep breaths, relax and reflect for just a moment on your meeting with your “deceased” relative. The next thing to do, most importantly, is to immediately write down the entire experience in as much detail as possible in a notebook designated for the purpose.

The large gold and diamond brooch with the ruby set in the middle as mentioned by your grandfather has your curiosity aroused and when you next see your mother you ask her about it. Your mother seems absolutely amazed, and asks you how you could possibly know about the brooch that is now a family heirloom, and is usually safely stored away out of sight. Your mother then goes upstairs and

brings down her jewellery box, lifts up the lid and takes out a brooch that is absolutely identical to the one described by grandfather; the rest of the collection that used to be owned by your grandmother is there too.

What has transpired can be summarised as follows: By going through all of the stages of this procedure, you first created by means of your imagination an Energy location in the Astral world where you could meet with your grandfather at the same level of vibration. The initially created scenario by means of meeting in your imagination and commencing a two-way conversation created a mental connection with the Soul of your grandfather who is living in the Astral worlds. Your grandfather then responded to your mental invitation to join you in your created scenario, which in the Astral world is very solid and very real indeed at the Energy level at which it exists; every bit as solid and real as a similar place in the physical word, and indeed more so.

Please also remember that in the Astral worlds space and time simply do not exist, and your grandfather is able to join you instantly, travelling to your Energy locale simply by responding to your thoughts and vibrations and willing himself to be with you. Once the initial contact has been established within the Astral locale you created the entire scenario becomes and indeed is very real, and will then progress dynamically and without any effort, just as such a meeting would do in the physical world. You are able to participate in this scenario due to the fact that your own conscious awareness is now more located within your Astral body as opposed to your physical body, and your conscious presence, your focus and awareness is therefore within the Astral worlds or planes. This is really the same process as Astral Projection. Again, it is very important indeed to know beyond any doubt whatsoever that the Astral and inner worlds are not some distant, dreamy, mysterious places, but rather they exist all around you at much higher levels of vibration, Energy and Consciousness, and in fact to the beings existing at the same level of the Astral worlds seem much more solid, vibrant and indeed real than the physical world of matter.

Consciousness, like the Universe itself, is a continuum. This method works by focussing, projecting and raising your Consciousness to the inner Astral levels. This process is analogous to tuning your television set to a different channel. In the physical world there are literally thousands of radio and TV programs as well as other types of transmission being broadcast concurrently over a wide range of radio frequencies. However, you can only actually tune in to listen to or view one at a time. In changing a TV channel for example you might be tuning into a wavelength higher in the radio wave frequency spectrum, thereby bringing the next channel into view on your TV screen.

And so it is with communication with the Astral and inner spheres of life. Your physical senses exist at a relatively low frequency with which you normally " tune in" the physical world by existing at the same frequency, and decoding the corresponding vibration of Energy. By using this method based upon the immense powers of imagination, you are, like a television receiver, tuning your conscious awareness into the much higher frequency of the vibration of the Energy of the Astral worlds, where direct contact can be made with relatives, friends and others already living there at those corresponding levels of Energy.

As mentioned previously, this method of Astral Projection might not, in the beginning at least produce the quality, intensity or vividness of a full Astral Projection method, but will after time and practice become increasingly more vivid, real and intense, until eventually this actually becomes a full Astral Projection method, every bit as effective as any other method.

Right from your first "afterlife" exploration success however you will never have any cause to doubt the validity, reality and value of the experience, and will know for yourself, beyond any doubt, life really does continue after the death of the temporal, physical body of matter. You will also know there is no reason to engage the

services of a psychic or psychic medium, as you can obtain the answers for yourself and know them to be very real and true.

Chapter 68: The Out of Body Experience

While practicing Astral Projection there is another experience that can occur spontaneously and which possibility you should be fully prepared for. Having achieved the Mind awake, body asleep state you might suddenly feel as if some or all of your body begins to "vibrate" very rapidly. These vibrations can steadily increase in intensity to the point where they can seem very dramatic indeed. In addition to these vibrations there is also the possibility that your physical body will seemingly become completely "paralysed" to the extent you simply cannot seem to move any part of your body at all, a state known as "catalepsy". Do not be alarmed if this occurs, you are in absolutely no danger and the condition is perfectly safe.

A further possibility during this process is for some or all of your Etheric body to start to "float" out of or above your physical body. These are all very common characteristics of the early stages of what is usually referred to as an "Out of Body Experience", more commonly known as an "OBE", and again are all perfectly natural and no cause for concern.

Should you find yourself in an OBE situation while practicing Astral Projection the first thing to remember is to remain totally calm and relaxed; you are not in any danger. The vibrations will often increase to the point where your conscious awareness will leave your physical body and become centred within your Etheric body. At this point you will be completely free to travel in the Etheric plane beyond the confines of your physical body.

The actual separation process between your physical and Etheric bodies during the vibrational stage can either happen automatically whereby your Consciousness and Etheric body will quite literally be projected from your physical body, finding yourself floating somewhere in your room, or you might have to help along the process of separation; there are various ways to achieve this. A particularly effective method of leaving your physical body with your Etheric body once the vibrations are well and truly established is to

imagine with as much realism and certainty as possible that you have already floated some distance above your physical body. As with all creative processes involving visualisation and the imagination you must imagine this situation in the present tense as if it is already an absolute reality; there should be no doubts whatsoever in you Mind as to the certainty of this. If this succeeds you should actually find yourself floating above your physical body.

If separation by means of your imagination does not work, a more direct approach will be required. Move out of your physical body with your Etheric body by “rolling” to one side. It is most important not to actually move your physical body while doing this, indeed if by this stage your physical body has become completely paralysed as frequently occurs in this situation, this condition known as “catalepsy, you will not be able to move your physical body anyway. These are all perfectly normal characteristics of the onset of an OBE, so please do not be alarmed; it is most important to remain as calm and passive as possible while going with the flow of the OBE process.

You can also gradually sit up with your Etheric body, and then, if successful, gradually stand up and move some distance away from your physical body. Once again it should be noted it is very important indeed during this process not to tense or move your physical body in any way; all movements should be with the Etheric body only otherwise you could terminate the OBE process suddenly finding yourself in a normal state of waking Consciousness.

Separation from your physical body while the vibrations are in full flow is not as difficult as it might seem. At this stage of the OBE process your centre of conscious awareness will be centred within your Etheric body that will as a result feel very real and solid while your physical body will be unable to move. Again, it is most important to absolutely remain calm at all times, ensuring you are in full conscious control of the separation process.
It sometimes happens that immediately after the initial exit from your physical body, your Astral “vision” might seem somewhat dim,

or in some cases even non-existent. Should this happen, will yourself to move further away from your physical body by imagining you have already done so, and then with as much emotion as possible, firmly and meaningfully state the command in your Mind, “full clarity now”. Repeat this command with absolute authority as often as is necessary to achieve full perception of your surroundings. Do remember that your Mind, your Consciousness is in full control, and whatever you desire must become a reality.

It is highly advisable to understand the characteristics of your Etheric body and how to maintain full control over it during an OBE. Although the Etheric plane is not on the same level of Energy vibration as the Astral plane it is still nevertheless an outer extension of it, a lower aspect of the entire Universal continuum, and therefore very similar characteristics apply as to the main Astral planes.

The Etheric plane is much closer to the density of the Astral planes than the physical plane and like the inner planes the Etheric plane is therefore also a “Mind world” and highly responsive to thought. Accordingly, one of the first characteristics you will notice is that any thought will instantly become a cause with a correspondingly instant effect. With this in Mind it remains absolutely vital to retain full control over your thoughts and emotions at all times, maintaining an air of passiveness or passive curiosity. If you do not achieve this level of control over your own emotions you have the potential to quite literally scare yourself back into your physical body, by for example becoming frightened of the possibility of meeting an evil being. If you do create such a particular thought within your Mind then it will immediately manifest into your reality and the evil being will conveniently appear in exactly the same the form as you imagined in your worst fears. This being will not be real of course, being rather a product of your own imagination, but it might certainly seem very real and every bit as frightening as you imagined it to be.

Another characteristic you will notice once you are out of your physical body is that you will experience full vision, but rather than being restricted to the normal narrow field of vision of the physical eyes your field of vision will now be better than 360 degrees; as well as being able to see all around you your vision will also in effect be spherical. This might well seem somewhat alarming or even confusing at first; you might for example see a cupboard behind you that would normally be in front of you. This “illusion” is caused by the fact you are used to your normal narrow physical field of vision while confined within your physical body, and your Mind simply cannot at first comprehend and assimilate the characteristics of full, unrestricted spherical vision. It should not take long to get used to this situation however, particularly if you are well prepared for it and fully understand what is actually happening.

Your quality of vision might initially vary between non-existent to crystal clear, and often very much better even than physical vision. As mentioned previously, should you experience no vision or dim, murky vision initially, the best thing to do is to move further away from your physical body by imagining you have already done so, and then mentally state the command with as much authority and Energy as possible, “full clarity now”.

The next challenge to confront you once out of body will be that of moving around. In the Etheric plane you are not confined by gravity or movement on two legs as you are in the physical world, but can rather move around in any direction at all at will, including up through the roof and down through the floor. Similarly, objects appearing to be solid such as walls and doors will now present no barrier whatsoever; you can simply pass straight through them at will. It is worth noting that in your Etheric body you are identical to what people commonly refer to as a “ghost”. The only tangible difference between a ghost and a person in the OBE state is that the latter can return to their physical body at will whereas the former, the ghost of course cannot.

A person in the OBE state can often materialise as an apparition before other people, especially in places with a particularly high concentration of ectoplasm. Similarly, with sufficient Etheric Energy and density, both a ghost and a person in the OBE state can also affect objects in the material world by making them move or make sounds; such a person is often known as a “poltergeist”. A person in the OBE state can also meet and communicate with deceased humans, and indeed this often happens. Deceased humans can either be people from the Astral worlds “visiting” the lower Etheric plane, or can be “ghosts”, passed over human beings still existing within the lower Etheric planes for some reason.

The newcomer to OBE will often, particularly at first find moving around an awkward process at best with a tendency to unintentionally float through doors and walls, or often even up through the ceiling or down through the floor. Although you will initially tend to move around by thinking you are moving your legs as you would in your physical body, ultimately all movement, like everything else in the inner worlds is controlled by the focussed powers of the Mind and in particular will, intent and imagination. You are not in any way restricted by the physical rules of physics and can therefore travel anywhere in the world or even within the physical Universe simply by means of your will, intent and imagination. Once again however, it is most important to understand your travels will be taking place within an Etheric reflection of the physical world rather than within the density of the actual physical world itself.

Again is should be made absolutely clear that while travelling during an OBE you are not actually “seeing” the physical world itself, or passing through physical objects as such, what you are perceiving is an Etheric “reflection” of the physical world. So when you travel through a door or a wall, or visit anywhere in the physical Universe, you are actually in a very close “copy” of that environment. That is why the Etheric environment is so susceptible to the Mind where you can create objects, situations and even complete alternative realities. As previously mentioned however, it

is still quite possible for a person in the OBE state, or a ghost to lower the vibrations of their Energy body to such an extent as to be very close to the physical world. There are Masters from the inner spheres of life and reality who can at will match the vibrations of the Energy of the physical world, thereby fully materialising within the world of matter as a "solid" person, every bit as solid as any other human being living on the physical Earth. One day every person will enjoy the same abilities, thereby being able to visit the physical world in "solid" form at will, from any inner plane of the Spirit worlds.

Many people in the OBE state visit the Moon, a nearby planet such as Mars or even distant star systems; there are absolutely no limitations to travel within the Etheric plane where space and time simply do not exist, everything occurring quite literally at the speed of thought. If you wish to move forward then simply imagine you have already done so. Likewise, should you wish to visit a friend or relative then all it takes to do so is form the desire and intent to do so and to imagine being already in their presence, at which point you should instantly find yourself in the presence of the person.

Of course the people you are visiting within the physical world will not usually be aware of your presence in the same way physical people are usually completely unaware of being visited by a deceased person. The people you are visiting will therefore usually fail to respond to any attempts at communication. If however the person you are visiting possesses medium, psychic or clairvoyant abilities they might well be able to perceive your presence and often even to be able to easily communicate with you. A pet such as a dog or cat are very often acutely aware of people in the OBE state just as they are of deceased visitors or ghosts.

The next thing you will need to learn while in the OBE state is how to control acceleration, speed and momentum, all of which have no limits in the inner planes of life and reality. You can if you wish accelerate to the speed of a car, a plane, or even beyond the speed of light; all travel taking place at the infinite speed of thought. Remember however that thought is Energy just as the entire

Universe is Energy. Having reached such speeds however, it is necessary to learn how to slow down once again or you might suddenly find yourself venturing deep into outer space. Full control of movement simply takes practice. Remember to do everything smoothly and with full focus and presence of Mind and you will very soon get used to moving around. Even if you do find yourself in outer space or some other unfamiliar location, don't panic, you can always return to your physical body at will at any time simple by forming the intent and imagining that you have already returned to your physical body.

You might also want to fly which is perfectly possible in the OBE state with no physical gravity to contend with. As with basic movement, flying is an ability that needs to be learned and controlled. It is for example much easier to blast off into outer space than to soar gracefully over the treetops like a bird. To fly, simply form the will and intent to do so and imagine having already launched into the air and flying like a bird. As always, these thoughts should always be in the present tense and to the extent you know beyond any doubt that you are already flying like a bird. If you wish you may even imagine yourself with your arms outstretched flying like Superman. Or if you prefer you can flap your imaginary wings just like a bird.

At first you might find yourself drifting back down again; this is merely due to your own concept and expectation of the force of gravity as experienced within the physical world; you initially expect not to be able defy the physical laws of gravity and remain in the air and accordingly you do not, always drifting back downwards just as you would expect to happen in the physical plane. Always remember that all of your thoughts and imagination are your reality. As there is actually no gravity whatsoever in the Etheric plane and you need to lodge that reality firmly in your Mind when flying, knowing, beyond doubts in your Mind you will remain airborne at will.

This might well take some time and practice; we all have to live with gravity as a natural aspect of the physical world, and generally do not expect to be able to defy the laws of gravity by remaining off the physical ground while fully unsupported. Once you have firmly planted the thought in your Mind that gravity simply does not exist it will become your reality thereby enabling you to remain airborne. After plenty of practice, flying during an OBE will become second nature, but anticipate many amusing situations in the meantime such as drifting through the roofs of strange homes or blasting off to the moon.

Passing through solid objects might also present problems initially, mainly due to the belief, like flying, it is impossible to do. In the physical world we are conditioned to believe that walls, doors, ceilings and all other material objects are solid; they are only solid of course to the mediation of the physical senses. In the Etheric planes however, being a lower aspect of the Astral planes, belief can be a very powerful barrier indeed to progress. The only way to overcome this obstacle is to know beyond any doubts in your own Mind that while in your Etheric body you can indeed pass straight through any objects that might appear to be solid and with absolute ease. After the first time of passing through a wall, a door, the ceiling or floor you will be left in no doubts whatsoever, and will happily proceed to travel through any seemingly solid objects with complete confidence in future. It is advisable however to avoid passing through reflective surfaces such as mirrors or windows. These can often cause an anomaly by projecting you into a mirror image of your Etheric surroundings, which are in fact in turn a mirror image of the physical world, and all sorts of possible anomalies, illusions and confusions can occur.

Leaving your home by passing through a wall, a door or even through the ceiling will prevent such situations arising. Once outside you can travel at any speed you desire, from a casual walking speed to flying at the speed of an aircraft or indeed any speed at all, thus covering good distances in a relatively short time while still being able to view the scenery as it passes beneath you.

You can travel around the world by using normal navigation techniques, following roads, rivers and landmarks, but for travelling great distances it is often better to travel to your destination instantly simply by forming the will and intent to do so, and imagining yourself to already be there. As previously mentioned it is quite possible to travel quite literally at the speed of thought, which is much, much faster than the speed of light.

If you know where you wish to go or who you wish to visit and can visualise that location or person, then you can arrive there in the same instant. There are no limits to such instant travel, travelling from say England to Australia happens in less time than the blink of an eye. This not only applies to places on Earth, but also theoretically anywhere in the entire physical equivalent of the Universe. The main problem with travelling instantly in outer space however is you will not be able to easily visualise a destination much beyond the moon, Mars, or other better known inner planet, simply because there is not sufficient data available to form a proper image within your Mind. Many people in OBE state do travel to the Moon, and it is certainly worthwhile visiting the moon at least once just for the experience, especially the far side of the moon that faces away from Earth, and therefore cannot normally be viewed by physical means.

If you do wish to explore the physical Universe, remembering of course that it is infinite and you are travelling in an Etheric reflection of the physical Universe as opposed to the physical Universe itself, the best way to proceed is to fly at the highest possible speed you can summon, launching yourself into outer space, heading for whichever star system takes your fancy.

If you do find yourself in an OBE situation rather than the originally intended Astral Projection, it is still quite possible to transition from the Etheric to the Astral planes. In theory this is achieved by simply raising the vibrations of your Etheric body until you match the vibrations and density of the appropriate level of the Astral planes. Your Etheric body should then simply fade giving way to your Astral

Body as you find yourself within the Astral planes. This is exactly the same process occurring naturally with recently deceased people when transitioning to their next home in the Astral worlds. To raise your vibrations to the Astral planes, as with all inner travel, it is simply a case of forming the will and intent to do so while using your imagination to visualise yourself as already being at your desired Astral destination, or in the presence of the desired person.

A further and often very useful possibility is to mentally request the assistance of a guide. A guide will usually appear and will be very pleased to assist you in achieving your desired destination or objective. Should you not succeed in the transition to the Astral planes in this way, there are other possibilities. One possibility that has been proven to be effective is to fly at the highest possible speed towards a point midway between the ground and the distant horizon. Very often this will result in the increase in the vibration of your Energy body with a resultant “dimensional shift”, and you will find yourself somewhere within the Astral planes.

Sometimes “tunnel” or “tube” like structures might also appear while in the Etheric plane. These are effectively “portals” to the Astral planes and entering such a tunnel will often result in travelling at a seemingly very high speed before very quickly arriving within the Astral planes. This is a similar process to the “tunnels of light” often reported by people during “near death experiences” or “NDE” as they are often called, and are also the same tunnels often encountered by recently deceased people when transitioning from their previous physical existence to their new home in the Astral worlds. You should be fully aware however there is no risk at all associated with entering these tunnels of light; you can always return to your physical body at will.

In addition to experiencing a spontaneous OBE situation while practicing Astral Projection, it is also quite possible to induce an OBE by design. As with Astral Projection there are numerous methods for inducing an OBE. Many if not most such methods however can, and unfortunately often have proven to be very

difficult to achieve for most people, requiring very considerable dedication and practice, still with absolutely no guarantees of success. Unfortunately many people become discouraged with persistent failure to achieve an OBE by means of these methods, simply believing it to be beyond their capability.

The main reasons for failing to accomplish an OBE with the many of the methods available today includes the failure to achieve adequate states of deep physical relaxation, concentration and trance, the Mind awake, body asleep state starting from a fully waking state. Fortunately however there are several much more natural methods which, as with Astral Projection make use of the naturally occurring sleep state in order to accomplish these pre-requisite conditions.

Excellent powers of concentration are required to achieve an adequate state of trance if endeavouring to perform an OBE from a fully awake state. However, if projecting from a just before, during or after a state of sleep, the induced trance state is no longer required due to the fact the body will already exist in a state of deep physical relaxation. Methods with which to invoke OBE from the natural sleep state are therefore much more straightforward and very much easier to achieve than methods practiced from a fully waking state, and are accordingly much more within the reach and capabilities of the majority of people.

It is simply not necessary to attempt an OBE from a fully waking state unless there is a particular reason for doing so. If the desire is to OBE during the daytime it can be much more easily achieved by taking a daytime nap. It is also much more convenient to OBE during the night or very early morning, as most people are otherwise occupied during daytime hours.

Another excellent benefit of performing OBE at night is that your physical body will still be asleep and receiving all the rest and recuperation it naturally requires while your Etheric or Astral body is travelling elsewhere gaining valuable experiences; a most efficient

use of time which applies to both Astral Projection and OBE projections. Like Astral Projection OBE is a perfectly natural process. There are three different methods for achieving an OBE from the natural sleep state, all of which have proved to be highly successful for a wide range of people. The three times when these OBE methods can be used to the greatest effect are:

- Immediately before sleep, after retiring to bed.
- After awaking 2 hours or so earlier than usual.
- Immediately before or after a daytime nap.

The second of these possibilities, immediately after awaking a couple of hours earlier than usual also relies on drifting back to sleep again. This particular time of the morning, after two or three normal sleep cycles, seems to be particularly effective in invoking OBE and Astral Projection as well as Lucid Dreaming. This is almost certainly due to the fact the body is in a particularly advanced state of deep physical relaxation, and the Consciousness is clear of the mundane thoughts usually present in the Mind after a full waking day. At this time the Consciousness is also much more tuned into the inner realms where it will have been normally focussed during sleep.

As previously mentioned, everyone naturally projects during the physical sleep process and the object of the OBE and the previously discussed Astral Projection procedures is to make use of this fact in order to achieve a fully conscious and therefore fully controllable experience. Early morning is also a particularly convenient time to perform OBE or Astral Projection and will not usually result in tiredness after arising in the morning; the physical body will still be in a state of deep relaxation.

All of the following three methods involve programming your Mind before sleep in order to invoke a conscious OBE at some stage during the sleep cycle. Using these methods OBE often occurs shortly after falling asleep. As with Astral Projection, the more these

methods are practiced, the more reliable and successful they will be.

Chapter 69: Three OBE Methods

OBE Method 1: Affirmations

The use of affirmations is an extremely powerful and proven way of invoking an OBE. Normally while the conscious Mind sleeps, the subconscious Mind is particularly active. The subconscious Mind is immensely powerful and directly communicates with your inner bodies and Higher-Self as well as the inner spheres of reality. Also, as previously mentioned, everyone unconsciously projects during normal sleep, but usually have no recollection of the experience except sometimes by means of a particularly vivid dream. The affirmation method works by programming your subconscious Mind in order to bring about a fully conscious OBE, and at the same time alerting you to the fact that the process has already started in the form of typical pre-OBE characteristics such as vibrations and paralysis.

One of the greatest benefits of this method is that it requires no formal training in deep physical relaxation, concentration, trance or indeed any of the other usual and often very difficult OBE training methods, relying simply instead on completely normal functions of the body and Mind in order to bring about these states in completely natural way. It might take anywhere from a couple of days to a month or so to achieve OBE by this method, but once the subconscious Mind is programmed to invoke a conscious OBE state it should become a regular occurrence achievable at will, especially with ongoing practice.

An affirmation is a short phrase repeated in the present tense with as much emotion as possible as if it has already become an absolute reality. The consistent use of such an affirmation will program your subconscious Mind to accept and follow your instructions.

This is an extremely simple and straightforward method of achieving an OBE, and one well within the scope of everyone. The

only decision that needs to be made is the sleep time chosen to perform this method, the choices being as previously noted; at normal bed-time, after awaking a couple of hours earlier than usual in the morning or just before a daytime nap. As mentioned earlier, the early morning method has often proven to be particularly effective for both Astral Projection and OBE. The method proceeds as follows:

At your chosen pre-sleep time, minutes before you feel yourself drifting off to sleep, start to repeat your affirmation over and over again until you drift off to sleep, while still repeating the affirmations. When you feel yourself near to sleep, continue to repeat the affirmation with as much emotion and single pointed focus as possible, while knowing beyond any doubt whatsoever that your instruction has already become an absolute reality. Your affirmation can be repeated aloud or silently within your Mind, both are equally effective.

Another highly effective approach is to actually write down your affirmations on paper until you become sleepy, or preferably until you fall off to sleep completely. If you feel you cannot go to sleep while writing, then write down as many affirmations as you can until you feel tired and feel need to drift off to sleep, and then relax and continue to repeat your affirmation in your Mind until you drift off to sleep. Writing down an affirmation is a particularly powerful way of impressing your wishes on your subconscious Mind by means of an action in the direction of your intentions. Again, the subconscious Mind is extremely powerful, being the vast majority of the totality of your Mind, and which aspect of your Mind is in direct contact with the inner spheres of life and reality as well as with your Higher-Self.

A further possibility for impressing your affirmation on your subconscious Mind is by means of a length of knotted string. Obtain a length of fine string or other fibre and tie into it a series of fifty knots equally along its entire length. Just before your chosen sleep time repeat your affirmation, and as you do so move your fingers to the next knot along in the string. The physical action of sliding your

fingers from knot to knot along the string helps to impress the affirmation upon your subconscious Mind.

Another potentially very powerful enhancement to this process is to record your affirmations on to tape, CDROM, DVD, MP3, or other electronic recording media, and then to set it to replay after your spoken affirmations as you drift off to sleep. You can either record or play the affirmations a specific number of times or set the playback to loop through the affirmation continuously. An affirmation relayed to your subconscious Mind in your own voice while you sleep has a very powerful influence upon your subconscious Mind, which will then accept and act upon that affirmation. The subconscious Mind never, ever "questions" your intent; it will always accept your instructions expressed in the present tense without question, and work with your conscious Mind and your Higher-Self to bring your instructions into reality.

The affirmation chosen should be short, concise, and always spoken in the present tense as if it were already an absolute reality. Examples of such affirmations might include:

"I am now out of body"

"*I now travel out of body"*

"I now leave my physical body"

"I now travel out of body with full awareness"

"I now enjoy an out of body experience"

These are just a few examples of suitable affirmations. You can formulate your own affirmation, but always remember to make it in the present tense as a statement of fact.

If you continue to repeat your affirmation as you drift off to sleep, as well as listen to the affirmation if using a recorded affirmation, the

next thing you will be aware of when the affirmation is successful is awaking to the pre-OBE characteristics of vibrations, catalepsy or floating out of your physical body. This often happens very shortly after falling asleep, or might indeed happen at any time during the night. When this does happen you are well on your way to an OBE and should simply follow the procedures as previously discussed in order to complete the exit from your body.

Again, this is an extremely powerful, proven and successful method of invoking an OBE, but like everything worthwhile perseverance is crucial to success. Never be discouraged after only a few days of practicing this or any other OBE or Astral Projection method; keep moving forward until you succeed which you surely will.

OBE Method 2: Visualisations

As previously mentioned, imagination, of which visualisation is an integral aspect, is an extremely powerful human ability, the same power as behind all creation in fact. The use of the imagination and in particular visualisation is an extremely effective method of achieving an OBE, particularly when used in conjunction with an affirmation as discussed in method 1.

This method works by projecting your conscious awareness away from the confines of your physical body while you drift off to sleep, by focussing on the visualisation of a particular scenario or object and becoming completely involved with it. A scenario rather than an object is usually more effective as you can become much more involved with it. The scenario or object chosen can be one you are already familiar with or alternatively one you create by means of your imagination. Any scenario will potentially work fine, but the more detail and involvement you can place into it, using as many senses as possible, the more effective it will be.

Whatever scenario or object you select for this purpose needs to be sufficiently captivating to hold your interest and complete attention for at least ten minutes and preferably much longer, ideally for thirty

minutes or more. An ideal choice of scenario might be a favourite place such as your garden, a place in the countryside, a favourite holiday location, in fact anywhere at all where you have particularly strong and positive connection with happy and positive emotions.

You can also use your imagination to entirely create your ideal scenario in your Mind, one that does not actually physically exist. Although this might at first seem to be more difficult, it does provide you with the opportunity of creating an ideal scenario that you know you can become fully involved with, and one which makes full use of all of your senses. This can be any sort of scenario you like however elaborate or fantastic it might seem, the more fun and mentally captivating it is the better.

Another possibility that has also proven to be highly effective is to use a scenario based upon your own home. In this case, before commencing this procedure, walk around your home a few times and take particular note of three familiar objects. Ideally these objects should appeal to different senses including vision, hearing, touch, smell and hearing. For example a ticking clock, a fragrant pot plant or air freshener, a plastic or rough surface and any other favourite household item. Make a habit while walking around your home of taking particular note of the characteristics of each of these objects in turn and how they stimulate your senses, committing these sensations to memory in as much detail as possible.

Commence this technique at your chosen pre-sleep time. Normally this will be upon retiring to bed at night. Again however, after waking a couple of hours earlier than usual in the morning can also be a particularly effective time for this process. Alternatively, just before a daytime nap is also very effective. Start by imagining your favourite scenario or tour of the objects in your home by using all of your powers of visualisation and other senses. Use all of your powers of imagination to become totally immersed and involved with your scenario. If for example it is a favourite holiday location by the sea, feel the warmth of the sun on your skin and the sand

beneath your feet, hear the sound of the waves gently washing upon the shore, smell the aroma of the food drifting across from the nearby beachside snack bar and taste that ice cream or drink you are enjoying to cool down. Imagine yourself walking around taking in all of the sights, sounds and other sensory inputs, and become completely involved to such an extent that you know beyond doubt that you are actually right there enjoying the experience; there should be no doubts at all in your Mind about this.

In the case of the tour of your home, imagine yourself walking around your home pausing at each of your chosen objects in turn in order to study and fully appreciate them. See, hear, smell, feel and if appropriate taste each of these items as you reach them using all powers of your imagination. As you continue the walk around your home taking in the sensory feedback from each of your chosen objects in turn, completely immerse yourself in the process as much as you possibly can, knowing beyond any doubts whatsoever in your Mind that you really are actually walking around your home examining each of your chosen items in turn.

If you have chosen a single object or person, involve yourself with that object or person to the maximum possible extent of your imagination. Study the object or person in as much detail as possible in your Mind, utilising all of your senses and knowing beyond any doubts whatsoever in your own Mind that you are actually in the presence of that object or person.

Continue to engage your imagination in this way until you drift off to sleep. As you feel yourself drifting off to sleep deepen the feelings, sensations and emotions associated with your scenario. By projecting your conscious awareness away from your physical body you have primed yourself for an OBE experience. As with the affirmations method you might well find yourself suddenly awaking with the typical pre-OBE characteristics either very shortly after drifting off to sleep or at any time during your sleep period. Again, this method might take anywhere between a couple of days and a

few weeks to be successful, so please be patient and above all persevere, you can achieve OBE, everyone can.

Remember, as we will discuss in much more detail later in this book, your imagination has truly immense powers that should never, ever be underestimated, and imagination has consistently proven to be a very effective means of invoking an OBE. This method has the additional benefit of developing all powers of your imagination, which as we will see later can be used to great effect for many other very valuable abilities.

OBE Method 3: Floating Balloon

During normal waking hours the Etheric Body is usually firmly integrated with the physical and inner bodies. During sleep times however the inner bodies automatically move out of phase with the physical body during what is actually a projection to an inner level, but one which most people remain completely unconscious and therefore unaware of.

The floating balloon method works by using the imagination in order to consciously invoke a feeling of floating upwards just prior to sleep. When you drift into sleep your subconscious Mind will continue to consciously invoke the upwards floating feeling associated with your Etheric Body, which in turn can become a full OBE. This method is particularly effective when used in conjunction with an affirmation as with the previous method, and as with the other methods can be used prior to any sleep time; usual bedtime, after awaking a couple of hours earlier than usual in the morning, or just before a daytime nap. Again, as with the previous methods, early morning just after waking a couple of hours earlier than you normally would do is a particularly effective time for invoking an OBE as well as Astral Projection or Lucid Dream.

Commence this method as you begin to drift off to sleep by imagining with as much realism, and as vividly as possible that you are balloon filled with helium. Feel with all of your imagination how

extremely light you are. As you drift nearer to sleep feel yourself floating gradually higher and higher, ever upwards towards the glorious blue sky. Feel warmer and warmer as you continue to float ever upwards towards the sun shining brightly above you. As you drift ever higher, visualise your home and then your street and then your town becoming smaller and smaller. Maintain this feeling of extreme lightness and of floating ever higher with the scenery below you becoming ever smaller until you drift off to sleep.

Maintain this awareness of drifting upwards with as much intensity as you can, intensely enjoying every minute of it as you continue your ascent, as the Earthly landmarks beneath becomes specks against the planet Earth, and soon Earth itself becomes smaller and smaller as you continue to rise ever upwards into the great Universe.

When successful you will be woken, often very shortly after drifting off to sleep but could be any time, by vibrations or perhaps initial catalepsy. Quite probably with this particular method however you will awake to find yourself already floating out of and above your body, at which point you can assume full control over your out of body state as previously discussed.

In conclusion, all of the described methods for invoking an OBE have proven to be extremely effective for many people of all types of natural understanding, ability and circumstances, using as they do completely natural characteristics of the body, Soul and Spirit, and not therefore relying upon any difficult, advanced, mystical or otherwise convoluted procedures requiring considerable time, practice and concentration without ever being certain of success. That is not to say of course the more advanced procedures involving OBE from a fully waking state are not effective because they most certainly can be given the time, commitment and dedication, however the ultimate objective is to achieve an OBE in order to focus on the considerable benefits that will be realised as a direct result rather than focussing on more lengthy and difficult

methods with the disappointment and frustration resulting with lack of success.

These three simple methods as described also have the additional and considerable advantage of producing results before frustration sets in, thereby eliminating a very major cause of people to give up before OBE success is achieved.

It is best to discover as soon as possible which particular method suits you the best and most importantly to stay with it and keep practicing every day. Above all enjoy the experience of learning and succeeding. Both Astral Projection and OBE are very great inner adventures which will certainly bring profound benefits and truths into your life, truths which will enable you to face both your current life on Earth and your inner destiny on your path, in the knowledge that you are without question an immortal Spiritual being of the Universe, a true son or daughter of God.

Chapter 70: The Near Death Experience

Throughout recorded history people have returned from “death” to tell of their experiences during the time they were “out of their own body”. The situations leading to such experiences are numerous and can include extreme medical conditions as heart failure, accidents, and very often even during the course of medical operations.

These near death experiences, often simply referred to as an “NDE”, share common characteristics including the perception of floating above or near the physical body and observing the physical body from an unusual situation; for example from the corner of the room, or as has often been reported in the case of medical operations from the corner of the operating theatre. If doctors are present the person experiencing the NDE will usually see doctors endeavouring to revive their physical body, after which a doctor will often pronounce them as “dead”.

Some people later choose to relate their NDE experiences to doctors, relatives and friends, however it is likely the vast majority do not, often believing for example they will not be believed or worse are considered to have been hallucinating due to the anaesthetic or other medical factors associated with the medical situation, or suffering from after-effects arising from the physical condition leading to the NDE. Other people are afraid to relate NDE experiences on the basis they might be considered to be mentally deranged or will be ridiculed.

To most people experiencing an NDE, relating the experience to others seems pointless, the experience itself being so intensely profound and personal. Research has proven however that literally millions of people have experienced an NDE, most of which are described as deeply profound, life changing experiences. One of the most significant effects of an NDE for people who are deeply religious is that they immediately realise the creed and dogma of religion for what it really is, having experienced, albeit only for a

short time the absolute truth of the survival of the human Soul and Spirit and the truth of what awaits after the expiration of the physical body, truths so profound, real and beyond any possible doubt that such a person will never return to the dogma and indoctrination of a religious belief system ever again.

Like most people experiencing an NDE, previously religious people having “seen the light” are extremely thankful indeed they have been given the opportunity to set aside the restrictions of their previous belief system and to have been given the opportunity to restructure their lives towards the realisation of their own true purpose and destiny. There have been many famous people, especially in the last century or so who have experienced an NDE and have told of their experiences afterwards. Due to their standing the NDE experiences of these well-known and often respected people are usually taken very seriously indeed and form the basis of some of the most compelling evidence in existence today as to the truth of NDE what happens at the point of the death of the physical body and immediately afterwards, and most importantly the truth of the inner realities of life beyond the physical world of matter.

There are many similar experiences reported by people having experienced an NDE. These include “seeing” and experiencing their entire life “pass before their eyes” seemingly in an instant. Although this “life review” seems to happen in just a moment in time due to the experience actually occurring within the Etheric plane beyond the confines of space and time, this life review is complete in every respect, every single aspect of the most recent life of the person being experienced exactly as it was originally experienced during the course of their physical life. Another common feature of the typical NDE is experiencing intense white radiant light, the Divine light of God, and with it an overwhelming and all encompassing feeling of absolute Unconditional Love; an experience completely beyond the capability of conveying by means of the written word.

Frequently people experiencing an NDE also perceive and sometimes vividly experience the presence of deceased loved ones, friends and other “beings of light” who are there to guide them at the moment of transition from the physical to the Astral worlds. Often the person experiencing the NDE will be told by one of these people to “go back”, or “it isn’t your time yet”. This is often all the motivation needed to return to the physical body, serene in the certain knowledge of the glories awaiting one day upon the final passing from that particular physical incarnation on the planet Earth. Like people who practice Astral Projection and OBE, those experiencing an NDE will never again fear the state of transition from the physical to the non-physical worlds, still erroneously known as “death”.

An NDE is very similar indeed to an OBE or Astral Projection as discussed previously. As with final physical death it is possible to initially transition either to the Etheric plane closest to the physical world, the same process as an OBE, or to transition directly to the Astral world as occurs with Astral Projection. The Etheric NDE is the situation whereby the circumstances associated with the NDE, for example within an operating theatre, are witnessed from outside the confines of the physical body. Tunnels and beings of light are all characteristics of an NDE sharing similar characteristics to an Astral Projection.

The value of both OBE and Astral Projection in experiencing at first hand at any time the realities awaiting after the death of the physical body are extremely evident and profound. People experiencing an NDE can only experience the greater realities and truths for a short time whereas those experienced with OBE and Astral Projection can experience them at will for extended periods of time as time relates to the physical Universe, and have the opportunity to explore the Astral worlds thereby gaining valuable life guiding knowledge before the time arrives for the final Astral Projection, often known as “death”, for that particular physical lifetime.

NDE, OBE and Astral Projection are all experiences reproducing what will happen to each and every person at the point of physical death, resulting in a profound knowing of the truth of the higher realities and the continuation of life after the death of the physical body. Anyone enjoying these experiences will profoundly know beyond any doubts the state known as “death” is not final but is rather the continuation of a much greater adventure, the next stage in life as an immortal Spiritual being of the multi-dimensional Universe with a glorious path ahead on the return to back to our Supreme Creator, God.

Part 3

Managing Your Destiny

Chapter 71: Progression Through Life

It seems to be a most unfortunate but yet true fact that most people progress through each individual life on Earth without any true sense of purpose, understanding or control over their own destiny. To many, “life” seems little more than merely existing from day to day, endeavoring to survive, providing for themselves and their families as best they can, often wondering whatever will happen next, and usually attributing everything happening in their life to such notions as “luck”, “chance” or “fate”.

Many people resign themselves to accepting their “lot” in life, often from birth, while very often feeling envious of those who’s “lot” in life from their own perspective seems to be much better than their own. Of course many people are so completely involved with their own existence that they give very little if any thought to the vast number of other people who are actually much worse off than themselves. And so it is with life generally, people carried along like corks on the ocean, controlled by their ego, while striving to gather as many material possessions on Earth as possible while remaining totally oblivious to the inner realities of the infinite Universe and of their true purpose for living on Earth, a purpose which if only they knew, was actually chosen by themselves even before their current life on Earth even began. Whatever the life circumstances a person has including even parents was chosn as the best option available to evolve, and therefore people should never complain about a “lot” that they chose for themselves. The main thing that differs is in the degree of realization of these facts, and how they are benefited from.

People having no understanding, direction or even love of life is not how it should be or indeed was ever intended to be in the grand scheme of things. Each and every person is an equal and integral aspect of The Source, The All, of God, and as such enjoy all necessary abilities not only to live each and every life in complete harmony, happiness, health, peace and plenty, but most importantly to use the valuable time on Earth for the most important

and sacred task of all, progress on the path of ascent back to The Source, our Divine Creator, God.

The human race of the planet Earth has a very long way to progress in the grand Universal scheme of things and each lifetime on Earth should be spent wisely with personal progression at the forefront of each physical life. Those who initially ignore or fail to recognize these most important facts will find themselves lagging behind their brothers and sisters of the human race who will be progressing through the inner spheres of life beyond the physical and Astral worlds, enjoying conditions of peace, harmony, bliss, love and light far and away beyond the comprehension of people still living on Earth. Those who fail to comprehend these important facts and fail to structure each life accordingly, will also find themselves returning to Earth time and again until their lessons are eventually learned and progress is finally made.

Every single human being without exception has God given abilities to manage each and every life to the full, in peace, harmony and happiness. Just as God is the Prime Creator in the Macrocosm, the entire Universe in all of its magnificent spheres of life and reality, human beings as Divine and integral aspects of God, made in the true image of God are creators in the microcosm, our own world in whichever sphere we are living.

Please realise, accept and fully understand the profoundest truth in this next statement; **we all create our own reality!** We create every single success, every single failure, every single illness, every single relationship, every single problem, every single trauma, every single incidence of “good fortune”, every single incidence of “bad luck”, lack of money, excess of money and lack of needs; in short, absolutely everything; there is nothing that we do not create in our own lives.

In accordance with the immutable Universal law of Cause and Effect, nothing in the Universe ever happens by “chance”; everyone is responsible for who they are and what they have in life such as it

is; there are no exceptions to this reality. Today a major problem within the world is that the vast majority of people simply do not yet know and understand these fundamental truths and accordingly create individual realities with which they are unhappy. To compound these problems even further, negative emotions due to adverse circumstances attract even further sources of unhappiness, and so it goes on ad-infinitum, a whole series of negative effects resulting from a corresponding series of negative causes. The opposite also applies of course; those who are happy with their lives will focus on that happiness and as a direct result will attract and experience even more happiness. Such is the way of the Universe, the power of attraction, of Cause and Effect, and all other Universal laws always unfailingly operating with total immutability.

There is no such concept as favouritism in the Universe; everyone is equal, and accordingly has an absolute God given equal right to have all genuine needs fulfilled, to be happy and content at all times, and to live in peace and harmony with the Universe. Everyone without exception has equal opportunities to progress as an immortal Spirit and aspect of God, indeed it is not only an opportunity; to evolve back to the First Cause, The Source, God is our most sacred objective, and really is the true meaning of life.

In this section of this book we will discuss how you can take full control over every aspect of your life and your own ultimate reality regardless of your current circumstances. We will discuss the importance and methods of true concentration, focus and relaxation, all of which are fundamentally important in every day life. We will discuss how you can manifest anything you need or desire into your life and reality regardless of your current circumstances; everyone without exception has this same creative power as an integral aspect of God. We will discover how to heal yourself and others using only the powers of the Mind; healing is not usually a function of the physical body as doctors and most people believe, but is rather a function of healing the Etheric Body the Energy Body which can be profoundly influenced by the

focused powers of the Mind. We will discover how you can protect yourself and your family from dark, negative beings and forces that can and often do attack people far more frequently than is generally recognized. We will also discuss how to remove these dark forces should they already have taken a hold in your life. Finally we will discuss the many abilities, attributes and disciplines required for personal progression and evolution, not only for the benefit of your own current life but also for the benefit of your loved ones and others around you, and ultimately for the benefit of all mankind.

There is another extremely and fundamentally important reason why as many people as possible should structure and live their lives as they were intended to be before birth into the physical world; the more people who begin to live their lives in accordance and in harmony with the Universe, Universal laws and therefore with God, the more the collective Consciousness of mankind of which we are all an integral aspect will be expanded. The more people who recognize Spiritual truths and pursue the true and sacred path, the more the collective realm of the planes of human Consciousness will be expanded in the same direction until finally all of mankind will be liberated from the shackles of creed, dogma and materialism, each and every person without exception free to pursue their own ultimate reality, and their own important part in the destiny of all mankind.

Chapter 72: Deep Physical Relaxation

By relaxation we do not necessarily mean for example reclining in a comfortable chair in front of a television, relaxing in the garden or taking a holiday or leisure break, pleasant and welcome though these might be, but we rather mean “deep physical relaxation”. Deep physical relaxation is not only an ability that is important to integrate into your daily lifestyle in order to help combat stress and other negative feelings, but is also extremely important in the development of many other positive and valuable abilities required in the ongoing process of managing your own life and destiny.

The benefits of learning and regularly practicing deep physical relaxation simply cannot be underestimated. Many of the valuable abilities contained in this section rely on the ability of deep physical relaxation and accordingly we will discuss this important ability from the very outset. You might feel that you are already relaxed, however if you consciously check all of your muscle groups and your state of Mind you will usually soon discover that the reality is very different indeed. You might well find tension in various muscle groups preventing complete relaxation as well as tension and stress of the Mind. In this chapter we will discuss a highly effective method for achieving deep physical relaxation, which once learned will enable you to deeply relax at will, at any time and under almost any circumstances.

Before commencing these exercises it is important not to be too tired otherwise the effectiveness will be reduced and there is always the possibility of falling asleep. It is best therefore not to have eaten a large or heavy meal beforehand that will interfere with the deep physical relaxation process. It is also highly advisable to wear loose, comfortable fitting clothing, otherwise the relaxation process can be restricted and accordingly not be as effective as it should be.

To commence these exercises first of all make yourself as comfortable as you can in an armchair or similar place where you

can relax in an upright or semi-upright position. It is not advisable to lie down flat on a bed due to the possibility of falling asleep, however it is quite alright to prop yourself up in bed in a semi-upright position using pillows. Taking a warm bath can also be very beneficial before commencing these exercises. A good posture is also very important; if you allow yourself to slump in your chair or bed or if your back and therefore spine is not as straight as possible, it will most certainly be counter-productive to the relaxation process. If your armchair does not allow your head and neck to be completely comfortable place a pillow behind your head, adjusting it until it is comfortably supported.

The objective before commencing deep physical relaxation exercises is for your body to be as balanced and free of strain and stress as possible from the outset, and in such a way as to remain completely balanced throughout the duration of the exercises. Ultimately you should be able to relax under any circumstances. One of the most useful and effective conditions under which to relax for the development of many important abilities is while sitting completely upright in a straight-backed chair, while not leaning against the backrest of the chair. These relaxation exercises are commenced with deep breathing exercises designed to remove as much stress and negativity as possible from your muscles and your Mind.

The practice of deep physical relaxation:

Breathe in deeply but slowly to a slow count of five and imagine at the same time, with as much realism as possible that the air you are inhaling is a very bright, radiant, sparkling white. As you progressively inhale, feel the positive relaxing Energy of this white, radiant, sparkling light entering your entire body and spreading throughout your body from head to foot.

Hold the breath for a slow count of five while feeling and enjoying as intensely as possible the radiant, sparkling white light bathe your entire body, and then slowly exhale to a further slow count of five.

As you exhale, imagine as realistically as possible that your breath is a dark grey colour, and as you exhale this dark grey breath containing all negativity and tension is now leaving your body as you feel progressively more relaxed.

Now continue to relax for a further slow count of five and once again repeat the process of inhaling pure, radiant, white sparking light, again feeling its pure relaxing Energy entering and permeating your entire body from head to foot before finally once again exhaling the dark grey light, while at the same time feeling all tension and negativity leaving your body. All inhalations, pauses and exhalations should be carried out to the same slow count of five for each part of this process.

Repeat each breathing cycle at least five times, ideally continuing until you are feeling generally relaxed, refreshed and positive. Please note that while doing these breathing exercises you should inhale by using your entire diaphragm and not just your upper chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest, drawing in each breath in this way.

The next stage in deep physical relaxation, to be carried out immediately and following on from the first stage involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

To proceed with this phase of the exercises, while still retaining your relaxed feelings after the initial breathing exercises, imagine as vividly as possible a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Using as much imagination as you can summon make this sphere of light as bright, glowing and radiant as possible; as bright or even brighter than the sun on a clear summers day.
Next imagine as realistically as you possibly can this sphere of radiant light moving gradually upwards, first encompassing both of your feet. Your feet should now be completely bathed in this bright,

glowing, energizing white light; you can feel the glow of the warmth of this bright, radiant, energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension draining quickly away from the area of your feet as they become extremely relaxed and free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from the area of your feet.

Next imagine the bright sphere of radiant white light moving slowly up your legs to the area of your calves. Again feel this area completely bathed in this bright, glowing, energizing white light, allowing the sphere of Universal light to remain in this position until both of your calves are completely free of all tension and completely relaxed just as with your feet area previously.

Next imagine the white sphere of radiant light moving still further up your legs until reaching your thighs. The sphere of light can very easily expand as much as it needs to do in order to fully encompass any area of your body at will. As with your feet and calves allow both of your thighs to bathe and relax completely in the glowing, radiant, energizing white Energy of the sphere of light. As before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated, and this area now feels totally relaxed.

Repeat this process as the radiant, bright, white glowing sphere of Energy travels further up your body next reaching your hips and buttocks followed by your stomach and lower back areas, and then your chest and upper back, arms and shoulders. Your arms should remain totally straight by your sides allowing the sphere to encompass the entire trunk of your body and arms as it progressively makes its way up your body encompassing everything as it does so, and leaving each area totally fully relaxed.
The sphere of radiant white light now reaches your neck. Allow the sphere of radiant white light to bathe your neck area for longer, and as long as necessary for you to release all tension. Your neck can collect a considerable amount of tension and time must be provided

for all tension to completely dissipate, ensuring your neck, as with your lower areas are completely relaxed and free of all tension.

Finally the glowing, white radiant sphere of light reaches your head. Allow it to remain around your head area while all tension completely dissipates from your face and head muscles, again leaving them totally and completely relaxed as with all of the lower parts of your body. After all muscles in your head feel totally relaxed, imagine the radiant, glowing white sphere of light traveling to the top of your head, and then onwards into the infinite Universe.

Now take time to bathe in this extremely pleasant feeling of deep, full body relaxation. Feel just how blissful it is to have removed all of that stored tension and stress from your entire body. You can remain in this position of deep physical and mental relaxation for as long as you wish while you fully appreciate how wonderful this total relaxation really is.

Very often this deep physical relaxation exercise is valuable pre-cursor to Astral Projection, OBE, concentration, manifestation, healing and other important abilities to be discussed later in this book. In this stressful world it is very useful indeed however to learn the art of deep physical relaxation as a valuable ability in and of itself, and one which will prove to be particularly welcome at the end of a long, hard stressful day, or indeed at any time at all when you simply feel the need to relax.

After sufficient practice, deep physical relaxation can be performed anywhere at all at will and without the need for a comfortable location or the need for visualizations. The ultimate objective should be the ability to achieve deep physical relaxation while sitting absolutely upright, spine completely relaxed, sitting on a chair, without using the backrest of the chair. Your body must respond to and obey your will at all times. Ultimately therefore you should reach the stage where you can sit completely upright, spine erect on a non-padded chair, and totally relax by simply concentrating, focusing and willing your body to so. When you can achieve a state

of deep physical relaxation at will like this, many more latent abilities will open themselves to you, abilities that can have a profound effect on your life and ongoing evolution.

Chapter 73: Concentration

The ability to totally concentrate at will is not only extremely beneficial but in fact is one of the most important of all abilities, and one upon which most other abilities ultimately rely. Without adequate powers of concentration nothing worthwhile can be achieved or true progress accomplished; this is such an important truth that everyone should fully understand. On the other hand with the ability of complete powers of concentration quite literally anything is possible.

The benefits of developing the ability to totally concentrate at will includes but is certainly not in any way limited to the complete control of thoughts, absolute peace of Mind, self-confidence, inner strength, will power, ability to focus your Mind, improved memory, better ability to make and carry out decisions, more control over your daily life, ability to study and learn much more quickly and efficiently, control over extraneous passing thoughts and not giving in to them, freedom from needless, annoying, obsessive, compulsive or upsetting thoughts, routines and habits, inner happiness, the development of extremely valuable abilities as will be discussed in more detail later in this book, more advanced powers of the imagination including visualization, and the ability to meditate effectively. There are many more valuable benefits arising from the ability to fully concentrate, these being just a few of the more important ones.

Many people unfortunately have considerable difficulty in concentrating for more than a few seconds at a time, with the Mind constantly jumping around from thought to thought and subject to subject without any sort of conscious control or structure whatsoever. People are often heard to complain for example, “I cannot possibly think of a hundred things at once”; and therein is a real problem; they are indeed thinking of a hundred things at once instead of just one single thought; the immediate task in hand or point of focus.

Another expression for this inability to concentrate on a single thought is “monkey mind”; the Mind is constantly chattering away endlessly creating noise and thus dimming its true power, abilities and therefore effectiveness. In some parts of the world people who are unable to maintain any single thought for more than a few moments are known as “quinhentos pensamentos”, which literally means, “five hundred thoughts”. This situation applies equally to people of all cultures throughout the world.

Diluting the Mind with thoughts is like diluting anything; the totality of its effectiveness will be reduced in proportion to the amount of dilution as the concentrated effectiveness is scattered and dissipated. A single strongly focused thought is extremely powerful, this simply cannot be emphasized enough. “Phenomena” which to most people would seem to be completely miraculous are easily possible by means of single pointed, completely focused and concentrated powers of the Mind.

As previously discussed, thought is Energy and therefore focused thought is focused Energy the vibrations of which can have a profound effect on the object of the thought, with results that might appear to the casual observer as truly miraculous. A graphic example of such immense power of concentration has often been observed and related by those who have traveled in India. They tell of how they personally witnessed a seed actually being planted in the earth, and which seed not only then immediately sprouts and grows before their very eyes, but very soon thereafter also yields fruits that could actually be plucked and even tasted. All of this occurred in just a few moments. This “phenomena” was accomplished by the use of the most intense use of the powers of concentration and imagination by Fakirs who used these powers to such focused, single pointed and profound effect, that the objects of their intense powers of concentration and imagination actually manifest for all to see, sense and experience in the physical world.

To control your thoughts is to exercise a much higher level of control over every aspect of your life with all of the profound

resultant benefits. Lack of concentration and control over thoughts generally can be likened to piercing a sheet of thin paper with a blunt pencil; piercing a sheet of paper with a blunt pencil will prove to be difficult, and the paper will very often simply tear. However if the pencil is sharp, the point will pierce the sheet of paper very easily indeed leaving a small neat hole.

The same situation can be applied to concentration; if concentration is blunt and undisciplined and the Mind is crowded by hundreds of thoughts, the Mind will be equally blunt and ineffective, and accomplishing any single objective or indeed anything at all worthwhile will be very difficult indeed or quite often impossible to do. If on the other hand the concentration of the Mind is sharp and single pointed, then the entire Energy of the point is focused in one place on one single intended action, and the results will be that much more effective. The stronger, more focused and single pointed your concentration, the more powers and abilities you will enjoy in controlling every aspect of your life, ongoing evolution, and therefore your own personal happiness, peace and harmony.

The ultimate objective of concentration is to attain a state of “single pointedness” of Mind. Such single pointedness is the total, complete and unwavering focus on either one single thought, or very often no specific thoughts at all; in other words a focus on a total emptiness of Mind, totally devoid of all thoughts of any kind. Such a complete concentration on emptiness of Mind is fundamental to another very important ability, that of meditation, the benefits of which are profound, numerous and extremely valuable. A highly developed ability of concentration will also assist in the processes of Astral Projection, OBE, healing and many other powers of the Mind.

Although almost anyone can develop high levels of concentration and willpower there are certain barriers to success that should be taken into account. Any inherent physical or mental weaknesses brought about for example by an ongoing illness, can effect concentration. At the same time such conditions can fortunately be

healed, as we will also discuss later. A lifestyle too filled with a wide range of activities can also make it difficult to achieve the ability of total concentration, the Mind of such a person always being preoccupied with thoughts pertaining to their ongoing activities. Such a person will also have difficulty in finding the time and motivation required to put aside the necessary time each day.

Chapter 74: The Practice of Concentration

Initially concentration can be practiced from any sufficiently relaxed position. Ultimately however, once a good degree of concentration has been achieved, the ability can be taken to a much higher level with a more formal posture such as for meditation, a subject we will discuss in much more detail later. You should ideally start by devoting at least ten minutes each day to these exercises, later increasing to at least thirty minutes each day if possible.

There are several progressive stages involved in achieving a high level of concentration abilities. First of all you need to ensure you are completely relaxed, ideally by performing deep physical relaxation exercises. As previously mentioned, once your levels of concentration and will power have reached a certain level it will no longer be necessary to perform formal relaxation exercises, you will be able to sit in your upright chair, take up your posture with back completely straight and relax instantly simply by willing to do so; everything must comply with your will but this first requires the necessary level of concentration.

The following concentration exercises are progressive. It will accordingly prove to be counterproductive to move on to the next exercise until the previous exercise has been successfully and fully accomplished. Sit straight up in hard chair, spine absolutely vertical, not leaning back, knees together and hands face down on your knees or thighs and proceed as follows:

Exercise 1: Close your eyes and count backwards in your Mind from 100 to 0. Should you miss any numbers go back to 100 and start over again. You should be able to do this 10 times in a row before proceeding to the next exercise.

Exercise 2: Close your eyes and count backwards from 100 in increments of two. In other words count backwards 100, 98, 96, 94, 92, 90 and so on down to 0. Should you miss any numbers start

again from 100. You should be able to succeed with this exercise 10 times in a row before proceeding to the next exercise.

Exercise 3: Repeat exercise 2, but this time counting backwards in increments of three; 100, 97, 94, 91 and so on. As before should you miss any numbers you must start over again. You should be able to succeed with this exercise 10 times in a row before proceeding to the next exercise.

Exercise 4: Select any word of your choice, an interesting one is better, and continuously repeat the same word over and over again in your Mind. Should another word enter your Mind then start over again. When you can repeat the same word in your Mind for at least 10 minutes without interruption this exercise is complete.

Exercise 5: Select a convenient object such as a fruit, and spend at least 10 minutes examining it from all sides. You must apply your entire unwavering attention to this exercise, the objective being to memorise the object as completely and in as much detail as possible.

Examine the object from all angles, not allowing any other thoughts to intrude within your Mind while doing so. Your entire focus and attention should be examining and memorising your chosen object in as much detail as you possibly can. Only when you have completely memorized this object should you move on to the next exercise.

Exercise 6: Close your eyes, concentrate, and visualise your chosen object from Exercise 5 as realistically as possible. Visualize the object exactly as it appeared when you were previously examining it, making it appear so lifelike in fact that you believe you can easily reach out and touch it. Should you have difficulty with this return to exercise 5 and memorise the object for a further 10 minutes. This is an extremely valuable exercise for many of the abilities we will be discussing later. Once you have successfully completed this exercise with the original object, repeat exactly the

same exercise again with a range of different objects of various shapes, sizes and colours.

Exercise 7: Obtain a fruit of your choice and divide it into sections. Examine your fruit thoroughly, not only with your visual senses but also with your senses of smell, touch and taste. Examine it visually, smell it, feel it and taste it, committing all of these received impressions to memory in as much vivid detail as possible.

Exercise 8: Close your eyes and imagine exactly how the fruit appeared while previously examining it utilising all of your senses; sight, smell, taste and touch. Imagine you can smell, taste and feel the texture of the fruit thereby completely re-creating it in your Mind.

The fruit should appear to be so solid and lifelike that you desire to actually reach out and eat it. As with the previous exercises should you not be able to achieve task this at the first attempt then go back to Exercise 7 and embed the characteristics of the fruit in your Mind as firmly as possible once again before progressing on with Exercise 9.

It is most important not to proceed with any exercise until the previous one is complete.

Exercise 9: Close your eyes and imagine you can hear the sound of a clock ticking loudly. The ticking must seem totally real as if there actually is a clock in your room. Once you have established the sound of the clock realistically ticking in your imagination, maintain the ticking for a full 10 minutes without interruption. If your concentration is broken and you miss a few ticks of the clock, you should either start over again or leave the exercise for another day until you can imagine the ticking with total reality for a full 10 minutes.

Exercise 10: The objective of this final exercise is to achieve a total emptiness of Mind, a total void of all thoughts. This is an extremely valuable state to be able to achieve, and is the basis for achieving

many inner abilities, and should therefore be practiced for as long as it takes to perfect this ability which is also the basis of meditation.

Close your eyes, relax, and vigorously reject any thoughts attempting to enter your Mind. At first this might seem difficult as thought after thought tries to encroach upon your imposed silence. If thoughts do encroach upon your silence, rather than feeling distracted or even frustrated, simply passively observe the thoughts and allow them to drift through your Consciousness without giving them any focus. If you do latch onto a thought and start to give it any sort of importance it will then occupy your Mind and might well prove to be very difficult to remove.

The objective of this exercise is to hold your Consciousness totally and completely clear of all thoughts whatsoever for at least ten minutes. This exercise might well take several weeks of practicing for at least ten minutes each day before fully achieved. It should be stressed however that this final exercise is extremely useful and important in the development of a wide range of inner abilities, and should ideally be practiced daily until perfected. Eventually it will become possible to maintain this state of Mind for as long as you wish, and certainly for many hours at a time, during which profound experiences can occur.

Having successfully completed all of these exercises, your concentration and willpower will have increased considerably and will prove to be an excellent asset in the future. It is most important however to maintain the practice of these exercises regularly, ideally every day, otherwise you could very easily start to diminish your powers of concentration. Should this happen repeat whichever exercises are necessary in order to bring your concentration levels back to those of exercise 10 once again; you should be able to achieve total vacancy of Mind at will.

Having acquired the most valuable ability of total concentration at will, it is also highly beneficial to be able to control all of your

thought processes throughout the day. This involves focusing your thoughts exclusively on whatever it is you are doing at any particular moment in time and never allowing your thoughts to wander on to other matters. Remember: focused thought is extremely powerful, but scattered, random, transient thoughts will result in the same effects and nothing worthwhile will be achieved. Such focus of thought might seem difficult at first; most people tend to naturally let their Minds wander as a lifetime habit, however with perseverance ongoing control of thoughts will in turn become a habit which will find yourself doing subconsciously without even thinking about it.

Thought control will further enhance your concentration abilities and will also sharpen your levels of Consciousness and powers of memory, as well as other valuable attributes of the Mind and Spirit, attributes that will enable you to assume full control over your daily life as well as your ongoing personal evolution.

Finally we will conclude this section with three high-level concentration exercises that are indeed a challenge, and truly are tests of absolute concentration and willpower. These exercises are by no means absolutely necessary for the developing inner abilities, but for those who relish a challenge and wish to develop powers of concentration to a very high level indeed, they are most worthwhile. These exercises, involving the ability often known as Telekinesis might even seem impossible to some people, but please be absolutely assured that they most certainly are indeed both possible and achievable.

The candle flame:

Before commencing this first exercise it is most important to ensure that you are totally physically and mentally relaxed and focused with no distractions or potential distractions whatsoever. The previous concentration exercises must have be been fully accomplished.

For this exercise an ordinary candle is required. Place the candle safely on a table in its holder on a surface before you. While remaining as relaxed and as focused as possible, and while keeping your Mind completely clear of all thoughts not associated with the task in hand, sit in your chair with your elbows resting firmly on the table and with your chin cupped in your hands.

Now focus exclusively on the candle flame with complete, unwavering concentration. Take some time to completely relax, focusing entirely on the candle flame while seeing and thinking about nothing else whatsoever; your thoughts should be totally focused upon the flame flickering before you. When you have achieved the required state of Mind use all of your concentration and willpower to move the candle flame. It is very important while you are doing this to imagine, as realistically as possible and without any doubts in your Mind whatsoever that the flame has already moved in the desired direction in accordance with your will. Never imagine that it will move; you have to know that it has already moved beyond any possible doubt in your Mind.

By using your willpower and concentration to move the flame while imagining with total certainty that it has already moved in the required direction you will influence Energy beyond the physical limitations of space and time to comply with the will of your Mind, manifesting the desired result as a physical reality.

Remember always that thought is Energy and the Energy of your thoughts will influence other Energy on order to manifest your desires; this applies to everything in the Universe in all spheres of life and reality. You must also know beyond any doubt in your own Mind that not only that you can achieve this but in fact you have already achieved it. At first the flame might appear to move only such a small distance as to be hardly perceptible. Never have any doubts however that you have indeed moved the flame, and continue to move it more.

You might succeed at the very first attempt with this exercise or it might take some days or even weeks. With practice however moving the candle flame with your Mind, a process known in the physical world as telekinesis, it will become progressively easier.

This is an excellent exercise for increasing concentration and willpower as well as for understanding the importance and effects of the inner Energy and powers involved. When doing any of these exercises it is extremely important indeed to remember there is no such concept as “try”. “Try” is a word of total weakness, and one which should be completely eliminated from your thoughts, actions and vocabulary at all times; in developing these inner, valuable abilities, we never, ever “try”, we always “know” beyond any doubt in our Minds whatsoever that we have already completely and totally succeeded with our objectives.

Once you have succeeded in moving the candle flame from side to side, move it up and down. When you have succeeded with that, extinguish the candle flame using your powers of concentration and willpower alone, always remembering to imagine the flame is already extinguished. When you have succeeded in extinguishing the candle flame, re-light it again. You will soon find with regular practice you can exercise total control over the candle flame using the focused powers of your Mind and concentration alone. This process is known as “telekinesis” or “psychokinesis”.

The Psi wheel: This is another exercise in telekinesis, achieved once again by means of exercising complete control over your powers of will and concentration. As with the candle exercise it is highly advisable to ensure you are totally relaxed and completely focused on your objectives before proceeding.

For this exercise you will need a drawing pin, sometimes known as a “thumb tack”, and a piece of white cardboard. Place the drawing pin flat end downwards on a table. Next, cut out a square from the sheet of white cardboard of approximately one quarter of an inch by one quarter of an inch. Now very carefully place the square of white

cardboard on the point of the drawing pin, also known as a thumb tack, so it balances completely. This then is your basic Psi wheel, and you are now ready to commence with this exercise in concentration and telekinesis.

Again, before starting please ensure you are totally relaxed and focused on the task in hand with no extraneous thoughts in your Mind whatsoever. It is well worthwhile to perform the vacancy of Mind exercise before commencing in order to tune your Mind into the task ahead.

Place your elbows lightly on the table and sit with your chin cupped in your hands a short distance from your Psi wheel. Now cause the square of cardboard to turn around by using your powers of will and concentration alone; this can be achieved by concentrating deeply on one corner of the cardboard square and imagine that it has already moved in the desired direction. You can also imagine a hand or a white beam of light originating between your eyebrows, your third eye or brow chakra reaching out and pushing the cardboard square around while knowing beyond any doubt that it is already moving.

Again, as with the candle flame exercise it is very important to imagine and know beyond any doubt whatsoever that the square of cardboard is already actually moving around in the desired direction. When you succeed the cardboard square will start to noticeably, physically move on its axis, the tip of the drawing pin. It might only start to move extremely slowly but perceptibly at first, but with practice the psi wheel can be made to spin faster and faster uintil it is spinning like a fan.

When you achieve this you will feel a great sense of satisfaction and accomplishment and a knowing beyond any doubt that your ability is very real which indeed of course it is. In order to be totally convinced of your powers of telekinesis you can also place the psi wheel in a transparent, clear box or other container and place a lid on the top of the container so the psi wheel is completely sealed

from external influences. When you do your telekinetic psi wheel exercises with the psi wheel sealed in the clear box you will again notice the psi wheel still turns as before even though there can be no possible external physical influences. Physical matter of any sort represents no barrier whatsoever to the powers of the Mind and the Energy of the Universe that pervade everyone and everything without any exceptions, only differing by Energy configurations as influenced by Mind, and the relative rate of vibrations.

The floating needle:

For this third exercise you will require a wide glass or bowl of water, an average sized needle and some heavy grease with which to coat the needle. Proceed then as follows.

Place the glass or bowl on a table and fill it with water very near to the rim. Allow the surface of the water to settle completely. Next, grease the needle completely ensuring it is fully coated and very gently place the needle upon the surface of the water so it floats upon the surface tension. Allow the needle to settle until it is completely still and floating in the centre of the container. As with the first two exercises you must first ensure you are totally relaxed and completely focused on the task in hand before proceeding.

Sit with your elbows resting on the surface of the table and with your chin cupped in your hands, and then using all of your willpower and powers of concentration cause the needle to move across the surface of the water. As with the previous exercises you can imagine a beam of light or hand projecting from between your eyes, your brow chakra, reaching out to the needle and pushing it across the surface of the water. Again, it is very important to imagine to the extent that there is no possible doubt in your Mind whatsoever the needle has already moved across the surface of the water and has already reached the other side.

As with the first two exercises, total unwavering willpower, focus and concentration are required in order to accomplish this

successfully. You might find you succeed with this exercise at your first attempt or you might find it takes several weeks of practice. Please do not be discouraged, the sense of satisfaction of gaining this telekinetic ability is very well worth the effort, and your powers of concentration will have further advanced.

Having succeeded in causing the needle to move across the surface of the water now cause it to spin around. As with the psi wheel all you need to do to achieve this is to focus on one end of the needle and then push it around using all of your imagination, willpower and concentration, and if necessary by imagining a beam of light or a hand originating from between your eyes pushing the needle around. As before, you must know the needle is already spinning round in accordance with your total will and concentration. Having succeeded with that exercise you will find you can make the needle move exactly in accordance with your will.

It is most important that pursuing these abilities should always be alone and solely for the benefit of your own individual development. Never, ever, ever seek to impress others with public demonstrations otherwise your focus, abilities and progress will be very adversely affected. Your own development is very individually focused, while most importantly of course always being willing to assist others with any aspect of their life or personal development is appropriate or asked to do so. There are those living on Earth with powers of the Mind that most people cannot even begin to comprehend, but these people never speak of their abilities or perform in public, and that is most definitely a wise position to follow.

All these exercise are extremely valuable for developing powers of concentration, powers that are extremely important for all inner abilities, including those to be discussed next.

Chapter 75: Meditation

Meditation is without question one of the most worthwhile and valuable practices anyone can undertake on a regular and ideally daily basis. Many people however still tend to associate meditation with a perceived far eastern mystical practice whereby a person will sit on the floor in an impossible looking position, surrounded by candles and burning incense while chanting a mantra. In actual fact meditation for the vast majority of practitioners is nothing like this at all. Meditation is a daily habit for millions of people the world over within all cultures and all walks of life, and more people join the ranks of meditation every day as they discover the very considerable values and benefits of this ancient practice.

Let it be said straightaway that there is absolutely no need whatsoever for such notional complicated postures, candles, incense or any other mystical instrument or practice. Meditation can be performed almost anywhere at any time of the day, providing it is in a place which offers the necessary freedom from distractions.

So what exactly are the benefits of meditation? To start with meditation calms the Mind and relaxes and dissolves tension from the body. In the longer term the Mind begins to experience much higher levels of peace, tranquility and serenity, not only during meditation itself but also during daily life. There is a progressive and profound increase in happiness, tolerance, love, understanding, fearlessness, and inner powers and abilities.

With meditation the powers of concentration increase and the Mind becomes progressively sharper and more under control, including freedom from unwanted thoughts, emotions and influences, and with a much higher ability to enjoy the present moment. There are many further such tangible benefits, but in short, meditation greatly strengthens the body, Soul and Spirit resulting in a higher quality of life.

There are also other important benefits that might seem less obvious. While in a state of deep meditation you are open to the inner realms of reality and Energy thereby making it possible to contact and communicate with beings of the inner realms, including but not limited to Spirit guides, people residing in the Astral words who have passed on from Earth, and even your Higher-Self or Holy Guardian Angel. These contacts can be extremely valuable indeed, with information, intuition, insights, advice, encouragement and much more, all assisting considerably in daily life.

During deep meditation, you can ask questions, and receive answers on issues of importance to you. Remember, space and time simply do not exist in the inner realms of life and reality, and accordingly the beings and people dwelling there have access to the past, present and future, as well as to vast repositories of information maintained in huge Astral libraries and of course the Akashic record of the Causal sphere of the Universe.

Most meditation techniques have one ultimate objective; to achieve complete silence of the Mind and therefore to reach the real “I” level of pure awareness, resulting in a more direct channel of communication with your inner-self and a greater, more profound connection with The Source, Our Divine Creator, God.

Again, we must always keep in Mind that when meditating we are focusing inwards to our Soul and Spirit as well as to the inner realms of life and reality. It should be kept in Mind therefore that the inner realms are actually identical to what are often referred to as the “higher” realms; it is simply a matter of perspective. Most people talk of “higher realms”, higher “levels”, “planes”, “worlds”, “spheres” and so on, but these are actually inner states of Consciousness, vibration and Energy, the physical world being the outermost “shell”, the physical epidermis of the Universe existing at the highest density and the lowest vibration. As the great quantum physicist David Bohm succinctly observed, the outermost layer of the Universe, the physical Universe as observed by science is as “frozen light”. Although Astral and Mental worlds therefore may be

considered to be higher relative to the physical worlds, they are in reality all progressively inner worlds with our The Source Energy, The First Cause, God at the very centre. The observable, physical Universe as known to science is merely a very small fraction of the glories of the entire Universe in all its spheres of life and reality. It is in meditation that we reach far beyond the ephemeral, maya, illusion of the physical world of matter and indeed the Astral worlds, to focus far inwards towards the source, eventually realizing a complete oneness with The Source.

When performing meditation, Astral Projection or indeed any other journey beyond the physical world, this is really an inner journey to inner states of Energy, vibration and being.

Chapter 76: The Practice of Meditation

In order to meditate effectively, a sufficient degree of concentration is required, and is one reason why this extremely important ability was discussed in depth the previous section. Without concentration it will be very difficult indeed to adequately silence the Mind and therefore to achieve anything worthwhile during meditation.

It is very important to meditate sitting in a totally upright position with your spine completely straight as practiced with the concentration exercises. Meditation cannot be effectively accomplished while lying on a bed or reclining or even leaning back in a comfortable chair. If sitting on a chair during meditation it is best to sit totally upright, spine absolutely vertical on a hard backed chair, a dining chair for example, with your legs and knees firmly together and your hands palms down on your thighs. Alternatively sitting cross-legged on the floor, totally upright with spine totally straight is also an excellent position for meditation. It is not necessary to formally use an exotic position such as the full or half Lotus, but you may of course do so if you wish.

It is fine in the very early stages to sit on a pillow to make yourself more comfortable, but never sit with your back against the backrest of a chair, or indeed against any other support; your back and therefore your spine must be absolutely straight and totally unsupported. Your hands should be positioned with your palms facing downwards and resting lightly on your thighs.

It is a good idea to meditate in the same place and at the same time of day where you will not be disturbed. Although such items as candles, incense and other materials are not at all strictly required, you might very well find them to be useful in setting the specific meditative mood and focusing of your Mind. By using for example certain scented candles or incense, these will become associated with your meditation time and might therefore assist you in reaching the required level of Consciousness and relaxation more quickly and effectively. This is a matter of personal choice entirely.

Next perform some deep breathing exercises for example those discussed earlier in this section in order to help you to achieve the required level of relaxation, and to help you to focus your Mind away from mundane matters. Breathing in for a slow count of five, holding your breath for a slow count of five, and breathing out for a further slow count of five is excellent for helping to achieve a good level of relaxation before commencing meditation. Repeat this five times initially, and more if you feel it is beneficial.

While performing the breathing exercises you can also imagine inhaling pure, glowing or sparkling white light, and exhaling through your nose grey light containing any tension or negativity stored in your body. When you are totally relaxed and sitting totally upright in the meditation position, use all of your powers of concentration to empty your Mind of all thoughts; only a complete vacancy of Mind should prevail. Should you have difficulty in achieving this immediately at first, you can reach this state of concentration and state of Consciousness in stages over time. It really does not matter how many sessions it takes to achieve the total vacancy of Mind state, but reach it you must in order to be able to meditate effectively, and the sooner the better. The previously discussed concentration exercises are an excellent way of achieving complete vacancy of Mind, and it is strongly recommended you complete the concentration exercises before commencing the practice of meditation.

To commence with your meditation assume your chosen meditation position, attain the necessary degree of deep physical relaxation by performing the breathing exercises and then begin to observe your thoughts as they pass through your Mind. It is very important not to participate in these thoughts, tempting though it might be, but to merely be a passive observer, acknowledging the thoughts as they occur but then allowing them to simply drift by without further involvement. Again, it is most important not to attach yourself to any thought and become involved with it. Continue this exercise for as long as you can but ideally for at least ten minutes each day; at

least thirty minutes each day being your ideal objective. When you first commence this exercise you might be besieged with thoughts, particularly if you have not practiced the concentration exercises first, and it is strongly suggested that you do, however from session to session the number of thoughts will diminish until they finally become few and far between.

This might well only take a week or might take several weeks or even months depending on your individual circumstances and levels of relaxation, concentration and focus. You can reinforce this process throughout the day by pursuing the same procedure as suggested for part of the concentration exercises, only thinking about what you are doing at any particular moment in time. Do not allow any extraneous thoughts to enter your head and interfere with your current task. For example, if you are driving your car, think only about driving your car and do not allow your Mind to wander to other unrelated matters. The same applies for any activity whether it be shopping, your job of work, cooking a meal and so on. Always focus exclusively on the task in hand to the total exclusion of all other thoughts. This will assist greatly in thought control and strengthen your powers of concentration.

The next stage in the process of learning to meditate is to select a single thought or object of your own choice and to hold the thought or image in your Mind for as long as possible. This might for example be a memory of a place you enjoy visiting, a memorable holiday or any other happy memory. It might be easier at first to visualize a familiar object such as a favourite picture or an item of household furniture, or the image of a loved one. It does not need to be something you are actively involved with or interested in, any object will do as the object of your visualization such as a fruit, candle, cup or other such familiar item. Having decided on the object of your thought, assume your meditation posture by sitting in your chair or on the floor with back totally straight, and after any relaxation and breathing exercises bring the thought or image firmly into your Mind as realistically and with as much presence as possible. Ideally your thought or image should fill your entire Mind.

If any other thoughts attempt to intrude then with all the will power you can summon reject that extraneous thought immediately and bring your Mind firmly back to your intended thought or image. It is very important indeed to immediately reject any intruding thought the very moment it tries to join your chosen thought or image. You will find this exercise will become progressively easier over time, with your thought or image becoming stronger, and with less and less intruding thoughts which will become easier to reject.

When you can hold your thought or image vividly and solidly in your Mind for ten minutes without wavering or any intruding thoughts the final stage is to be able to dismiss that thought or image at will right at the end of your meditation session, leaving you with a full vacancy of Mind where the image once existed. Hold you Mind empty of your chosen thought or image for a few moments before gently raising your Consciousness back to the physical level. After this has been fully accomplished, for future sessions you can proceed to the full meditation stage; full vacancy of Mind.

This step involves assuming your meditation posture and rather than holding a thought or image in your Mind, hold your Mind totally devoid of all thoughts not allowing any thought to intrude. In the beginning you might find the occasional thought attempts to intrude into your silence; if it does simply use all of you willpower to reject it immediately. When you can achieve this stage you are now ready to meditate effectively.

As an interim stage in your meditation learning process, you can commence your meditations with a single chosen thought or image, and then after a couple of minutes or so remove the thought or image and proceed with a complete vacancy of Mind. After a time you will find it will be possible to omit the thought or image of the scene or object altogether and proceed immediately with a complete vacancy of Mind from the outset of the meditation session.
Having achieved this level of concentration and emptiness of Mind you can now proceed to meditate effectively. A meditation session

should ideally be at least twenty minutes, but less will suffice initially. This however is only the beginning as you will discover naturally as you progress; each meditation session will progressively deepen your inner awareness.

Remember you are focusing inwards towards The Source and not to some “higher” level relative to The Source. As previously mentioned, when we refer to the “higher” worlds and states of life and being, these are actually inner states relative to the physical world and physical body, with the highest vibration of The Source, The First Cause of God at the very center, and the lowest vibration of Energy at the outermost level, the physical, material level from where meditation commences. Your focus should therefore be inwards towards the Astral and Spiritual worlds, your Higher-Self, and ultimately with the highest and most Divine, God.

With time and dedicated daily practice meditation will come progressively deeper and with more profound levels of inner awareness, soon becoming a very blissful experience, bringing with it the potential for the profound benefits described earlier. Ideally while meditating you should reach a stage where you completely lose contact with the feeling of your physical senses body and surroundings, being totally focused on the inner states of Consciousness. This is an ideal state to reach and should be your immediate objective.

Meditation should become a daily habit, and one that you should always look forward to. There is no fixed duration of time for meditation; some people meditate for up to thirty minutes each day, while others might meditate for several hours at a time or even for a full day, completely absorbed in their inner Consciousness.

During the process of deep meditation situations might occur that you should be aware of. These situations often involve imagery to varying degrees and intensity. One of these is often known as the “TV screen”, or “cinema screen” effect. This is exactly the same effect as frequently occurs during the Astral Projection process as

discussed previously. This “screen” is actually a “window” into the Astral planes. Should this situation occur you have two choices; either to observe the screen and to simply learn from these visions and what they mean to you, or you can alternatively convert the meditation into a full Astral Projection by imagining yourself moving towards the screen as it becomes larger and larger, eventually passing straight through the image in the screen into the Astral worlds. If you choose to do this, proceed as for an Astral Projection as discussed in the previous section.

It is also quite possible, and quite often occurs with some people in particular that the meditation can become a full out of body experience. The first signs of this would usually be the ability to “see” through your closed eyelids. This means that your Etheric body has already moved out of phase with your physical body as happens during a normal sleep cycle. You are actually viewing your surroundings with your inner senses rather then through your actual physical eyes. Should this occur you can maintain an absolute concentration and remain in a state of meditation, or you can simply decide to leave your body in order to enjoy the out of body experience. If you do decide on the OBE, then proceed as for the chapter on OBE. If you decide to remain concentrating on your meditation, then your Etheric vision might either remain, it might fade, or very often, as your vibrations rise it will give way to the “viewing” of the Astral worlds, in which case you might proceed as described above.

As this is a meditation session it is preferable to choose the “viewing” option rather than converting to a full Astral Projection or an OBE, but the choice is always yours. It is always the best to follow your inner guidance. Much can be learned by simply observing the Astral images displayed before you, and in particular any associated symbolism.

While meditating and focusing on your inner awareness your Mind is also tuned into the inner worlds of the Astral and Spiritual planes; this can be at any level depending on your level of vibration that will

always correspond to the level of the Universe your Consciousness is focused within. This focus and awareness can frequently result in communications with beings such as Spirit guides, deceased relatives or even your Higher-Self. These possibilities are one of the most valuable aspects of meditation. Should you make contact with these Beings you will clearly “hear” their voices in your head, often just as clearly as if they were speaking to you in the physical world.

You might also “see” the beings you are communicating with by means of clairvoyance. It is most useful to engage in two-way communication when these opportunities arise; much can be learned about the inner realities and in particular about yourself and your life situations, but always depending on the precise nature of the Being you are communicating with. Communication is performed mentally by telepathy, either in the form of words, images or both. You can ask questions simply by thinking or imagining your questions as clearly as possible, and the answers will arrive back in a similar way.

As you progressively absorb yourself into your meditation your brainwave frequencies will progressively slow down. This also happens quite naturally from time to time during the day according to the type of activity you are engaged in at the time, but more usually occurs before going to sleep at night where the brain passes through all of the decreasing frequencies until you go to sleep completely. The highest brainwave frequencies occur in the normal waking state; this is known as the “beta” state characterized by very fast frequencies of between 13Hz and 40Hz. If brainwaves slow down somewhat, as often happens while for example daydreaming during the day, and which will usually happen as meditation progresses, the “alpha” brainwave state is reached. This alpha state is characterised by brainwave frequencies in the order of between 7Hz and 13Hz.
During meditation or trance work, after sufficient practice and experience, brainwaves can slow down even further to the “theta” state, characterized by brainwaves of a frequency of 3.5Hz to 7Hz.

Theta level is the most profoundly clear and focused state; many people experience profound inspiration, intuition, ideas and other thoughts while in the theta state, originating both from beings of the inner spheres and from the Higher-Self. Theta is also the state of vivid imagery where the powers of imagination and visualization are particularly profound.

For answers to questions, manifestation, healing, to be discussed later in this book, theta would be the ideal state to achieve. There have been famous scientists in the past who would place themselves into such a deep state of concentration and depth of thought that they would reach the theta state. Indeed, many such famous scientists have intentionally invoked the theta state for maximum inspiration and creativity. This has resulted in many important inventions and theories, a notable example being the “special theory of relativity” which was postulated by Albert Einstein while in a deep thinking theta state of Mind.

Meditation in general, and in particular deep, highly focused meditation with a high degree of concentration is an excellent way to achieve answers to almost anything at all. These answers will often originate from your Higher-Self, that part of you that is in the most direct contact with God, and these are all messages that are totally reliable. The Higher-Self is sublime, it knows everything that “Is”, and is mostly concerned with your evolution. Any inspiration, intuition or message from the Higher-Self is unmistakable for what it is, and must always be acted upon without question, always. Failure to act on inspiration from the Higher-Self will either lead to no result, or sometimes, worse, suffering.

These are just a few of the numerous possibilities and benefits resulting from deep meditation. For many people, particularly of the Far Eastern cultures, the ultimate objective of true meditation is to achieve such a profound level of inner Consciousness as to become one with the very highest of the Spiritual planes, a state mystically known as “Samadhi”. Those who achieve this state of extreme bliss, approaching the innermost levels of Energy and

vibration know beyond any doubts that everything in the Universe is indeed one, and that everything and everyone is an integral part of “everything that Is”, The Source, God.

One of the most important aspects of the practice of meditation is to remain totally focused with maximum possible concentration, while maintaining your Mind free of all thoughts and external influences, and to accept and to learn from any inner situation arising. These include all of the possibilities previously discussed, but there are indeed many other possibilities. Maintain clarity of Mind and be prepared for any experience occurring during meditation from which valuable lessons can be learned and information or intuition gained. You will very soon find that your daily meditation is something you look forward to, and your meditation sessions will become progressively longer and more profound with practice. Dedication, commitment, and daily practice are keys to the practice of successful meditation.

Chapter 77: Twin-Hearts Meditation

Twin Hearts is a special variation of meditation, and one most certainly deserving of a particular mention. Although not exactly the same as meditation in the normally accepted terms, Twin-Hearts nevertheless is profoundly valuable for the planet, all mankind, and indeed the practitioner, and is very well worth practicing frequently.

This meditation is based upon the principle that the Energy centers of the Etheric Body, the chakra's, are gateways to expanded levels of Consciousness. For the purposes of the Twin-Hearts meditation the principle chakras involved are the crown chakra and the heart chakra.

The objective of this special meditation is to bless the Earth with loving kindness through the crown and heart chakra's, which in turn become channels for your Spiritual Energy. In turn you will be blessed many times in accordance with the Universal law of Cause and Effect; it is in giving you will also receive.

Many practitioners of the Twin Hearts meditation have reported heightened levels of intuition, increased healing powers, sharper and more organized mental faculties, inner peace, loving kindness, compassion, enhanced Spiritual service, brighter and more balanced aura, larger chakra's, enhanced communication with the inner spheres and Higher-Self, the development of clairvoyance and other inner psychic abilities, healthier physical body, more success in life with less stress, and a more balanced personality.

The practice of The Twin Hearts meditation:

It is useful first of all to perform some physical exercises of your choice for around five minutes in order to cleanse and energise your Energy Body.

Sit in your usual meditation posture, either on the floor or sitting on a chair with your legs and knees together, back and spine

absolutely straight, and your hands turned down and resting on your thighs.

Next mentally request with as much clarity and sincerity as possible Divine blessings for guidance, help, protection and illumination.

Now activate your heart chakra simply by becoming aware of it; you should feel your heart chakra activate, with a feeling of warmth and Unconditional Love emanating from your entire chest area.

Next send sincere blessings from your heart to the entire planet Earth, including every person and every being, with loving kindness, great joy, happiness, Divine peace, understanding, harmony and goodwill.

Next activate your crown chakra located across the top of your head, again simply by becoming aware of it. As with the heart chakra you should feel a pleasant, warm glow or similar sensations emanating across the crown of your head. Again send blessings to the planet Earth through your crown chakra just as you did from your heart chakra.

Allow yourself to become a channel of Divine love and kindness, great joy, happiness, understanding, harmony and Divine peace, sharing these with the whole planet Earth. When projecting your blessings it is important to feel and appreciate the implications of each and every thought, feeling and word.

Next, meditate and bless the Earth with loving-kindness through the both the heart and crown chakras simultaneously. This will align both chakras thereby making the blessing much more powerful.

Next gently imagine a brilliant white or golden light on the crown of your head. Become aware of and remain aware of this light, the inner stillness and the bliss for a few minutes, and then gently and silently chant the mantra “Om” or “Amen”.

When meditating on the interval between the “Om‴ or “Amen”, simultaneously be aware of the light, the stillness, and the bliss, and let go completely.

Continue this meditation for about ten minutes before slowly bringing back your awareness to your physical body. Raise your hands facing outward to your chest level. Now release excess Energy by blessing the planet Earth with light, loving-kindness, peace and prosperity for several minutes until you feel your body is normalized. You may bless specific persons or your family and friends after releasing the excess Energy.

Finally, after this meditation is complete, always give thanks to God, your Higher-Self and to your Spiritual guides for their Divine blessings. After completing this meditation it is advisable to ground yourself by gently performing some physical exercises for a few minutes.

This concludes the section on meditation. Those who practice meditation with dedication, sincerity and commitment will very soon realise and enjoy most profound benefits, and henceforth meditation will become a time to look forward to and enjoy each and every day.

Chapter 78: The Human Paradox

It is a very powerful fact that the vast majority of people in the world today are failing to achieve their full potential, happiness, wealth, health and desires through a complete lack of understanding of the way in which the Universe operates in its immutable, perfect, loving way.

When we choose to incarnate into the physical world we do so in full knowledge of who our parents will be, what challenges in the next physical life we will be faced with, and the determination to realise, understand and to meet those challenges, thereby learning vital lessons, to evolve Spiritually and to achieve total joy while doing so. It is only in achieving these and other important objectives can we be fully aligned with The Source, our Creator, God.

We are all expressions of God, expressed in all spheres of existence with Unconditional Love and natural, instinctive, powerful desire to evolve, ultimately back to God as a perfected aspect of God. This is indeed the absolute true meaning of all life of which we are all inseparable aspects. We are all, each and every one of us immortal, Spiritual, Divine Beings joyfully journeying along the path back to God Who first gave us the precious gift of Life.

Over the years however mankind has steadily, and increasingly turned its back away from The Source, our Creator, God, and towards an alternative existence involving gross materialism, dogma and indoctrination, thereby becoming the slave of mammon. Most people are influenced by such erroneous factors such as what is expected of them by those around them, what other people think in the game of conforming to society and the “way things are done”, and above all by the trappings of material desire, vanity and of the individual ego.

It is only when an individual realises these truths and has the courage, strength and determination, all of which will be fully supported by the Universe, to face up to them can that individual

become truly free to fulfil his or her destiny with total joy, meaning and purpose, and to attract anything and everything that they can possibly desire into their lives.

In order to achieve this state of awareness it is necessary to consciously become an open channel through which the Universe, The Source, God can express in the physical world. This means always being totally open to the Universe and acting accordingly in the same direction. Most people today unfortunately do exactly the opposite by always endeavouring to conform and live up to the expectations of others, the pursuit of material gain, and forcing things in a perceived direction by physical means. Instead of being an open channel, a source of expression of God and of their Higher-Self, they simply think about everything too much with a desire to physically “do” things in an attempt to force things the way they want them to go, which very often is totally contrary to the flow of the Universe. Quite simply they have failed to “let go and let God” and as a direct result people suffer, fail to reach their full joyous potential and fail to evolve, thereby ensuring yet another incarnation on Earth in order to return once again in order to fulfil everything that was failed to be fulfilled in the previous lifetime.

The vast majority of people incarnate on Earth today are within this cycle of birth, Earth life and transition back to the Astral worlds to review what has or has not been achieved before returning to Earth again in order to correct the counter-productive actions of the previous life, and of course to hopefully make progress towards the ultimate objective on the path back to The Source, The First Cause, God.

Of course at the same time every single human without exception has to go through an evolutionary phase, often including hundreds of lives on Earth over the course of many thousands of years. This is a natural and necessary aspect of individual evolution. Without many cycles of Earth life experience it will not be easily possible to acquire the necessary level of Spiritual evolution and Energy vibration to continue along the path back to God. However, this

cycle of the Earth human race has been and is being protracted by many factors, including gross materialism, creed and dogma and the “human paradox”.

Unfortunately, even in the 21st century, society is still operating a system that has been in operation for centuries, thereby trapping people from a very young age in a cycle that prevents happiness, fulfilment and evolution. From the first day a child is born into what should be a glorious, joyful and fulfilling existence they are indoctrinated into the trappings of the material world. A child is taught to focus on the five physical senses, to behave in a certain way that precludes maintaining their still strong connections with the inner worlds from where they so recently arrived, and they are taught to treasure material things including toys representing what their parents hope they will materially become later in Earth life.

Later children are told by parents, relatives and teachers that they must go to school in order to get the qualifications required in order to get a “job” so that they may work for the next 40 years before retiring on a pension, but only after the physical body, Mind and Spirit has often been traumatised to a high degree, and where they can live the remainder of their lives in the hope of surviving in a non-caring world for the most part.

From the moment of birth the Mind of most children is shaped by parents based upon their own perception of what life “is all about”, and usually based upon their own current circumstances in terms of type of job, type of street and house to live in and many other factors, all based upon the situation and aspirations of parents, relatives and others. Many children are taught that it is wrong to aspire to a life that is outside of their “station in life” and they should focus on the lifestyle that their parents have always accepted.

The Mind of a child at both conscious and subconscious levels is very impressionable, and it does not take many years of having the ideals of parents repeatedly conveyed for them for the subconscious of the child to accept it as reality, and from that point

onwards it will become the reality of the child just as it was for the parents.

Finally, often sooner rather than later, old-age and failing health finally takes its toll and the welcome release back to the non-physical worlds once again takes place. Once the transition to the Astral worlds has taken place during the process known erroneously as “death”, the Soul will have every opportunity to reflect on what might have been for that most recent Earth life, what was not accomplished and why, thereby eventually resolving to return once again to Earth in order to achieve those same objectives the next time around.

The Soul will then know that for their entire stay on Earth, rather than conforming to the hopes, aspirations and expectations of others based upon their own reality, they, as powerful Spiritual beings with freewill could have created any reality at all consistent with the lessons to be learned on Earth during physical life, and that there is really nothing at all they cannot be, do or have.

Humanity is currently stuck in this paradox, a cycle of often what amounts to misery due to creating a reality that is not consistent with the true mission of the Soul, and it is not until this cycle is broken that everyone can find true joy, fulfilment and happiness, and above all true evolution along the path back to God, to Whom we all have the ultimate duty to return as perfected human beings made in the true Spiritual image of our Divine creator.

The current system of education and society originated three hundred or more years ago. It might well have worked back then but with society still enforcing these principles, supported by creed dogma and the indoctrination of parents, teachers and society generally, mankind has actually failed to progress as the Universe intends; people have failed to evolve with the joy and fulfilment of Spirit.

Children are told to go to school, study certain subjects, achieve certain qualifications, get a certain job, and then work in a certain office, factory or other place of work in order to earn the basic money required for material things in order to satisfy the material and personal demands of the ego. The pressure to conform and go through this routine is usually so strong that most people quite simply cannot resist it, even if they knew the alternatives, the real reason they are here.

People might say that money is necessary even to acquire the basics of survival such as food, clothing and shelter. Yes of course this is true, but the fact is we are here to attract and enjoy unlimited wealth if desired, and not simply the very basics for survival in the Earth life system. There is a very big difference however between “wealth” and “money” and it is this distinction that has led so many people astray, continues to do so today, and will continue to do so until the Consciousness of mankind begins to understand and live by these realities and, most importantly each individual live their life accordingly.

The Universe has unlimited wealth, riches and abundance just waiting to be delivered to each and every person. Ask and you shall receive, every time, there are no exceptions to this. The Universe does not recognise favouritism, luck, chance or any other such very human notions often used as an excuse by people to blame their own lack of progress on “other” factors that are perceived to be outside of themselves, when in fact they are always an inseparable aspect of such a person.

Many people however simply do not know how to ask or to receive, and they therefore fail to achieve abundance, joy and happiness, instead becoming a slave to society, family and above all to themselves.

The vast majority of people in the world today are not taught how to attract unlimited wealth, but rather how to “make money”. It is in the making of money that so much misery has been wrought upon all of

mankind, with the gross materialism driven on by the ego and self-interest resulting in the misery we see today, being the direct result of this desire to “make” ever more money for the benefit of vanity, the ego and business profits, and to conform to the demands and expectations of family, friends and others.

Very few people achieve true financial freedom, and even those that do are very often not at all happy, fulfilled or joyous about their situation simply because they felt compelled to “make” their money at a very physical level, often attracting much misery in the process, both to themselves and to others. “Making money” is not the same as “attracting wealth”, abundance and the resultant true emotional freedom, joy and fulfilment.

Only those who can fully understand how the Universe, The Source, God channels abundance through His/Her expressions within the physical world, through mankind, through each and every person, can and will achieve as much abundance as they can possibly desire, and most importantly with the true joy, happiness and emotional freedom that goes with it.

This means throwing off the shackles of society, the creed, dogma and indoctrination and the opinions and expectations of others in order to become a true channel for abundance. Those who can do this will answer those who may be critical by virtue of an extremely joyous, happy, fulfilling life on Earth, and one in which all desires are realised at will.

It has often been noted that those who physically seem to “work” the hardest all of their lives seem to have the least money, possessions and true happiness, whereas those who seem to “work” the least often seem to enjoy unlimited abundance, joy and true freedom. Many people will view such happy, joyous and fulfilled people with envy, often accusing them of achieving their riches through some sort of illicit means, or they might accuse them of being “lucky”, “fortunate”, or “in the right place at the right time” or of some other erroneous factor. The fact is these are mere

excuses to the people making these observations, a way of justifying to themselves that it can never happen to them.

It is a very sad but true fact that many people still prefer to make use of their time in seeking to find fault with others rather than to celebrate their success and to be truly joyful that a fellow brother or sister human being has discovered true joy, happiness and fulfilment.

Unfortunately today many people instead look towards failure and revel in the failure of others, a really terrible indictment on humanity generally. The simple and powerful truth is that those who have achieved such levels of true fulfilment have done so by casting off the shackles of society and have become open channels by which God can express fully in the physical world, thereby being blessed with unlimited abundance, joy and happiness.

So the question is, how can anyone escape from the chains of modern society to which they are currently bound in order to realise their true potential? These questions and others will be fully dealt with in the next chapters of this book. Suffice it to say that every single person on the planet has the ability to attract unlimited abundance, all they have to do is understand that fact and have complete faith and gratitude while taking all of the necessary actions for what can seem like an extremely rapid, joyous and very real transition.

Before we progress however to achieving these levels of joy, happiness and fulfilment, let us take a look at some of the fundamental reasons that people fail to realize anything significant. One of the most powerful and truest expressions of all is quite simply **Let go and let God**. In China a philosopher known as Lao-tsu said the following.

“In the practice of the Way every day something is dropped. Less and less do you need to force things until you finally arrive at non-action. When nothing is done nothing is left undone”.

These are very powerful words indeed, and once they are fully grasped will place you in a much better position to start attracting the abundance, joy and fulfilment that you truly desire. The fact is, mankind is currently so focussed in the material world that he is always “forcing” things by endeavouring to “do” things all the time. If a person desires something they automatically believe that a physical action is required in order to achieve it, thereby “forcing” things in their direction. Such force might well bring about the intended result, but nevertheless Universal laws are immutable, and the force of that cause will always have a corresponding effect; there are never any exceptions to this. Whatever the person was forcing is not actually a “physical thing” it is in reality Energy, the very same Energy from which all things are made, and in forcing that Energy in a certain direction, a direction that might not have been the natural direction of that Energy, then a disharmony has occurred which the Universe will always balance. As we will see from the next chapters of this book, the entire Universe is Energy, vibration and Mind, and Energy is therefore guided by the Mind, not by the physical effort of “doing”.

Many people in the world today operate with the belief that the only way to achieve anything is to take a physical action, often motivated by greed, fear, uncertainty and other negative, irrational and primitive human emotions. It is this desire to physically “do” something in order to force a perceived objective that often brings about the opposite effect. It is simply not possible to “do” anything against the flow of the perfection of the Universe and the immutable Laws in constant operation that are responsible for the perfect order of the Universe. People are therefore focussed on “doing” instead of simply “Being”. In order to achieve anything it is first necessary to “be” rather then to “do”. It is therefore always the “being” that precedes the “doing”, there is not and cannot be any other way.

This is of course not to say that we should never “do” things. Quite the contrary in fact; action is often necessary, but the action must always be aligned completely with the flow of the Universe; you first

must “be” and then you can “do”. It is by being an open channel, always receptive to intuition, inspiration messages from inner sources that the necessary Energy arrives requiring an action that is in total alignment with that Energy.

In terms of receiving abundance you might for example have projected a desire for something in accordance with the Law of Attraction, and the realisation of that desire will sometimes include the requirement to take a physical action in a certain direction in order to align the Energy involved, and thereby allowing the object of your desire to manifest into your physical reality. Although we all create our own realities at all levels of the Universe, while we are focussed within the physical world in a physical body The Universe, The Source, God will make use of physical channels in order to bring anything that has been attracted into observable, tangible physical reality. But please note: in this case we first had the “being” before the “doing” became necessary. It was never necessary to decide on what you want and then to take immediate physical action to force it in your direction.

The next chapters of this book will describe the process of manifestation, and the attraction into your life anything you can possibly desire in much more depth. There is a process however that must be followed in order to attract true abundance, and most importantly with the complete joy, happiness and fulfilment that goes with it. You must first of all decide precisely what you desire. Part of this process is to think very deeply or better still to meditate on your desire in order to be absolutely sure that it will add to your life in a positive and fulfilling way. This step should never be hurried.

Once you have decided that you really do want that object of your desire, you need to turn your attention fully towards it, no longer as a desire but as if it is already a total reality in your life, experiencing all of the emotions associated with it.

You continue to do this while being totally open to messages, intuition and circumstances that will start to appear in alignment with your desire. When these arrive you must immediately recognize and take the appropriate actions according to the nature of the message. Please note that it is only at this stage that actions are sometimes required as a result of simply “being”, and not as a result of attempting to force things in your direction.

The final step is in the receiving. It is very important indeed to be fully aligned with the vibrations of all Energy involved in order to be in total harmony with whatever it is you are receiving, which will be vibrating at the same configuration of Energy. It is worth noting that many people actually do attract at least abundance to themselves without realising it, by virtue of their thoughts and emotions which are always responded to by the Universe, however they simply to do not know how to receive. This is analogous to a door whereby the person is on one side of the door in a closed room accompanied only by his or her desires, while everything they have ever desired is piled high on the outside of the door, never being able to open the door to “deliver” the desired to the person who attracted them. Ask and you shall receive, but only if you have the channels open to facilitate the receiving. It is necessary to understand how to receive that the door might be permanently open, or indeed not exist all providing for a free channel for abundance from the Universe, together with all of the freedom, fulfilment and absolute joy that accompanies it.

So therein is the true human paradox. Mankind is largely stuck in a “no pain, no gain” attitude of society, largely driven by materialism, vanity and the uncontrolled ego, with a perception that in order to achieve anything worthwhile direct physical action must first be taken. This is brought about by the materialistic focus of people generally, largely as a direct result of conditioning from a very early age by a society who lost its way millennia before.

Children from birth are indoctrinated into this system by parents, relatives and teachers. Even though children will from birth

instinctively know why they are here, what must be accomplished and how Divine laws operate with them in achieving their objectives, the assault of material indoctrination is so powerful, and from so many different human influences that the conscious Mind takes over and overwhelms the true knowledge and purpose, while ignoring the constant stream of inner messages and guidance from within.

From that moment on the child becomes another slave of mammon, “working” in the physical world for material possessions, taking whatever direct physical actions are necessary to achieve the perceived objectives by forcing things in that direction. People not only spend their lives chasing ephemeral, physical, material things in order to satisfy the constant demands of the ego, family and others, but they do so often not only to enhance their own lifestyle but rather to conform to the expectations of others, and very often quite simply because it is “the way that things are done”. Other physical actions are motivated by greed, fear and uncertainty, all still very insidious characteristics of much of mankind today.

It is only when this human paradox can be set aside that mankind can once again fully align with The Source, The Divine, God, and once again become a true channel of the abundance, freedom and absolute joy that is the right of every single person as a true son or daughter of God, an expression of God made in the true Spiritual image of God.

Chapter 79: The Eternal Now

“Time” is an illusion, a purely human construct of mankind, designed for convenience in order to measure a perceived “past”, “present” and “future”. The illusion of “time” on Earth is maintained by means of a scientific measurement of the relative positions of the Earth and the Sun in the physical three dimensional Universe in order to observe the seasons and the time the Earth takes for a complete rotation relative to the Sun in the measurement of ongoing “time”, in turn measured by various physical instruments such as clocks, calendars and charts.

Beyond the perceptions of most of those in the physical world, “time” simply does not exist. There is only Now, the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth therefore the concepts of “past, present and future” simply do not and cannot exist.

The entire Universe from The Source, The First Cause, God is Energy vibrating at a frequency relative to The Source, The Source being the very centre of the Universe of Energy and the physical world being the outermost shell, the physical three dimensional Universe as observed by means of the physical senses and by science, existing at the lowest rate of vibration and the highest density. It should also be mentioned that the physical Universe of matter represents only a tiny fraction of the Universe of Energy and vibration in its entirety.

All Energy is influenced by the causation of thought before configuring under the influence of that thought, manifesting as an observable effect in the plane at which the thought originated. Everything that happens, ever happened and ever will happen in the entire Universe therefore, including the physical world, first originated as a thought originating from the Mind of a Being, and which thought in turn has its corresponding effect on the Energy of

the Causal Spheres of the Universe while becoming the corresponding and potentially observable effect.

The Ultimate act of Creation by The First Cause, The Source, God of the entire Universe in all of its glorious spheres, planes and dimensions originated in the very beginning as a thought in the Mind of God. It can be truly said therefore that we all exist as “expressions”, within the Mind of God, made in the true Spiritual image of God.

Since the beginning of the human concept of “time” mankind has sought to live life based around that concept, thereby always thinking in terms of past present and future rather than Now. The Universe and the Energy we influence in the creation of our own individual realities have no concept of time, only Now, and as a result there is a no past or future irrespective of how much mankind forces his own existence around those erroneous notions. This tendency to force everything to happen in compliance with a notional concept of “time” has a very profound effect on the lives of those who do not fully understand these realities.

When a person thinks in the future tense, for example “ I will”, “I want”, “I could” then the Energy being influenced by those thoughts that can manifest into individual reality will be influenced only in the Now, with the perceived future never actually arriving. So if someone thinks, says or behaves in a manner that implies “I want”, then that person is placing themselves into a perpetual state of “wanting” but never of actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and vibration to receive that which they “want”.

The Universe, The Source, God is immutable, absolutely perfect in every possible respect, and will accordingly always respond to a thought in its absolute terms rather than a human concept. “I want” literally creates a state of “wanting” perpetually until if or at such time whatever is associated with that thought is shifted to a state of

“having” in the Now, which will then allow the object of that thought to manifest from a perpetual want into the actual Now, and accordingly into the individual, observable reality of the person originating that thought.

The importance of the Eternal Now simply cannot be over-emphasised. It is one of the most fundamental influences on the ability to create our own realities Now, rather than perpetually being frozen in a state of wanting but never receiving, a state that many find themselves in today.

The next chapters of this book we will address the importance of only thinking and acting in terms of the present tense in the context of total control over your own life and reality, enabling you to realise the potential that is within every human being, to have anything you can possibly desire. Always remember, there is nothing that you cannot be, do or have.

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and evolution. How we think has the most profound effect over the effects that occur in our lives; nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal laws when it suits us, when we desire something or when there is a situation that demands it, it is absolutely necessary to live life completely in accordance with these immutable Universal laws. Those who do live their lives, either consciously or subconsciously according to these Universal laws will always seem to others to live a “charmed”, “lucky” “fortunate” existence, when in fact they are in reality living a Magical life, always in total control over their own individual reality, and always in a higher degree of harmony, Energy and vibration with the Universe compared to their less notionally “charmed”, “lucky” or “fortunate” family, friends and others around them.

In order to begin the process of living the life of your desires in which you have a total control first of all requires awareness. Rather than thinking random thoughts, all of which will have their corresponding effects whether observable or not, start to become fully aware of how, what and why you are thinking what you are. This is where powers of concentration as developed by virtue of the exercises in the previous chapter of this book are so valuable. Presence of Mind, awareness and concentration are a very powerful combination indeed in creating your own reality and living that Magical life that many can only dream of.

Always think as you wish things to Be, Now. Two of the most powerful words that you can possibly think or say are **"I Am**". As you live your life therefore the first stage of awareness is to always stop your thoughts short of a statement that implies the future tense and to transmute it into the present tense. So "I will" becomes "I am", "I want" becomes "I have" and "I might" becomes "I do". Also keep in Mind that there is absolutely no such concept as "try". We either Do something in the present Now, or we do not Do anything; "try" simply does not exist except as a concept of a person wishing to achieve something.

I "want to feel well" should not be allowed to proceed as a thought and should be immediately become "I am feeling so well". This thought takes the reality of feeling well from some point in the perceived future that never arrives, to actually feeling well in the present. So a strong thought of "I am feeling so well" will manifest into your reality in the Now, and you will indeed feel well in accordance with the effect of the causation of your "I am feeling so well" thought on the causation of the Universal Energy involved.

Similarly, if you have a bill that needs paying and you believe that you do not have the money, another human construct, to pay the bill, never think in terms of "I want the money to pay this bill", but rather "I have the money to pay this bill effortlessly". Bringing this statement into the present tense rather then a future statement of

lack will cause the means by which the bill can be paid to manifest into your reality, and the bill will be paid in full.

Please always keep in Mind; the Universe always delivers in absolute accordance with your thoughts; there are no exceptions to these Laws. Again, “I might succeed at this objective” implies never “actually” succeeding. The “might” places the success into the indefinite and infinite range of possibilities and never as an actuality. So “I might succeed with this objective” should become “I am enjoying complete success with this objective”, and that success will then become your reality as that vibration of Universal Energy has its effect.

So in summary, always think in terms of the present tense, and always remember those words **“I Am”,** using them all the time in the context of the reality you wish to create for yourself. In the next chapters of this book we will deal with consciously creating your own reality, an extremely important aspect of which is recognition of the Eternal Now. Creating your own reality is an ongoing, joyous and productive life, not just something to “do” when it suits you or to conform to the demands of others, vanity or ego. Those who understand and consciously apply these facts to their lives will be richly rewarded with the level of health, wealth and happiness to the exact extent of the focus of the thoughts that created the same reality.

In the next chapter of this book we will discuss in great depth The Law of Attraction, and aspect of Causation, the law of Cause and Effect, that once, fully understood and practiced, which is well within the abilities of everyone, will enable you to attract into your physical life absolutely anything you could wish for, desire or need, thus enabling you to live a life of complete abundance, joy and fulfilment.

Chapter 80: The Law of Attraction

Quantum physics describes the energetic characteristics of the Universe and therefore the fundamentals of the Law of Attraction. We know from even the most fundamental basis of quantum physics that everything in the entire Universe is pure Energy, differing only in characteristics such as rate of vibration. Quantum physics also acknowledges the fact that Energy is influenced by Energy, and like Energy attracts in accordance with its unique vibration; this is the very basis of how the Law of Attraction works throughout the Universe.

This truth can easily and unambiguously be demonstrated by means of a pair of tuning forks. If one tuning fork is placed a distance from the first fork and the first tuning fork is struck thereby emitting a sound at a certain pitch or frequency, which is in fact vibration, then the second tuning fork some distance away will then start to vibrate at exactly the same rate of vibration, and accordingly the vibrations are attracted to each other. This is a very simple but observable demonstration of how Energy and vibration influence the Universe.

It is also very important to fully understand that Energy simply does not stop when it ceases to become measurable by the restrictions of physical scientific instruments. In fact the extent of the Energy spectrum that can be measured by scientific instruments is extremely small by comparison with the entire spectrum of Energy in the entire Universe, and not just the small, observable, three-dimensional aspects of the Universe. Energy exists all the way to The Source of all Energy, The First Cause, God, Who exists at the highest frequency of Energy of all. Everything is Energy including thought, we live, evolve and have our being in a thought Universe, and it is therefore the Energy of thought that brings about creation, just as the entire Universe , the ultimate act of creation, started as a thought in the Mind of God, just as everything in the Universe now, including ourselves, are all thoughts in the Mind of God.

Another very important aspect of quantum physics is quantum potential, describing how everything that exists already “potentially” exists in the Universe; everything that exists now, ever existed and ever will exist already exists at least at the quantum potential level, and it is the process of observation, i.e. focussing your attention on something that will cause the quantum potential to shift into quantum reality.

The Universe in which we live is a huge expanse of pure Energy vibrating at varying frequencies from the very highest of The Source down or more specifically outwards to the Universe of physical matter, forming the outer physical shell, the epidermis of the Universe as a whole as observed by science and experienced by the five physical senses. The experience of separateness is nothing more than illusion projected by the way that our physical and inner senses interpret that same Energy. As mentioned before, the The Source, the Universe, God experiences Him/Her Self by differentiating into the observer and the observed; this is why humans exist as individuations of The Source, The First Cause, of God, and how God experiences and expresses through us as individuated expressions of God.

Just as our senses and Mind interpret the Energy around us, we similarly influence that Energy whether conscious of it or not, and it is that same influence that determines the reality as experienced by each and every person, whether that reality is positive, negative or neutral. Before Energy is observed it therefore exists as probabilities, the very act of observation influencing the Energy to manifest as an actual observable event rather than a mere quantum probability from the quantum potential of the Energy. The importance of quantum physics is discussed more “The Wisdom of Quantum Physics” chapter of this book, and is well worth reading again before reading this chapter.

The Law of Attraction is an extremely important Universal Law, and an aspect of the Law of Cause and Effect or Causation. Understanding and consciously applying the Law of Attraction

enables us to manifest anything at all we desire into our individual reality.

Like everything in the Universe, we are all beings of Energy, extensions of The Source Energy, always attracting into our own individual realities similar Energy in complete accordance with the thoughts we vibrate. As we already know, the entire Universe is Energy and all thoughts are Energy characterised by vibration, and therefore thoughts attract precisely those Energy that are in harmony with the thought you hold in your Mind and are therefore vibrating and projecting into the Universe. This same Law applies whether your thoughts are positive, negative or neutral, and the effects will be in precise accordance with those thoughts.

Like The Source, we are all therefore creators within the Universe, co-creators with God, infinitely creating by the powers of the Mind whether we are conscious of it or not. Most people are not yet aware of this fundamental, powerful and empowering truth, and accordingly have no control over their own life, always ascribing things to such notions as “luck”, “fortune” and “chance”.

Another fundamental truth is “ask and it is given”. There are no exceptions to this Universal truth. The instant you make a request to the Universe, The Source, God, which will be sent, transmitted and received in the form of unique vibrations of Energy, it is instantly granted, there are no exceptions. A reason for this is that we are all here to evolve back to the First Cause by utilizing our own freewill, and accordingly the Universe will never, ever fail to grant whatever we believe we need at any time in order to evolve; however large or small.

We all learn by experience, so if we for example believe we need a castle in order to progress, then the castle is instantly granted so that we might learn of our own freewill, by experience, that we ultimately do not require a castle in order to evolve, being, as it is, merely a physical object of materialism demanded by the ego. The

Universe can just as easily provide any such object in the physical world; nothing is ever too large or too small.

Where most people who understand these realities experience difficulties is not in the asking but in the receiving. In order to receive anything it is necessary to be in vibrational harmony with whatever is to be received. This is an absolutely fundamental aspect of the Law of Attraction; like Energy attracts, and since any material object, be it a house, car, money or anything else is pure Energy, then it should be clear to everyone that the person attracting the object has to vibrate the same Energy in order to attract and be in total harmony with it.

Again, this simply cannot be stressed highly enough; everything in the Universe is pure Energy, an aspect and extension of The Source Energy, and all Energy attracts like Energy by manifesting in total vibrational harmony with it. This is a reason that upon passing on from the physical to the non-physical worlds during the process erroneously known as “death”, everyone is automatically attracted to that exact part of the Astral or Spiritual words that is most vibrating in harmony with the Soul and Spirit, and which in turn is determined by the state of evolution of each individual. This is how all evolution takes place, including our own evolution back to The First Cause, back to God. As we evolve, the vibrations of our Spirit are always in perfect harmony with the vibrations of the level of the Spirit worlds to which we progress.

One of the most fundamentally important things that anyone can and should do therefore is to be totally, consciously and permanently aware of The Law of Attraction, and to live in Spirit as a conscious co-creator of the Universe. The person that understands and lives by these truths fears nothing, always existing in a state of joy in the knowledge that anything we need we can always attract every time; ask and it is always given; all we need to do is to understand how to receive.

As you begin to fully understand these realities and integrate them into your Consciousness, seemingly amazing things will start to happen in your life. You will begin to attract everything you desire, people will appear in your life, circumstances will manifest, all in tune with your vibration, all being attracted to you by what you are vibrating.

As your entire existence changes in accordance with your vibration you will know within every part of your being that you are indeed a co-creator in the Universe, and will henceforth approach life with joy and enthusiasm. Enthusiasm in fact is a highly appropriate word to define your state, being a derivative of the Greek word “en-theos”, which literally means “in God”. To live “in God” or “in Spirit”, “en-theos”, is to be in harmony with The Source, The First Cause, God of which we are all immortal, Divine aspects, having our existence as we do within the Mind of God.

To live in Spirit is to “let go and let God” in the full realisation, knowledge and joy that as immortal Sons and Daughters of God no harm can ever come to us. We all create our own realities by the thoughts we hold in our Minds, but beyond the thoughts we hold in our Minds we should all know that God only is Pure Unconditional Love, and nothing negative can possible happen to any of us. The Universe, The Source, God is total perfection, and all we need to do is to progress and be open expressions in the flow of that perfection.

As your realization and your enthusiasm grows you will become more and more in vibrational harmony with that which you wish to attract, and as a direct result more and more of that which you wish for will manifest into your awareness and therefore your physical reality. This is a self-perpetuating process that will very soon be noticed by those around you who will often dismiss your “fortune” as “luck”. If appropriate, always strive to share your knowledge with those around you, but if they are not ready to listen, to receive and to understand, never force it upon anyone; their day of realisation will arrive sooner or later.

In order to place yourself in vibrational harmony with your wishes you first need to experience them. Remember; everything that exists, has ever existed or ever will exist already exists in the Eternal Now beyond the physical space-time restricted aspects of the physical Universe, all you have to do is to attract it into your own individual reality by placing yourself in energetic harmony with it, thereby matching your own vibrations.

To experience it is to imagine it, visualize it and be an integral part of it in your Mind. Imagination is creation, and therefore when you imagine something it is very real, not some sort of “figment of the imagination”, dream or fantasy. This is one of the very reasons creative visualization is so very powerful; by visualizing and mentally becoming a part of that which you are attracting you begin to match the vibrations that will cause it to manifest into your personal, physical reality. The quicker you can match those vibrations, the Energy involved, the sooner you will manifest the object of your visualisation, your wishes and desires into your life.

So to progress with being the creator of your own existence, relax, fully experience in your Mind that which you wish to receive, and then “let go and let God”.

Another important aspect of The Law of Attraction is “expectation”. You must always know, beyond any doubt that you already have everything you could possibly wish for; it is just a matter of receiving. You must therefore always expect to receive and never doubt even for a single moment. Always know, beyond any doubt that the Universe will provide.

A further important aspect of realizing your wishes is “desire”. Unless you are in perfect harmony with whatever you wish for, it will not manifest into your existence, and desire for whatever it is you wish for is a very important component of this process. If you do not genuinely desire something then you cannot be in vibrational harmony with it, and it will not appear within your personal reality however much you believe you may wish for it.

So your wishes must always be fuelled by desire and expectation, while never, even for a single moment doubting the results. Ask and it will be given, there are no exceptions, all you have to do is to place yourself into a state of receiving, and The Law of Attraction will operate with total, immutable action in manifesting the object of your wishes into your life.

The Law of Attraction applies equally to attracting or repelling people. Everyone without exception is a “transmitter” and “receiver” of vibrations which vibrations are picked up by those around you, or sometimes even at great distance; distance being a physical concept that does not apply within the inner levels of Energy where they first have their corresponding affect. People who feel attracted to you or you to them are those who are most in vibrational harmony with your own specific vibrations. Everyone, usually at a subconscious level detects the vibrations of others to some extent, this being the reason why people often take an instant like or dislike to someone else. They are picking up on the vibrations of the other person. Genuine psychics and very often animals are much more tuned into the vibrations of people, and indeed everything, and can instinctively determine the character of any being.

The Universe knows no such concepts as failure, contraction or chance; knowing only success, expansion and evolution in accordance with the immutable Laws of the Universe. All that is required therefore to attract anything at all into your own individual life by The Law of Attraction is to be in total energetic and therefore vibrational harmony with the Universe as an expression or “channel” of The Source, The First Cause, with God and that which you wish to attract into your individual reality.

A further most important factor that everyone should know and keep in Mind is that everyone planned their own individual physical life, and knew what to expect and what was expected before even incarnating into the present physical body. Every physical life has a purpose but currently the majority of people do not know they have such a purpose. This is due in large part to the indoctrination most

people receive into the physical world from the moment of birth, where they taught that all that exists is physical, and everything else is “fantasy”.

Once people do realise they are here for a specific purpose, usually related to personal evolution on the path back to God, they can begin to realise that purpose by vibrating in harmony with it, thereby attracting those things that they are here to attract as a necessary aspect of evolution. Everyone on Earth is a physical extension of Source Energy, with exactly the same creative powers as The Source; we are all co-creators with God.

With all of these factors in Mind it should be absolutely apparent to you by now that The Law of Attraction is extremely important, and key to happiness, fulfilment and joy. You now know that you attract to you everything and anything you hold in your Mind, be it positive or negative. Your task therefore is always to accentuate the positive and reject the negative.

You know that there is absolutely nothing that you cannot be, do or have, and that all you need to do is to know this glorious truth, and that you can truly attract only those most positive, desired and wished for things into your life. When you reach this stage, and you must sooner or later, whether in this life or a further life, you will then know without any doubts whatsoever that you are indeed a Divine expression of God, a co-creator with God in this great and perfect Universe of Energy, vibration and Consciousness in which we have our Being, learning and continuing to evolve back to The Source, The First Cause, back to God.

The future chapters of this book will describe the various factors, processes and methods that will enable you to realise your true powers as a creator of your individual reality within the Universe, but before we move on to those chapters we should also discuss other emotions that are very important in the realisation of your wishes, those of joy, gratitude and faith.

The more joyful, happy and “light-hearted” you are, the higher will be your corresponding overall rate of vibration. The higher your inherent rate of vibration, the more powerful will be your attractive powers. Joy is a very high emotion and therefore state of vibration of Energy, and one that is a fundamental characteristic of the Universe along with Unconditional Love. The more joyful you are the higher will be your rate of vibration and the more aligned you will be to The Source. This in turn will enable you to manifest your desires much more freely.

It is most important therefore to maintain a high state of joy. And why not maintain a blissful state of joy? You are after all a Divine, immortal, Spiritual Being, an expression of God, made in the true Spiritual image of God, and accordingly there is absolutely nothing that you cannot be, do or have. What is there not to be joyful about?

Those who are not joyful are in a state corresponding with a focus on the physical, material world they erroneously believe to be reality, and when physical things do not conform to their own physical efforts, wants or hopes then they become angry, sad or worse a state of despair. These emotions will always perpetuate more of the same in accordance with the Law of Attraction. It is therefore vital to never embrace negative, angry or depressive thoughts, because once this process starts to occur it can become self-perpetuating, and the person can very easily become trapped in a vortex of destructive, negative Energy.

Once you realise that you are immortal, Divine and the creator of your own reality, you will always be joyful, which in turn will accentuate the process of creating your own reality. When you reach that high state of Energy, vibration and being you will know beyond doubt that there is absolutely nothing that you cannot be, do or have, and you will continue to exist in perpetual state of joy, seeing the material world for what it really is. You know beyond any possible doubt that you have the potential to constantly create your own existence every single moment as a natural aspect of your life.

Even so, always strive to be joyful, and never, ever, ever let anything get you down, and The Law of Attraction will operate for you in a most powerful way.

Always remember, you are an infinite expression of The Source, The First Cause, of God, and the more of God you can express, the more abundance will flow into your life from the infinite abundance of the Universe. Always, always, always remain fully aware of how you are thinking. Never allow yourself to be negatively influenced by external physical factors, situations or people, always remaining aware, and always transmuting any negative situation into a positive situation. Maintain that high state of vibration as an expression of God, and your individual reality will reflect your high state of Energy, vibration and being with infinite abundance, joy and fulfilment as you joyfully travel the path back to our Divine creator.

Another very important state of being is “faith”. By “faith we do not mean faith in the religious sense, or faith based merely upon hope, but rather absolute faith in the immutable workings of The Universe and the fact that you are a loved Son or Daughter of God with the same unlimited potential as God as a co-creator of your own reality and of the Universe.

Having faith is therefore to have faith in your own abilities as well as faith in God. To have faith means to know, beyond any possible doubt that all of your desires, needs and wishes are always granted without exception, and that all you need to do for your part is to align yourself with those wishes to be in vibrational harmony with them. If you do not have faith, if you ever doubt or reject these important Universal truths then it will considerably impact your ability to create. If you do not believe and have faith in your natural, God-given abilities as creator, then you will transmit that corresponding Energy vibration which will in turn conflict with your very ability to create and therefore to orchestrate your own reality.

Another extremely important emotion is “gratitude”. Although the Universe will always provide, gratitude is very important to the

vibrations that you send back to the Universe. The vibration of gratitude maintains our connections with The Source at the highest levels.

It is most important not to think of gratitude in the religious sense. A personified God according to religion “hears” worship, praise thanks and people are told that God in return will grant future requests by way of some form of repayment. This concept is a purely human construct.

Gratitude can more correctly considered to be a certain type of vibration; a very powerful vibration that influences the Universe in your direction in accordance with the Universal laws of Attraction and Correspondence. To ask, receive and then to be grateful for what you have received transmits the right vibration to the Universe, which will in turn enable you to more easily attract much more of that which you desire into your life in the physical world future.

Those who demand things, or who ask and expect to receive and are not grateful for what they have received will send out the corresponding vibrations of Energy into the Universe that will in turn make it correspondingly more difficult to receive subsequent wishes.

Gratitude is also related to faith. Those who are always deeply, emotionally and sincerely grateful for what they have received from the Universe will also have faith that they will continue to receive, so gratitude reinforces faith and accordingly the entire process of creation. The Universe is always in a state of harmony, and gratitude helps to accentuate your personal harmony with the Universe. Ask in the certain knowledge and in complete faith that you will receive, and then always maintain absolute, sincere and emotional gratitude for what the Universe has provided you with; in this way you will always be more finely in tune with Spirit, God, The Universe, and this will in turn be reflected by the ease in which you can always create your own reality, in harmony with God.

Chapter 81: The Truth about Money

One of the very largest problems with the world today is the obsession for the money and the material possessions that people perceive money to be capable of purchasing. The fact is money and material objects are two totally separate things. Understanding the truth about money and the relevance, or rather lack of relevance of money for acquiring the things you truly wish for, need and desire in your individual reality will free you from dependence on money, thus allowing you to focus on manifesting all of your desires without focussing on the need for money as a means by which to accomplish it.

The Universe is pure Energy at all levels including the physical level of the material world, and simply does not recognise “money” which is an entirely human construct. To the Universe “money” is just another Energy construct that in and of itself has no intrinsic value. Our distant ancestors were manifesting everything they desired relative to their needs long before money was even contrived by recent humanity.

The entire Universe is infinite in abundance and it is the Universe that brings everything you could possibly wish for into your life, not mere money. The only reason people are so dependant on money is because they really believe that money is required in order to realise their desires. The fact is, while people hold this belief it will always be a self-perpetuating aspect of their reality, and they will accordingly remain a slave to money just as they are to many other material things.

As previously mentioned, “money” is a purely human construct, a symbol, a method of exchange which in and of itself is totally and completely meaningless. To the Universe money is simply Energy in the form of bits of metal, paper and electronic bits and bytes of information with zero value except for the Universal Energy of which it is composed. From a human perspective, money somehow represents value. The question is what precisely is

“value”? Value is a purely notional concept relative to each individual person. Value can fluctuate dramatically with such as the “economy”, the “rate of inflation”, the “foreign exchange rates” and many other such human constructs, all of which are only of any relevance at a purely physical level.

The irony is that most money itself although it might appear to be real is not even very tangible in the physical world where it is exchanged. Only a very small percentage of the money in the world actually exists in the form of physical coins and notes, the rest being in the form of electronic information held on computers, money that is simply moved around at the touch of a computer key. So even money is for the most part notional, an illusion existing only to perpetuate the human concept of “value”.

A main reason most people are so obsessed with money is because of the Energy surrounding money due to the focus of literally billions of people around the world, all perceiving money as a necessity. If everyone in the world were to cease focussing on money, then the Energy could not be sustained and the illusion of money would quite simply cease to exist as a concept.

It is quite simply not the task of humans to decide how things should be manifested into physical reality. That is, always has been and always will be a natural function of the Universe and of the influence of the Energy of the Universe by Mind; it is only humanity that has taken that natural function and attached notional values which in turn has caused and continues to cause so much misery in the world today. Money is the fuel of materialism, which in turn is the main reason that humanity has been heading increasingly away from its own true purpose, both on an individual and all mankind level, and towards potential disaster. If only everyone knew the most fundamental Laws of the Universe, including “ask and ye shall receive”, then immediately the need for money would be seen for what it is; nothing more than an illusion, a human physical construct with a notional perceived exchange value.

Another reason money has become such a major focus is due to the perceived power that it brings to the people who would wield it. While so many people focus on money as an object of power, control and necessity, money will be associated with the Energy that perpetuates that same power. While we all create our own realities at an individual level the same is also true at a consensual level on the Energy of the plane of the human Mind where a large scale focus on the importance of money will in turn focus the collective Energy of the human Mind upon that importance, Energy that will influence most humans at that level, and subsequently, in accordance with the Universal Law of Correspondence at the physical body and world level.

Money is therefore nothing more than a large-scale illusion perpetuated on a massive scale, an illusion also perpetuated by the focus of billions of individual people on the perceived importance of money. Money is not, never has been and never will be necessary in order to realise anything at all that we desire. The Universe has infinite abundance and will always provide that which has been asked for without any exceptions, all the person who asked needs to do is to know how to receive. Once these truths become realised by millions of people, then the illusory need for money and therefore money itself will simply cease to be perpetuated and therefore exist, as people will no longer focus on money as a physical necessity.

So what does this mean to mankind in the meantime? Well quite simply that the Laws of the Universe are immutable, and just because money exists and so many people are perpetuating the illusion of money by focussing on it does not mean that Universal Laws cease to function. The Law of Attraction works with complete perfection, always has worked with complete perfection and always will work with complete perfection. So all you need to do is to cease to focus Energy on money and start to focus and ask for what you truly desire, and in accordance with immutable Universal Laws you shall receive; always, every time there are no exceptions.

Your ability to receive will only depend on being in harmony with the vibration of that which you are receiving, rather then focussing on the illusion of money. Providing you focus on your wishes and experience them as if they are an absolute reality in your present moment, then you will vibrate in harmony with the object of your wishes which already exists in the Universe of infinite abundance, and it can then manifest into your physical reality.

Wealth is therefore a state of Consciousness, a state of your inner being. Everyone without exception was born wealthy, and all anyone should have to do is to focus on that wealth and be in vibrational harmony with that same wealth in order to realise it into individual reality. Money is not, never has been and never will be necessary for anything at all. To the Universe money is merely Energy manifested into a physical form just the same as anything else within the physical world.

Know at all times that you are already infinitely wealthy and focus with joy on realising that wealth and utilising it for the purposes of evolution, expansion and growth, and thereby a state of Being in perfect harmony with the Universe. Those who are in perfect harmony with the Universe will always manifest anything desired into physical reality, joyfully, naturally and effortlessly, and absolutely without the need for money.

Unlike money which is often perceived as limited, there is no limit to your own wealth, and remember, wealth is not the same as money. Money is intangible, unreal, an illusion, whereas abundance is your birthright being a Divine aspect of The Universe, The Source, God Who knows only infinite abundance, evolution and growth. To be dependant on money is to be out of harmony with the Universe resulting in imbalance, discord and unhappiness. Those who throw off the shackles of money can live joyously, abundantly and harmoniously.

Always remember that you are an extension, aspect and integral expression of The Source, The First Cause, of God, and there is

nothing but nothing that you cannot be, do or have. Ask and ye shall receive, always. If you wish for something merely focus on the object of your desires, experience it, bring yourself into complete harmony with it, and it shall be yours.

Chapter 82: The Power of Positive Thinking

The power and importance of positive thinking is an important aspect of the Law of Attraction. The importance of positive thinking quite simply cannot be underestimated or overemphasised. In accordance with Universal laws and in particular the Law of Attraction, the way in which we think and the thoughts that we hold most strongly in our Minds have a most profound effect on our lives in almost every way, and indeed much more so than most people might realise or believe. To many people a thought is something intangible in that it cannot be seen or even measured as a thought by scientific instruments. Nevertheless, thought, like everything else in the Universe is Energy, and Energy influences other Energy. Just because thought Energy exists far behind the measurement of current scientific equipment being a very high frequency form of Energy, does not make it any less real or profoundly important to everyone.

All thought is vibration, Energy, and therefore a cause will always in turn, without any exception always yield a corresponding effect upon the appropriate plane. When a person is feeling worried or negative about something they will often be told to “think positively”. Neither the well meaning person who proffered these words or the person for whom it was intended or the recipient of those words will usually truly appreciate the very considerable significance and profoundest importance of this excellent advice, which are often simply dismissed as mere sentiment.

In the first section of this book we looked at the structure of the Universe and how we can all affect our own lives, those of others and indeed the Universe as a whole by the way people think and apply the imagination and other powers such as emotion. This is because everyone without exception is an integral aspect of the Universe, The Source, of God, and also most importantly in this context of the Energy of the mental plane of the group human Mind. The laws of attraction and correspondence are always in operation whenever we project thoughts, ideas, emotions and anything at all

involving our imagination. In all spheres of life, including the physical world, like always resonates with like; if you therefore focus on something negative it will result in the resonation of the corresponding negative Energy, in turn resulting in the attraction of more of the same negative Energy and corresponding negative circumstances, in other words negative effects. Of course, the very same principle also applies with positive thinking; positive thoughts will always result in the resonation of positive Energy, in turn attracting the corresponding positive results.

Many people can and unfortunately frequently do become trapped within a vortex of negativity due to perceived negative things happening in their lives. For example, they might have lost their employment, feel stuck in an unhappy relationship, physically experiencing a lack of money or any one of numerous other such possible adverse circumstances of the sort faced by millions of people every day. Many people are for example understandably worried about a lack of money for the provision of basic daily needs. What most people do not realise is that by dwelling on these perceived problems, constantly thinking about them and imagining the worst, thereby influencing the corresponding Energy, they are automatically bringing more of exactly the same problems into their lives thereby compounding the problem even further as it becomes self-perpetuating.

Thinking about lack results in more lack, thinking about abundance results in more abundance, such is the way of the Universe; the power of thought should never, ever be underestimated. It is for these reasons that the wealthy often become even wealthier and the poor often become even poorer; everyone is constantly creating their own reality in exact accordance with the way they think and perceive their own existence and reality, whether it is from a positive or negative perspective.

Everyone without exception is a creator in the microcosm, the physical world that is our main focus of existence for the time being. This is a “God given” aspect of all human beings; we all have the

freewill and the power to determine the content of our own individual lives, destiny and evolution. The way in which we think and the Energy we put behind those thoughts are therefore extremely important. It is particularly important, no matter how difficult circumstances might seem to be, to think as positively as possible at all times. For example, if you were to attend a job interview with negative feelings about the prospects of being awarded the position you applied for, then you will most probably not receive the position. If on the other hand you go to the job interview knowing beyond any doubt whatsoever that you will be offered the position, then the chances are you will indeed be awarded the position you sought and emotionally wanted so much, while never doubting for a moment that you would achieve it.

Your positive thought Energy will, through the level of the group human Mind, influence the Mind of the interviewer in your favour. This is why many successful business people almost always succeed in consistently winning large business deals; they always know beyond any doubt in their own Minds, even before they enter into the initial negotiations that they will certainly win the deal without question. The thought of not winning such a deal never even once enters the Mind of the business person, they simply know it as a forgone conclusion.

Exactly the same principle applies within life in general; only by thinking the most positive thoughts while excluding all negative thoughts, and by imagining the most positive things happening in your life with as much emotion and positive Energy as possible at all times, will you attract only those most positive things you truly desire.

On a more conscious level, if you really need something in particular to happen in your life, endow whatever it is you need to happen with as much positive emotional Energy as you possibly can. Never, ever think even begin to think, even for a single moment that it cannot happen for you, because it most assuredly can; the Universe has infinite abundance, anything and everything

is possible, and everyone really can have anything they truly need and desire.

This is all well and good someone might say, but I am genuinely in severe financial trouble and as a result my relationship is genuinely suffering. Difficult though situations such as this surely are, it quite simply cannot be stressed enough that the more the person negatively dwells on their perceived situation the worse it will surely become due to the immutable Universal laws operation, including the Law of Attraction. The more someone focuses on a perceived lack of money, the less money they will receive. The more they focus on a perceived failing relationship, the more that relationship will surely fail.

The solution to these situations is to break out of the self-created vortex of negative thinking and to start thinking only in the most positive terms at all times. It is particularly important to go to bed at night thinking only the most positive thoughts, never dwelling even for a minute on any situation in negative terms. Just before sleep the link to the subconscious Mind, which in fact is by far the largest aspect of Mind, is particularly powerful, and will in turn influence the Energy of the inner planes of life and reality, which in turn once again will sooner or later manifest into physical reality.

Always therefore think in terms of plenty as if all genuine needs have already been met. As previously mentioned, it is most important to know beyond any doubts whatsoever that whatever you desire and focus on will already become your reality in the inner worlds, and which realities therefore must also manifest into your physical world in accordance with the Universal laws of attraction and correspondence; “as above, so below, as below, so above”.

As with the use of all inner abilities, all thoughts must be in the present tense. For example, never, ever think in terms of “I want more money” or “my relationship will improve” or “I need a better job”. The use of the words “want”, “will” or “need” will simply make

matters worse, the implication being that a problem already exists, and therefore “I want” will place you in a state of perpetual “wanting”. The correct way of thinking therefore is; “I have plenty of money” or “my relationship has never been better”, or “I have never been more healthy”.

Within the inner spheres of life and reality where thought Energy takes shape, there is no concept such as space or time. Our positive Energy will therefore first of all influence the corresponding Energy of the Universe before manifesting, under the influence of thought as a desire in the inner Energy realms of the Universe beyond the limitations of time and space, subsequently, in immutable succession, manifesting into the material world in the same way.

Of course these manifestations will not usually happen immediately, but the more positive Energy in the form of concentrated though, emotion and imagination is placed behind a thought or desire, the sooner the desire will positively manifest as an observable effect that can tangibly experienced in individual physical life within the material world.

It is most important to maintain this positive Energy, charging it with as much positive emotion as possible; any negative Energy will neutralise any positive Energy previously projected into the Universe, thereby cancelling it out.

If a negative thought ever enters your Mind it is very important to be aware of it, and to replace it immediately with a corresponding positive thought, preferably a thought that is totally consistent with your ongoing objectives and desires. Another very powerful way of reinforcing positive thoughts is by the use of positive affirmations, the use and power of which we have already seen in the context of OBE methods. Affirmations will also be discussed in much more detail later in this book.

Positive thinking at its most effective is therefore much more than simply thinking positively about a particular circumstance, it should become a Mindset, a way of life. By thinking constantly only in the most positive manner you will ensure only the most positive things manifest into your life. For example, if you wish to always have sufficient money for all your daily needs you must always think positively and with as much conscious Energy and emotion as possible that you already have that money in your possession; never let a contrary thought enter your Mind; if such a contrary or negative thought does enter your Mind, even for a single moment, you must dispel it immediately. And again, never think in the future tense, only in the present tense to the extent that it already exists within your physical reality. In this way you will constantly influence the positive Energy of the inner spheres of reality, which Energy will sooner or later positively manifest into your own physical life.

As space and time simply do not exist in the inner Universe, creating these positive Energy in the present tense where they have their effect beyond the confines of space and time, they must in turn, in immutable succession eventually manifest into your physical world and reality, and not simply something which might or might not occur sometime in the future.

Again, always know in your own Mind beyond any doubt whatsoever that all your needs have already been met, and are a complete reality in your life at this very time, in the completely certain knowledge that the Universe is infinitely abundant and knows no limits, and that as an immortal, Divine Spiritual being, a co-creator of the Universe with the Prime Creator, The Source, God, all of your needs and desires without any exceptions will always manifest into your life and reality. Always remember, there is absolutely nothing that you cannot be, do or have.

As well as knowing beyond doubt that your wishes and needs have already become a complete reality, it will assist this process considerably by projecting as much focussed, positive emotion and Energy behind your knowing and positive thinking as possible.

Recreate the feelings of great joy and happiness surrounding previous events in your life. By recalling and recreating these feelings and emotions, and projecting them with as strongly as possible behind your ongoing thoughts of whatever it is you wish to manifest into your life as if they are already a complete reality, you will influence the positive Energy, thus helping the results to manifest more rapidly and in a more powerful way into your own physical reality.

Your Mind, Consciousness, thoughts, emotions and imagination are all creative powers behind your life and of the entire Universe. The more conscious you are of yourself and of your needs and desires the more powerful you will become. By this we do not mean being conscious of your physical body, but rather being conscious of actually being conscious, a conscious channel for expression of God, the very feeling of existence, the feeling of being alive, not alive from the point of view of the physical body, but rather the total inner feeling and sensation that comes with the absolute knowing and certainty that you exist as an immortal Divine creative being, an aspect of God, created in the true image of God.

In conclusion on the importance of the power of positive thinking; always but always think positive thoughts in the direction you wish your life to go, and do so with as much focus of Energy, knowing and emotion as possible. These thoughts, whether specific to a particular need or for an ongoing aspect of your life must always be present in your Mind as if they have already completely manifested into, and are already an integral aspect of your present reality, a fact of which you must be completely certain beyond all doubt.

It really does not matter how dire life might seem to be at any particular moment, it is extremely important during every waking moment to think as positively and with as much Energy and emotion as possible that everything you desire already exists within your life, and that you are now enjoying it to the maximum possible extent. Never, ever let a negative thought dwell in your Mind, particularly before sleep, or give such a thought any Energy

whatsoever; immediately convert any negative Energy into the corresponding positive Energy.

Notwithstanding immediate needs and situations, always think, focus and concentrate positively about everything in your life, and in turn your life will only bring you positive results, this is The Law of the Universe. Most importantly, always feel the deepest gratitude for how perfect your reality really is, always giving thanks to God with absolute sincerity.

Chapter 83: Affirmations

The power of positive thinking can be enhanced and reinforced by the use of affirmations. An affirmation is a short statement repeated frequently in the present tense in order to impress the intent of the affirmation on to the subconscious Mind, thereby in turn causing the subject of your affirmation to manifest as a part of your own physical reality.

As with all positive thinking, affirmations must always be phrased in the present tense as if the desired result has already become an absolute reality. This will attract and influence Energy in accordance with The Law of Attraction, in turn creating the reality of the object of your affirmations within the inner spheres of the Universe, which reality must then in turn subsequently manifest into the physical world where the benefits can be realised.

As with negative thinking many people are in the habit of dwelling on problem areas in their life by repeating exactly that which they do not wish to happen. Therefore, as with negative thinking, this results in negatively influenced Energy creating a correspondingly negative reality, until finally manifesting into the physical world as an observable and experiential negative reality, thus compounding the original problems and making them even worse.

Like positive or negative thinking, affirmations can also affect the people around us at the Energy level of the group human Mind; the vibration of any affirmation involving other people will be transmitted and picked up by the people concerned, who in turn will accordingly subconsciously react to it in either a positive or negative way. It is extremely important therefore not to even subconsciously repeat negative affirmations, no matter how difficult a situation might seem.

For example, a person might keep repeating to themselves such statements as:
“*I will never get a promotion in this job”.*

*O*r: “*I will always be short of money”.*

Or: *“my relationship will never improve and become a happy one”.*

These are all examples of negative affirmations resulting in the corresponding Energy being influenced in a negative way, which in turn will result in the problem becoming even more of the reality of the person affirming these negative statements. The person who is constantly repeating these negative affirmations, either consciously or subconsciously, will be accordingly much less likely to receive a promotion in their job, will have even less money than before, and might well become even more trapped in their unhappy relationship.

Again, and the importance of this simply cannot be overstated; everyone constantly creates their own realities whatever they may be, thought Energy, emotions and affirmations being just three important ways in which this is process manifests in accordance with immutable Universal Laws. Positive thinking and conscious positive affirmations will therefore not only bring correspondingly good things, but will also transmute existing bad things into their corresponding good things. Beyond the confines of the three dimensional world of matter there is no time or space, so it is never to “late” to transmute a negative situation to a positive situation; all time is Now, the Eternal Now.

In the examples above this person should always immediately suppress any negative affirmations they find themselves repeating, and immediately replace them with the equivalent positive affirmations; they should for example be saying:

“I am so pleased with my excellent job promotion”.

Or: “*I have all the money I really need”.*

Or: *“my relationship has never been better or happier”*.

This might well seem somewhat difficult to do, particularly in what is perceived to be difficult circumstances or where the reality appears to be totally the opposite, but such circumstances are only temporal, often the result of existing or previous negatively influenced Energy, but which Energy can always be transmuted to its opposite and desired positive circumstances.

It is also important that the affirmation, like positive thinking, is never stated in the future tense, for example, "*I will have a job promotion";* this implies the indefinite future, that a negative situation already exists, and the result cannot therefore manifest positively into your present reality. Again, dwelling on negative situations and repeating them over and over in your Mind will certainly cause more of the same negative vibrations, which will in turn appear into physical reality as the corresponding negative manifestation, thereby compounding the problem even further, in turn resulting in an ever deepening vortex of the same negative situations; like Energy always attracting like Energy in accordance with the immutable Universal laws of Attraction and Correspondence. Rejecting all negative thoughts and replacing them only with their opposite, most positive affirmations will result in positive vibrations of Energy that will eventually manifest into your own physical life and reality in the form you most desire.

Many people generally tend to use negative affirmations on an ongoing and much more subconscious basis without ever even releasing it. For example, someone might say to themselves or even aloud; "*I simply cannot complete this task*", or, "*this is much too difficult*", or very often on a health level we hear people say, "*I do not feel at all well today*". These are all examples of subconscious negative affirmations that will in turn become negative realities; the tasks will never be completed, will be always too hard, and the person will continue to feel unwell.

It is very important therefore to remain alert at all times to these negative thoughts and affirmations, immediately transmuting them

into their positive opposites as they arise and before they have their effect, for example; "*I have easily accomplished this task very easily*", and, "*that was very easy indeed*", and, "*I feel so fit and well today*". In this way the negatively influenced Energy will not be allowed to take influence away from your positively desired reality, and only positive Energy can be attracted to you from the Universe and manifest as a tangible reality into the physical world, and therefore your own life and personal reality.

It is very important therefore to not only make use of affirmations in order to consciously manifest desired changes into life, but also to be alert to subconscious, negative affirmations that must be immediately transmuted to their positive opposites without delay. The more often an affirmation is repeated, consciously or otherwise, the more quickly and effectively it will manifest into your observable, individual, experiential reality.

An excellent time to repeat affirmations, with as much sincerity and emotion as possible, is just before drifting off to sleep at night, and just after waking in the morning before arising. At these times your conscious Mind is most in communication with your subconscious Mind and therefore the inner causal spheres of Energy. Repeat the affirmation throughout the day, write down the affirmation on notepaper and place copies of your affirmation around your home, repeating the affirmation frequently, and whenever you are reminded to do so. If you make use of a personal computer for long periods of time, it is a very good and effective idea to have a copy of your affirmation on your PC desktop utlising some appropriate software. You might not always notice the affirmation, but it will still be integrated into your subconscious Mind where it can begin its effect.

The ideal affirmation must be as short as possible and totally unambiguous. It is important to note that the subconscious Mind cannot easily assimilate long statements. The subconscious Mind, immense and powerful as it is, is actually very child-like in the way it perceives, and is therefore much more easily influenced by short,

appropriately worded statements. Also the subconscious Mind never, ever questions any statement; it will rather accept the statement as an absolute fact, and set about bringing the object of the statement into reality by means of its powerful influence over the inner Energy levels of the Universe to which it is strongly connected.

Affirmations must always stated the present tense, and most importantly charged with as much feeling, positive Energy and emotion as possible, and as if the result has already manifested into your life as an absolute reality; a fact that you should have absolutely no doubt in your Mind. You should intensely feel the joy, happiness and all other emotions involved, which will generate the corresponding positive vibrations of Energy in accordance with The Law of Attraction.

Affirmations should never be performed in a stressed situation or where you cannot adequately relax or concentrate. For maximum effect affirmations should be repeated several times each day while being in as relaxed a state as possible, and continued until the affirmation has become an absolute physical reality. Affirmations can often become a physical reality very quickly indeed, but at other times might take longer. Note that we use the words “physical reality”, because as soon as you start stating the affirmations with the degree of emotion required, then the object of the statement will instantly be answered, the Universe in making it a reality within the inner Energy levels. Frequent repetition of the affirmations, with the associated emotion will then further influence Energy to manifest the object of your affirmations as a tangible, observable reality in your physical world.

The speed at which an affirmation becomes a reality depends on numerous factors including the complexity of the desired result, the number of people involved, the frequency of repeating the affirmation, and most importantly the extent of emotion, focus and faith being placed behind it. Never become anxious for the results of the affirmation to be realised or wonder why they have not

manifested as yet; these will cause vibrations of negative Energy, thereby slowing the process down.

Developing and maintaining faith in your affirmations will result in belief, and it is the belief that will bring you into energetic, vibrational harmony with the object of your affirmations, thereby allowing the object of your affirmations to manifest into your reality.

In conclusion, always be fully aware of repeating negative affirmations either consciously or subconsciously, and if you find yourself doing so immediately convert them into their opposite, positive affirmations. Make maximum use of controlled, conscious, positive affirmations wherever you need to convert a negative situation into the equivalent, opposite, positive situation, or where you wish to bring something positive into your life and reality.

Chapter 84: Powers of the Imagination

Imagination is one of the most powerful of all vibrations of Energy in the Universe. When considering imagination it must never be confused with mere fantasy, unreal thoughts or simply as a “figment of the imagination”, but rather as an extremely powerful, natural, God given ability that every single human being without any exception possesses.

Within the inner spheres of reality, as everyone will discover very soon after passing on from the physical world, everything desired is brought into instant manifestation by the use of will, intent and the power of imagination. Thoughts take shape instantly and the more power and emotion projected into thoughts, the more real they become and the longer they will remain.

Thoughts are vibration, manifestations of Energy, and most thoughts are transient, that is to say they appear, linger for a time depending on the Energy involved and then fade away again. To create something more permanent in the Astral worlds requires use of the imagination with as much will, intent and focus as possible. This however is often an entirely natural process requiring no particular effort; it is quite literally as natural as thinking.

By constantly making use of and thinking about a particular desire, for example a home, the more solid and real it will become and the longer it will persist. Creations of the type utilised by many people within the Astral worlds, consensus creations of perhaps thousands or even millions of people, can potentially last for infinity, such creations being the products of collective thoughts and beliefs projected in the same direction and focus by many people.

Within the Astral worlds, often known as “the beyond” or “the afterlife” where people transition after the process erroneously known as “death”, there are vast areas of Energy comprising just about every type of environment; all consensus creations of numerous people from the past, present and future relative to

temporal concept of Earth “time”. These creations are the result of vast collective, consensual Energy configurations that are continually being influenced by Mind, and which Energy therefore endures under that consensual Mind influence almost ad-infinitum.

Many Astral locales including entire cities are inhabited by very large numbers of Astral residents, all continuously influencing the same creative Energy, and thus giving these Astral locales their permanency. As mentioned previously, the mid-Astral worlds to which people are attracted after the transition from the physical world in accordance with the Energy characteristic of the individual Astral and Mental body, the Soul and Spirit, are almost identical to the physical world, so much so that many people do not immediately know they have actually passed on. This is because the people of the Astral worlds model the Astral worlds based upon their own specific experiences and perception of the physical world they have just left, and how they “imagine” it should be. People at that level of evolution on the path often believe that “reality” is represented by material things just as they did on Earth, and accordingly use their powers of the imagination to reproduce that same habitat and perception within the Astral worlds, thereby creating that reality for themselves with which they feel the most comfortable.

On an individual level therefore a person might create his ideal home, whereas large numbers of people within the Astral at a consensual level will imagine larger scale constructions such as villages, towns and cities, just as they were used to in physical life. This applies to all Energy levels of the Astral planes, each level, from the darkest, “hell” like levels to the highest most blissful levels all being a perfect reflection of the vibration of the Soul and Spirit of the people living there, and also their own perception of what “life” should be like in their own reality. This is why, like the physical worlds, the Astral worlds are ephemeral, transient projections created by the Mind of humans, all of which are destined to progress and transcend that illusion on the path to the glories, splendours and bliss of the Spirit worlds, pure Mind worlds where

the perception of form simply does not exist and does not need to exist. The reality and glories of the Spirit worlds are far greater than the temporal physical world or the ephemeral Astral worlds, as everyone will discover as they progress and evolve along the sacred path of perfection back to The Source, The First Cause, God.

The Astral worlds are vast, varied and complex, consisting of an infinite number of realms from the earthly equivalent of past present and future, many of which have been created by beings not of the Earth, but all of which have been created by the very same vibrations, creative Energy of the power of thought, the creative power of the imagination.

As we already know, the entire Ether of Universe consists of vibration, which is Energy. Thoughts, emotions and powers of the imagination are therefore also degrees of vibration of the same Energy. Keep in Mind that Energy cannot be created or destroyed it can only be influenced. It is the interaction and influence of Energy by Mind that results in the manifestation of the objects that are the focus of and are therefore influenced by the imagination in accordance with Universal laws, and in particular The Law of Attraction. Exactly the same laws also apply to manifestation into the physical world. Before anything at all can manifest as a reality into the physical world it must first be preceded by thought, a very powerful characteristic of which is imagination.

This is very often a subconscious process whereby for example the preparation of a meal is preceded by first imagining what the meal will include, how it should taste, how the meal will be prepared, where the ingredients will be obtained from and finally how it will be presented on the table. This is simply a very basic example whereby an act of creation commenced with the process of imagination is subsequently followed up with direct physical actions in the same direction in order to manifest the original object of the imagination into observable physical reality.

Manifestation can however equally be brought about without the need for any associated direct physical actions at all, exactly the same laws of creation applying to the inner spheres of the Universe also equally applying to the physical world, again in accordance with The Laws of Attraction and Correspondence in particular; “as above, so below”. Just as anything can be created within the inner spheres entirely by means of the powers of imagination, so too can manifestation take place into the physical world by virtue of the same Universal laws, without even the need for any preceding direct physical action.

The physical world however is very dense and of a much lower vibration than the inner Mind worlds of the Astral and Mental spheres, and therefore more Energy, concentration and focus is required in order to bring about a manifestation observable in the physical world. Many people will have heard of “Magic”. We should note straightaway however that by true Magic as practiced from time immemorial we do not mean the stage illusionists, prestidigitators, conjurors and other such people from the areas of stage entertainment, but rather Magic in its very truest, very highest and most sacred form. Magic is in reality a sacred science, the word “Magic” originating from the “Magi” who fully understood and applied natural Universal laws in order to bring about effect that many might consider to be miraculous.

The practitioner of true Magic understands, aligns him or herself with, and makes full and proper use of Universal laws in order to manifest the desired results in whichever plane of existence the desired result is to be experienced. People often erroneously associate Magic with occult practices, sorcery and witchcraft for example, but even this is not Magic in its truest and highest form. This is not to say of course that sorcery, witchcraft and similar types of “magic” are not effective, because they most certainly can be and often are, depending on the powers of the practitioner. The Universe does not recognise human labels, but only Cause and Effect by virtue of Universal laws and the influence of the Energy from which everything has been created and has its being.

Sorcery and witchcraft are often performed by utilising some Universal laws that result in the influence of Energy in the desired direction, by means for example of spells, rituals and other series of actions, but often without the practitioner ever being fully aware of what Universal forces are involved or how they are being applied. The most powerful true Magic is when the practitioner fully and consciously aligns him or herself with, and makes the fullest possible use of Universal laws, powers of the Magi.

What most people consider to be “Magic”, and again we are not referring to stage Magic, could more properly be referred to as “manifestation”. Manifestation is in the broadest terms the use of the imagination in order to manifest the object of the imagination into physical reality in accordance with Universal Laws and is the fundamental basis for all creation.

In the case of witchcraft, sorcery and similar practices practitioners often make use of spells, rituals and other regalia such as candles, swords, athame’s and much more, in order to provide the focus, intent and Energy required for the object of the imagination, usually by creative visualisation, to manifest into the material world. As we will see later, it is most certainly not at all necessary to practice witchcraft or sorcery in order to manifest into the physical world, these are quite simply age-old traditions that are still carried on today.

One of the most important aspects of successful manifestation is highly focussed and concentrated Energy in the form of thought or imagination. Indeed, the more Energy behind a manifestation the sooner it can materialise into the physical world as an observable reality. Very often, spells and rituals are only carried out once, meaning the chances of success are more variable and in accordance with the expertise of the focus, concentration and expertise of the practitioner. Magic, or more specifically manifestation can therefore be accomplished by anyone without requiring any form of occult, esoteric or mystical practices to be performed in order to be successful. Indeed, such practices can

sometimes lead to frustration with the accompanying lack of observable results. Anyone at all can manifest and create any reality for themselves by fully understanding and applying natural Universal Laws utilising the simple, enjoyable and effective exercises that will be detailed later in this book.

Finally a word of caution; all your thoughts, imaginations and creative visualisations must only be for the purposes of good, either for yourself or for other people. Never, ever be tempted to use these powers to harm another person. If you do, the Universal law of Cause and Effect, of which karma is an integral aspect will most surely operate against you, and either in this or a future life you will have to pay the price. This is not intended to be a system of punishment as such as with a court of law. The simple fact of the matter is that every cause has its corresponding effect, positive, negative or neutral, and karma is no more than the causation of the Law of Attraction that ensure that no being can be the cause of anything negative without experiencing the corresponding effect. Note that we use the word “experiencing” rather than “suffering”. Everyone is here to experience and to evolve and not to suffer which is a human construct based on a perception relative to self and the ego. The Universe operates under the influence of the most powerful force in the Universe, Unconditional Love, and that applies to every aspect of human evolution, and indeed the evolution of the entire Universe and all Beings, all expressions of God.

Providing always that your thoughts, intentions, Energy, imaginations and creative visualisations are always only for the purposes of good and for genuine needs, and not based in greed, in other words will not bring harm to others in the process, only good will surely result, and your needs and desires will be fulfilled without karmic consequences.

Chapter 85: Creative Visualisation

Many people have heard of the term “creative visualization”, but what exactly is “creative visualisation?

Creative visualisation is the process of creating and “seeing” images in your Mind using the powers of imagination that we all have as a natural ability of Spirit. By making these images as realistic as possible within the Mind, and by adding Energy to those images by means of concentration, emotion and focus, the image will first of all influence inner Energy levels, which as we mentioned earlier are actually the inner Energy levels comparative to the physical world, before eventually manifesting into your life as an observable, experiential reality in accordance with Universal Laws including the laws of Attraction, Correspondence and Cause and Effect which of course are all closely related.

This experiential manifestation is in the form of Energy that corresponds exactly with the object of your visualisation, the Energy of which vibrates in harmony with it thereby attracting it into your conscious awareness. Your outer, physical reality is therefore always manifested first from within. This is not only the basis of all manifestation within the physical world and individual Consciousness, but is also the basis of healing. All diseases of the physical body originate within the inner bodies before eventually manifesting within the physical body resulting in a physical disorder. Of course modern medicine seeks to “fix” the problem within the physical body itself, not realising that the Energy giving rise to the disorder of the body still exists as strongly as ever within the inner Energy levels of the Soul and Spirit.

As already noted, within the inner worlds relative to the physical Universe, as each and every person will soon discover upon their next transition to the Astral worlds after the process erroneously known as “death”, powers of the imagination with focussed concentration, will and intent results in the instant creation of the object of the imagination out of the Energy of the Astral Ether. The

creation thus manifested is still pure Energy but is “shaped” by the Mind of the person who created it.

In order to manifest this inner Energy into your present physical reality it is first of all necessary to bring yourself into vibrational harmony with it. Creative visualisation achieves this by allowing you to experience the object of your visualisation by means of the powers of your imagination, and the more you can experience utilising all of the senses, the more you integrate the object of your visualisation into your conscious awareness, and the more it becomes your experiential reality.

Unlike the immediate, observable manifestations of visualisation in the Astral and inner worlds, within the material world the process will seem to be slower due to the relative higher density of matter as compared to the much finer density of the Astral and inner worlds, and the much lower vibrations of the Energy involved at the level of the physical world. The more Energy, emotion, intent and concentration focussed and conveyed into the visualisation and the more solid and realistically it is visualised utilising all of the senses, the more solid and resilient the object of visualisation will in turn become within the fabric of the Energy levels of the inner worlds, and the more you will experience and become in harmony with it, thereby enabling the object of your visualisation to manifest into your physical reality.

In order to manifest the object of the visualisation as a reality into the physical world, the Energy of the inner worlds need to influence the physical world in the direction of the desired result. Again, the Universal Law of Correspondence is a major factor in this process; “as above, so below”, as is the Law of Attraction, although these are of course closely related aspects of the law of cause and effect. Universal harmony will not allow any imbalance between the Energy of the inner worlds and the corresponding Energy of the physical world, or indeed anywhere at all within the multi-dimensional continuum of the Universe. Therefore once an image is manifested in the inner worlds by means of the imagination,

creative visualisation, and the Energy exists in a form that has then to be balanced in accordance with The Laws of Correspondence and Attraction, the creation then has to manifest into the physical world in order to maintain Universal balance in accordance with these Laws. Again, the interplay of the Law of Correspondence as well as the closely related Laws of Attraction and Cause and Effect are all very prevalent in the process of manifestation.

As previously discussed, creative visualisation is also very important in the attracting of the object of your desires by experientially bringing yourself into harmony with it. The more you visualize and thereby become fully involved with your wishes, the more your vibrations will be in harmony with your wishes, until soon your own Energy will vibrate in harmony with the object of your visualization thus allowing it to harmoniously manifest into your own personal reality as an exact vibrational Energy alignment.

Another major factor in the success of manifestation into the physical world is due to the influence of the Energy planes of the group human Mind. As we already know, all human Minds are connected at a level of Energy and Consciousness at which levels human Minds can subconsciously influence each other upon the Energy and Consciousness levels of the Mental planes of the collective group human Mind. When a desire of a certain type is created within the inner worlds by the use of creative visualisation and other powers of the imagination, for example the desire to receive a pay increase, the Universe might seek to bring about the necessary balance by influencing the Mind of the person responsible for awarding the pay rise in the desired direction. This is just another way in which Energy seeks balance through physical channels by virtue of Universal Consciousness, Mind and Spirit through which we are all inseparable as Universal expressions of The Source Energy, The First Cause, of God.

During the creative visualisation process required to bring the desired result into manifestation, you might for example have created an image in your Mind of a higher amount of money written

upon your usual monthly pay cheque, while at the same time deeply feeling and experiencing the emotions associated with receiving more money to spend on your desires as well as the gratitude for having received that money; that Energy can then manifest into the Energy of your physical reality as the desired increase in pay. You need not and should not seek a reason for your increase in pay. Once the Energy of your pay increase is vibrating in harmony with your ability to receive it, then by virtue of Universal laws it must manifest by the most direct means, means that are very often completely unpredictable.

Another way in which desires can be manifested by means of creative visualisation is by way of probability. Before any particular event occurs within the space-time continuum of the physical world there are an infinite number of corresponding probabilities pertaining to that particular event in the inner worlds beyond the confines of space and time where there is only the Eternal Now. Not only does everything exist, past, present and future relative to Earth time already within the Eternal Now, but there are also an infinite number of variations and therefore probabilities relating to it. In quantum physics these are known as quantum probabilities. For example in the case of your pay increase there are potentially an infinite number of possibilities as to whether the pay rise will manifest, not manifest, or even partially manifest. By harmonizing Energy by means of creative visualisation, imagining beyond any doubt whatsoever that your pay increase has already completely manifested into your experiential reality, thereby coming in complete harmony with it, the probability of receiving that pay rise is positively influenced in the direction of it actually becoming an observable reality. This process is all about the influence and balancing of Universal Energy by the Mind.

Creative visualisation works at both conscious and subconscious levels of the human Mind. Everyone is constantly creating by means of the thoughts and images passing through their Minds. However, as most people have no conscious awareness at all of this process, most such thoughts and images are usually totally

random, driven almost entirely in response to minute by minute, hour by hour, day to day physical events in a totally uncoordinated manner.

As previously noted, people can and frequently do become trapped in a vortex of negative Energy. By dwelling on negative events and situations, thinking about them constantly, imagining all sorts of negative scenarios, in other words “thinking the worst”, the corresponding Energy will be influenced and attracted and accordingly “the worst” will sooner or later manifest as a reality into the lives of these negative thinking people. Such a situation can then very easily spiral out of control. For this reason everyone should be fully aware of their own thought processes at all times, instantly rejecting all negative thoughts and images and retaining only those positive thoughts and images consistent with the desired direction in life. Should a negative thought or image intrude then it should either be rejected or transmuted to the opposite positive thought or image. Understanding and aligning with Universal laws and Energy and applying them exclusively for the most positive purposes as a natural way of living, just as every human was created to do by God, is indeed Magic in its highest and truest form.

God, The One, The All is the Supreme Creator, The Source, The First Cause within the Macrocosm of the Universe, whereas human beings being made in the true image of God, and integral aspects of God are co-creators in the microcosm, the individual aspect of the Universe. Every human being without exception is therefore an integral aspect of the great creative process of the Universe, and it is accordingly incumbent on everyone to use these powers consciously, wisely, and only for the greater good of personal and Universal evolution.

There is nothing at all wrong with desiring to bring good things into your life and to live comfortably with all genuine needs fulfilled. The Universe is infinitely abundant and there is always enough for everyone. One of the greatest problems on Earth at this time however, is that due to the gross materialistic attitudes and ego of

many people, together with a total lack of understanding of the way in which the Universe works and of the true purpose and destiny of mankind, there is a considerable imbalance between those who have much more than they could ever really need to live very comfortably, and those who have insufficient for even the most basic existence, a situation that has been caused by forcing everything in a physical direction by physical means and against the creative flow of the Universe. Instead of being open channels of expression and creation, much of mankind has created an alternative physical reality based upon perceptions and idea in turn based upon materialism and the ego. Only when mankind fully understands the immutable operation of Universal laws and lives accordingly will these imbalances be balanced, and every human being in every part of the world can live in peace, harmony and plenty thereby fulfilling the ultimate “Kingdom of Heaven on Earth”, an Earth that is finally vibrating in harmony with the Universe.

Creative visualisation can attract genuine needs from the Universe of abundance, therefore facilitating the process of balance. In utilising your own powers of creative visualisation and imagination you should never be tempted to become trapped within the spiral of materialism or of the demands of the ego by endeavouring to manifest more than the genuine needs of yourself, your family and others in genuine need. It is incumbent on everyone therefore in utilising these God given Universal powers of the Mind to fully understand their own individual destiny and that of all mankind, thus ensuring these abilities are always used wisely for genuine personal needs and for the greater good of the Universe, and never merely to satisfy greed, the ego, or for the accumulation of material things for the sake of it.

As we know, the entire Universe and everything and everyone within it, is an infinitely large Energy field comprised of vibration. Thoughts and imagination are also therefore pure Energy, which when directed effectively influences the corresponding Energy in the Universe in the same direction by coming into harmony with it, Energy that has to be balanced in accordance with immutable

Universal laws. The more power and focus placed behind this Energy by means of concentration, visualisation, emotions, intent, and will, the more profound and rapid will be the effect be on the corresponding Energy you wish to influence in your direction in order to potentially manifest your desires into physical reality.

For these reasons alone it must be stressed once again the absolute importance of exercising total Mindfulness and control over all thoughts and images at all times, and in particular avoiding negative and limited thinking. In this way you can maintain full, conscious control at all times, manifesting only those positive things into your life and the lives of your loved ones. These powerful abilities are within every single human being as creators in the microcosm, each of us being an immortal Spirit, made in the “true image of God”, The Supreme, Divine Creator of the Universe in all its planes of glory, the Macrocosm.

Creative visualisation can be applied to potentially manifest anything at all at any Energy level over which Mind has an influence. It should be realised however that the larger the desire the longer it might take to manifest it into physical reality. It might not even be possible to manifest some desires in an acceptable time scale due to the sheer number of other people projecting the same Energy into exactly the same desire. A very good example of this situation is winning the lottery. When millions of people purchase a lottery ticket each week, each and every one of them is projecting exactly the same desire, in other words vibrating the same Energy of intent to win the jackpot. The sheer individual Energy required to overcome these collective Energy of so many people all focussing on and vibrating exactly the same desire would be extremely difficult to produce and project, and are in any case would be beyond the powers of the Mind of most Earthly people at this stage in their evolution.

It makes much more sense therefore with the results being potentially much more rapid to focus on desires within your own sphere of personal availability, thereby involving as few people as

possible. To use the previous example of obtaining a pay increase; in this case only two people are directly involved, yourself and your manager, and therefore your Energy can be much more highly focussed and will accordingly be that much more effective. Manifesting large, tangible physical items, for example a home or a car usually takes more time effort due to the number of situations and probabilities needing to be influenced first. All manifestations into the physical world requires a physical channel through which the Universe can realise that desire.

There are literally an infinite number of ways by which a desire can manifest into your physical reality, most if not all of which are not immediately obvious. As previously noted, the Universe is infinitely abundant and your task is to direct your Energy by means of your God given powers of the Mind, and to vibrate in complete harmony with the Energy of your desires, thereby allowing the Universe to manifest your desires though physical channels in its own natural way, and in accordance with immutable Universal laws.

For larger manifestation projects it can be much more effective and more rapid in the long run to manifest a desire in stages. For example you might wish to manifest a successful computer business for yourself where you are your own boss. Taking this example, you might first manifest the new PC required to learn the necessary skills. Next you might manifest a series of training courses in business management followed by further courses in advanced computer skills. Having successfully achieved this you might then manifest an office from which to launch your new computer business and then start to manifest customers for your business. Once you have many customers and your business is a great success, a fact that in your Mind you should not ever have the slightest doubt, you then might then wish to manifest larger offices and some employees if appropriate. Finally, if you wish, you can manifest a thriving computer business with many employees, a business that is very highly thought of by your customers, and is providing yourself and your family with all of your genuine needs.

This is a fairly basic example of manifestation but nevertheless serves to illustrate a sequential process of manifestation towards achieving an ultimate desire. Of course, it is also possible to use the creative visualisation process to manifest your successful computer business without any interim stages at all, allowing the Universe to manage the ”details”. You would likely eventually succeed in manifesting this desire, however due to the number of people, factors and possibilities involved, the process might take more concentrated Energy and focus during your creative visualisation sessions, as well as more time to bring yourself into vibrational harmony with your desires, and therefore in turn take longer to manifest.

The closely related Laws of Attraction, Correspondence and Cause and Effect are all involved in the process of manifestation by means of creative visualisation. These laws are all very much related but with subtle differences. The Law of Attraction is such that whatever you constantly hold in your Mind creates a unique vibration and Energy that the Universe will immediately seek to balance by the harmonisation of and manifesting whatever you hold in your Mind as soon as possible through physical channels, providing your vibration, your Energy at an individual level is in complete harmony with it. Creative visualisation and in particular utilising all powers of the imagination, facilitates this process considerably.

The Law of Correspondence is represented by the age-old axiom “as above, so below”. Whenever Energy is projected into the inner spheres of reality, where density is much lower and vibration much higher, depending on the amount of Energy projected it will remain as a potential manifestation in the form of an Energy configuration until such time as the Universe brings about balance by actually manifesting it into physical reality. As previously mentioned, this is the basis of true Magic. Where the Law of Attraction subtly differs from the Law of Correspondence is that the Law of Attraction is a more ongoing interaction of Energy until harmony is achieved, whereas the Law of Correspondence seeks to balance stronger Energy or vibrations that have been brought about by a single or a

few similar actions, by manifesting the object of that Energy into the physical world where the original creative Energy originated.

The Law of Cause and Effect is much more absolute in that it simply states that for every cause, for example the altering of Energy, vibration by means of the power of thought, there has to be a corresponding effect, and the Universe will always maintain balance by bringing about the corresponding effect. Absolute harmony is always the direction of Energy and therefore of the Universe as a whole.

The Law of Attraction is therefore more of an ongoing state of Consciousness, whereas the laws of Correspondence and Cause and Effect are more likely to be invoked by a single or few much more focussed cause. All Universal laws are in operation and interacting however at all times, all maintaining harmony, balance and ongoing perfection within the Universe.

There are no notional limits to what can be manifested by creative visualisation, the Universe is infinitely abundant, but the forgoing needs to be considered most carefully. As with most things in life, whatever you succeed in manifesting will be directly related to the degree of effort and commitment involved, and the degree to which you vibrate in harmony with it.

Finally, before proceeding to the practical creative visualisation techniques following, these words of caution should be repeated. Never, ever consider using creative visualisation for the purpose of affecting others in any negative or harmful way whatsoever, either intentionally or otherwise. The Universal processes involved, like Magic, do not discriminate between positive or negative, good or evil, black or white all being degrees of the same Energy.

The creative abilities of humans are very real and very powerful, and must always be used with a great sense of responsibility. Again, in accordance with the law of Cause and Effect, including karma, anyone who uses their God given powers to cause harm to

any other person, or indeed to any aspect of the Universe, will most assuredly pay the price, either in this or a future lifetime, there is no escaping the immutable Universal laws of Cause and Effect of which karma is an integral aspect. All of humanity and the entire Universe are as one; we are all aspects of the same infinite Energy and Consciousness of Spirit, we are all immortal aspects of The Divine, of The Source, of God, and anyone who harms anyone or anything else equally harms themselves without exceptions and in immutable progression, it is the Law.

Chapter 86: The Practice of Creative Visualisation

Learning to visualise effectively and at will is an extremely worthwhile ability. Visualisation is an aspect of the imagination which can not only be used in the process of maintaining full control over every aspect of your life, but as previously mentioned can also be used very effectively to manifest your desires, to heal yourself, to protect yourself from harmful psychic influences, and much, much more.

Also, and most importantly, these abilities can also be used in the same way for the benefit of loved ones and others.

Imagination is a major power behind all creation in the Universe, both in the Macrocosm and the microcosm. Everyone will use these abilities as a completely natural aspect of life in the much lower density of the inner worlds after passing on from the physical world.

Learning to visualise effectively, as with most worthwhile abilities, requires time to be set aside, preferably each and every day. Ten minutes each day will suffice to start with, but as you progress, thirty minutes each day would be much more beneficial. Any spare time during the day can be used to practice creative visualisation as well as other valuable abilities.

To begin these exercises first of all obtain five household items of your choice, such as a fruit, a cup, a pen, a spoon, a coin; any such items will suffice; it is preferable however if they are all of a distinctly different shape and colour.

Start the exercise by attaining a good state of physical and mental relaxation in a place where you can concentrate and will not be disturbed. It is best to sit upright on a hard kitchen type chair without leaning against the backrest of the chair; this will enable you to achieve the necessary state of relaxation, concentration and focus, with your spine completely straight, without falling asleep.

For these reasons lying on a bed or reclining in an armchair are most certainly not advisable.

Set out your four chosen items in front of you. Now fix your eyes on the first of these objects and memorise it in as much detail as you possibly can, including shape, colour, texture, patterns and any other significant details.

Next close your eyes and recall the object in your imagination in as much detail as possible. The objective is to visualise the object in your Mind as clearly or even clearer than it appears to your physical sight. You might well find that when first starting these exercises the object will frequently fade from your imagination; if this happens simply use as much will power and concentration as necessary to recall the object back into your imagination. You will soon find that after time and practice the object will disappear and reappear increasingly less frequently until finally you can maintain a solid and realistic image for any length of time, visualising the object just as it appears to your physical sight.

Should you become tired practicing with one object, move straight onto the next object and repeat the visualisation exercise. It is very important to remain as relaxed as possible while maintaining each visualisation for as long and realistically as you can; there is nothing to be gained however by over-tiring yourself. Although these exercises might seem to be quite difficult to start with for some people, as with gaining any worthwhile ability it is extremely important to persevere; these are extremely valuable abilities as will become readily apparent to you.

The objective of these exercises is to maintain an image of your chosen item with total, absolute realism, just as it would appear to your physical sight, for at least five continuous minutes without it fading from your Consciousness. When you have achieved this with your first four chosen objects, select another four objects and repeat the exercises until you achieve the same results.

For the next stage of these exercises, rather than starting with four physical objects, recall any object or scene of your choice from memory and visualise it with as much realism as possible. This might for example be a household item, something in your garden, or perhaps a favourite location or person; it really does not matter what image you select providing you can readily bring it to Mind, retain it in your Mind and become emotionally involved with it.

Having attained as clear an image as possible in your Mind from memory of your chosen object, person or scene, once again endeavour to maintain the image as it would appear to your physical senses for a full five minutes without it fading from your imagination. When you can maintain any image vividly in your Mind with total realism for a full five minutes, then this part of the visualisation exercises is complete.

The final stage of these exercises is to visualise objects with your eyes open. It doesn't matter which objects you choose for this purpose although it is better to start with the objects previously visualised with your eyes closed.

To commence, with your eyes open imagine, as realistically as possible, your object suspended in the air, standing on a shelf, on a table, or anywhere else of your choice. Your object must appear to be every bit as solid and real as the original physical object, so much so in fact that you feel that you feel you can actually reach out and touch it. There must be absolutely no doubt whatsoever as to the complete realism of your visualised object as it is suspended in the air, or standing on a solid object such as a shelf or table. This exercise is complete when you can maintain in your imagination your visualisation of any object, in any location, with your eyes open for a full five minutes.

Chapter 87: Other Senses of the Imagination

Powers of imagination for manifestation, healing, psychic defence and many other abilities will be greatly enhanced when used in conjunction with other inner senses; hearing, sentience, smell and taste. Sentience includes touch, but also includes the ability to sense temperature, lightness or heaviness, hunger, thirst and tiredness for example.

We will commence these exercises by developing within the imagination the sense of hearing.

Begin by assuming your usual relaxed position in a location where you will not be disturbed as with the previous visualisation exercises. Now imagine you can hear the ticking of a clock. You must hear this clock ticking as distinctly and realistically as possible to the extent you have no doubts in your Mind whatsoever there really is indeed a clock in your room

When you can maintain this sound in your imagination for a full five minutes, select another familiar sound, for example the chimes of a clock, the pealing of a bell, a tapping sound, the sound of rain against a window, the sound of a household appliance; any distinct well-known sound will suffice.

As with the ticking of the clock, imagine your chosen sound with complete realism to the extent you have no doubts whatsoever for a full five minutes before moving on to the next sound. We are only concerned with the auditory aspect of this exercise; should a vision of the item appear in your imagination use your willpower to dismiss it immediately.

Once you can imagine any sound of your choice with absolute realism for a full five minutes without interruptions as if you are in the physical presence of these sounds then these auditory exercises are complete.

The next exercise involves the development of sentience within the imagination, in other words the senses of touch, temperature, lightness, heaviness, hunger, thirst and other sentient feelings.

As with the previous exercises, in a location where you will not be disturbed assume your usual relaxed position, close your eyes and select a sentient feeling of your choice, for example warmth. With complete concentration, imagine, as realistically as possible, this sentient feeling. In the case of warmth for example you should feel the warmth all over your body and without any doubts whatsoever in your Mind. Even if the room is cool you should feel warm.

When you can maintain this first sentient feeling for a full five minutes without any interruptions, including any spurious images appearing in your Mind that must be dismissed, you can move onto the next sentient feeling.

This time it might be a texture such as a carpet or sandpaper for example. Again, imagine yourself feeling this texture as if you where actually running your fingers across it. As always maintain the feeling of the chosen texture for a full uninterrupted five minutes while knowing beyond any doubt in your Mind that it is totally real in every respect.

Now move on to the next object of your sentience exercises. This time for example you could summon a feeling of thirst, hunger or warmth. Imagine as realistically as possible that you feel very hungry or very thirsty as if you really need food or drink, or as warm as the sun on your skin on a beautiful summers day. Again maintain these feelings with total realism to the extent there is no doubt whatsoever in your Mind that you are actually experiencing them for a full five minutes.

Having successfully achieved each of the sentience exercises for a full five minutes, you can then proceed to the next exercises.

Next is the development of creative olfactory abilities, the sense of smell within the imagination. As with the previous exercises assume your usual relaxed position in a location where you will not be disturbed and close your eyes.

Using all of your powers of imagination imagine you can smell a favourite fragrance. It might for example be a perfume, a flower, food cooking, or any other smell of your choice. The smell need not be pleasant, it can be anything at all providing it is distinctive and you can bring it to Mind.

As with all of the previous exercises, maintain this smell in your imagination as vividly as possible without any interruptions, and without any of the other imaginary senses such as visuals intruding. You must be totally focussed on your selected smell, and be totally convinced of its realism as if it is strongly present in your room. If you are imagining the scent of a favourite flower be absolutely convinced you are right next to the flower in question. Again it is most important to focus exclusively on the olfactory aspect of the object and not to allow any of the other senses to intrude.

Having maintained an exclusive sense of smell in your imagination for a full five minutes then select another smell with which you are familiar and repeat the exercises. Continue with these olfactory exercises until you have exclusively maintained in your imagination various different smells for a full five minutes, after which these exercises are complete.

The final sense to be creatively developed in the imagination is taste. Begin as with the previous exercises with complete relaxation where you will not be disturbed and close your eyes. Now imagine you can taste a favourite food or drink as vividly as you possible can as if you are actually eating or drinking a sample of the food or drink in question. As always you must be totally convinced of the reality of this and there must be no interruptions either externally or from other senses or thoughts endeavouring to intrude; you must be focussed exclusively upon the taste.

When you have succeeded in maintaining the first taste for a full uninterrupted five minutes, move on to another taste of your choice.

As with the other exercises, once you have successfully maintained in your imagination a range of tastes with total realism and without interruptions for a full five minutes, then these exercises are also complete.

As the final exercise we will now put all of the senses together in an imaginary scenario of your own choice. Select any scene of your choosing, ensuring all of your senses are fully included and involved within the scene. We will use a stroll in the park as an example.

As always assume your relaxed position ensuring you will not be interrupted and close your eyes. Now bring into your imagination as vividly as possible your imagined scenario.

Using our example of the park, visualise yourself strolling through the park gates with your family. If you do not have a family then simply imagine instead you are strolling through the park either by yourself or with a friend or friends. Adapt this scenario to suit your own situation and preferences.

As you begin to stroll along the path you clearly hear birds singing cheerfully in the trees and feel the gentle, warm summer wind on your face. You can feel one of your children tugging excitedly at your hand as the sounds of other children playing happily drift across the vivid green parkland lawns. As you pass by a rose garden you can smell the fragrance of the roses as you observe them blooming in many different beautiful colours.

Soon you reach the park cafeteria and you stop to buy the family an ice cream. You can taste the ice cream as it melts in your mouth and as it’s welcome coolness slides down your throat. Soon you reach the children’s play area where you sit down on the soft grass. The smell of the short, recently cut grass is very distinctive. The

children shout happily as they go off to play on the amusements while you absorb the atmosphere of the gorgeous summers day while enjoying your ice cream.

As you finish your ice cream you can hear the wind rustling through the nearby trees intermingling with the noises of the children happily playing nearby. As time progresses you can feel the midday sun becoming hotter and hotter and you realise it is time to go home. You call the children from the amusements and all set off on a slow stroll home taking in all of the familiar sights, sounds and smells along the way with the children excitedly discussing everything they enjoyed playing in the park. When you arrive home you all have a nice cooling drink, and you relax in while the children go off to safely play in the back garden.

Practice this sort of scenario using all of the senses of your imagination as often as possible. The resulting abilities will be of profound value in your life and for the path ahead.

Chapter 88: The Power of Emotions

Emotions are powers of the Mind, and like all powers of the Mind influence Energy. Emotion can therefore be thought of as E-Motion; Energy in Motion.

Although all thought influences Energy to some extent, emotions can be and very often are a very powerful influence over Universal Energy, and therefore what we attract into our individual physical reality we create based upon those thoughts or emotions.

Thoughts charged with emotion can be very powerful indeed. Providing we remain fully aware of this fact then we can either control or use emotions in our lives to a very powerful extent. We should always either immediately negate any negative emotions by use of the will, or much better still we should immediately transmute negative emotions to their opposite positive emotions as soon as we become aware of them. Again, we should always remain fully aware of our feelings, thoughts and emotions at all times as a fundamental requirement for creating our own reality and controlling our own lives rather than simply being carried along with the flow, or being constantly under the influence of others.

It should be mentioned that this is a principle behind true alchemy. When most people think of alchemy or perhaps even in the context of the philosophers stone, they are often thinking in terms of the transmutation of base metals such as lead into precious metals such as gold. This is of course quite possible due to the fact that everything in the Universe is ultimately Energy, and Energy is influenced by Mind. At a quantum potential level therefore there really is no reason whatsoever why Energy transiently comprising atoms of lead should not be transmuted to Energy comprising atoms of gold or indeed atoms of anything at all.

True alchemy in its purest and original form however is not about transmuting material things, about rather the evolution to perfection of the human body, Soul and Spirit where the “lead” of negative

characteristics are transmuted to the “gold” of their corresponding positive characteristics, an ongoing process of perfection that continues along the path back to unity with The Source, The First Cause, God.

The true meaning of life, the very reason for our creation and individual existence is to evolve back to God by means of the ongoing process of perfection, always aspiring to the Ultimate perfection of God. Transmutation of negative, dense, low vibrations to their opposite positive, fine, high vibrations is all a part of the ongoing evolutionary process of all life.

Awareness and control over the emotions can be profoundly valuable, especially for example in the creation of our own realities. Because emotions are such a powerful aspect of the Mind, they have an equally powerful effect on the Energy that shapes our individual reality.

The scale of emotion ranges from the very highest emotion and vibration of all, the emotion of the The Source, The First Cause, of God, that of Unconditional Love, all the way down to the very lowest emotion at the lowest end of the emotional Energy scale of vibration, that of abject hate.

It should be noted that the base level of emotions, and therefore of vibration have a profound effect on exactly where people find themselves after passing on from the physical world after the process erroneously known as “death”. As we know, The Law of Attraction is always in immutable operation throughout the Universe. In the context of the transition from the physical to the non-physical worlds everyone will transition to the Energy level of vibration of the Astral worlds that most closely match the overall vibrations of the Astral body or Soul. Those who have therefore lived a hate oriented physical life will transition to a lower Energy level of vibration of the Astral worlds that matches that level of Energy and vibration perfectly. They will find themselves existing within a dark, dank, oppressive existence with for example

perpetual mist and fog with bare trees with no leaves; these being a perfect reflection of their Mind and therefore vibration. Such a world will be inhabited with other people with similar Energy vibration characteristics.

Even these worlds however are places of learning and evolution in that the people residing there will eventually learn the meaning of the phrase “do unto others as they would do unto you”, and once learned they can integrate that experience into their being, raising vibrations and the transition to inner, more pleasant worlds of a inner Energy level of vibration before reincarnating to apply the lessons learned within another physical life on Earth.

The same principles apply all the way down the scale of emotion from Unconditional Love, through joy, passion, enthusiasm, positiveness, optimism, hope, contentment, satisfaction, boredom, frustration, feeling overwhelmed, disappointment, doubt, worry, blame, discouragement, anger, revenge, insecurity, jealousy, fear and hate.

It is well worth noting that “fear” is a level of vibration that is very far down on the emotional scale and yet is an emotion that many people increasingly project to their own detriment by creating a powerful fear driven reality for themselves. As the very true statement says “there is nothing to fear but fear itself”. Like worry, fear will always feed upon itself manifesting more of the object of that fear into the individual, experiential reality of the fearful person. Fear must therefore be immediately identified and transmuted to a higher Energy level of vibration and emotion such as optimism, or preferably joy.

Our emotions are also our inner system of guidance as we progress along the path back to God, and in maintaining full control over our own individual reality. By always being consciously aware of our emotions we can steer our lives in the desired direction instead of being swept along like flotsam on a river, by random thoughts and “situations” and under the influence and even direct

control of others. As we already know, we are all open channels of expression for the Source, The First Cause of God, and by maintaining these open channels as widely open as possible we will allow God to express and create though us, in turn enabling ourselves to easily attract and share in the infinite abundance of the Universe.

By paying such close attention to our emotions, accentuating the most positive powerful emotions while neutralising or transmuting negative emotions we can align ourselves with The Source, The First Cause, God, thereby enjoying a much closer relationship with God as a free flowing channel of expression, attraction and therefore of creation. We are all co-creators in the Universe, the microcosm, as well as within our own experiential reality.

As we will see in the next chapter on the subject of manifestation, emotions can have an extremely powerful effect on creating your own reality. The more positive, focused, emotionally charged Energy you can focus upon your desires as if they are already a total reality in your life, the more of your desires you will attract from the Universe of infinite abundance.

One of the most powerful of all aspects of positive emotion is passion. Charging your manifestation exercises with passion will greatly enhance its effectiveness, and accordingly how soon it will become an experiential reality within your physical life, keeping in Mind that the objects of your desires have always existed within the infinite abundance or the Eternal Now of the Universe. So whatever you do, always “follow your passions”.

Following your passions is very powerful in business. Those who start a business with the exclusive idea of causing people to part with money that they may profit will never be truly wealthy, they may merely “make money”. “Making money” and attracting true wealth are very different things. Those who do go into business to “make money” might well achieve their objectives if they work hard and succeed in making money or even in making a lot of money,

but they will most certainly never be wealthy. When such people look back at the money they made and how they made it, they will know that they have a hole inside them that they can never go back and fill. They made money alright but what genuine difference did they really make to the lives of people and to the world? If they did affect the lives of other people was it truly in a positive way that enriched the life of others?

We are all Sons and Daughters of God, made in the true Spiritual image of God, and we must always first and foremost serve our Brothers and Sisters of the Universe before we even think of serving ourselves. Selfless service is extremely important both in personal evolution and in attracting wealth. By serving others we serve ourselves in accordance with immutable Universal laws.

In business, following a passion is an extremely powerful way of attracting long-term wealth. More importantly, in the years to come such a person will be rightly filled with pride, fulfillment and joy at having profoundly been of genuine service to his or her Brothers and Sisters of the Universe, having touched the lives and helped many people in the process. Passion is Energy, a very powerful Energy of emotion that will influence the Energy of like-Minded people by means of the Law of Attraction. When a person is passionate about the product or service being offered, people who are equally passionate about the same subject will be attracted and will likely purchase the product with as much joy as you are selling it to them. This principle can be likened to two tuning forks separated by a distance. When one tuning fork is struck the other tuning fork will resonate at the same frequency of vibration and will be attracted. If you consider yourself to be one of these tuning forks and your potential customer the other, both resonating at the same frequency of Energy and therefore vibration, it is simple to understand how the Law of Attraction operates in these situations.

There is plenty of evidence of this on the Internet today whereby people are following a passion in providing goods and services. These people are sometimes making millions of dollars per year

offering what might seem like very obscure goods and services, and all working from home with a single Website and no particular technical abilities or resources.

The Universe often requires physical channels in order to bring physical things into physical reality. The Internet is the ultimate physical channel in that there are millions of people already connected to the Internet, with more each day, and using the Internet every day in seeking information, products and services in pursuit of their passions. When the passions of someone resonate with someone else who is passionately offering goods or services relating to the very same passion, their relative Energy, vibration resonates in harmony and they are thereby attracted to each other in a very powerful way. Such an attraction really is perfect because these passionate people have been able to mutually achieve their objectives with joy, and after they part will feel mutually fulfilled; the merchant in providing goods or services that have proven to be of true value and service to someone sharing the same passion, and the customer for obtaining an object of their passion that will enrich their lives. This is another example of service resulting in evolution and expansion.

As we will see in the next chapter of this book, emotion is an extremely powerful catalyst to apply in the process of conscious manifestation. The higher and more charged the emotion is, and the higher will be the vibrations and the more powerful it will be in accordance with The Law of Attraction.

One of the most powerful emotions aside from Unconditional Love is Joy. Joy is an emotion that is very high on the Energy scale of vibration; the more joy that is projected into manifestation exercises, the more effective it will be the result. People with a genuine passion for something almost always follow that passion with great joy and enthusiasm, which is why The Law of Attraction works so powerfully in their favour in attracting an unlimited abundance relating to that passion.

Two further emotions that are very important are Appreciation and Gratitude. Taking anything for granted results in low vibrations, and your life will reflect that perfectly. Sincere appreciation and in particular genuine and sincere gratitude conveys a vibration that will attract more of the same into your life. It is all a part of maintaining that open channel as an expression of God through which God can express in the form of unlimited abundance, evolution and creation. Always give thanks in your Mind with the highest possible sincere appreciation and gratitude for everything you have attracted into your life from the Universe of infinite abundance and you will continue to attract more abundance without limits.

As we will see in the next chapter on the subject of manifestation, empowering your manifestation exercises with the Energy vibrations of joy, passion, enthusiasm, gratitude and appreciation has a very powerful influence over the Energy involved, and will assist enormously with attracting the objects of your desires into your physical experiential reality by affirming the fact that you already have them, thereby increasing the attraction of these desires into your experiential reality where they can be enjoyed.

Chapter 89: Creating Your Own Reality

We will now look at the very important process of manifestation; the conscious creation of your own reality; the manifestation of your wishes and desires. Always remember; there is absolutely nothing that you cannot be, do or have.

It is highly advisable before embarking on any manifestation project to meditate upon, or consider very deeply whether you really do need and desire any specific objective to manifest into your life and the life of those around you. Sometimes what seems to be a very good idea and desirable idea at the time turns out to be decidedly less than desirable once it manifests as a reality into your life.

It is most important to think only in terms of genuine needs and never of greed or the demands of the ego, as for example would be the case if you were comparing yourself with others. Before for example you manifest money, you should think or meditate very deeply on what this money, or anything else you wish to manifest will really add, not only to your own life but also to that of your family, loved ones and others around you.

As we know, the Universe conceptually consists of illusions, a duality of the “observer” and the “observed”. In this way the Universe, The Source, God, evolves by experiencing expressions of Him/Herself, as do all individuations of God including human beings. The observed is meaningless without an observer, and likewise the observer is meaningless without being observed. It is therefore by this process of individuation that the process of the observer and the observed is perpetuated, and evolution of the Universe continues.

The entire Universe of which we are integral aspects is a vast expanse of Energy vibrating at different rates from the lowest vibration of matter to the highest vibration of The Source, The First Cause, God. The illusion of separation is perpetuated by virtue of the way in which Mind perceives and decodes these vibrations. So

“things” only exist because we observe them and decode the vibrations of the Energy of the “thing” being observed. Without this observation, the “thing” being observed cannot exist, except as a quantum probability within the vast expanse of Energy constituting the Universe.

So everything in the Universe is a quantum probability of existence until such time as it is observed and decoded by the Mind, at which point the probability becomes an actuality while being observed after which it becomes a probability once again. This equally applies to our individual realities and is the very basis of manifestation, in other words the creation of our own realities based entirely on what we hold in our Mind, which in turn influences the Energy that surrounds us and we are an integral aspect to the extent that a quantum probability can manifest as a quantum reality.

The process of creating anything and everything you could possibly desire is a natural, God given ability that everyone possesses, it is just that most simply do not know or realise it. The Universe is infinitely abundant; there are no limits on wealth or anything else. When you know beyond any doubt that you are indeed a creator, a co-creator within this magnificent Universe in which we live, an aspect of The Source, The First Cause, God, then you will know beyond any doubts in your very being that you can realise all of your wishes.

The process of manifestation is conceptually extremely simple, consisting of the following five steps: Know, Ask, Experience, Action and Gratitude.

1) Know your desire.
2) Ask for your desire.
3) Experience your desire.
4) Action towards your desire.
5) Gratitude for your desire.

These five steps will enable you to manifest absolutely anything at all into your own physical reality. Once learned, you will apply these steps naturally in your ongoing existence, and you will become a conscious creator of your own reality, shaping your world in precise accordance with your desires. You can enjoy a magical life of unlimited joy, harmony and fulfilment, always knowing that there is absolutely nothing that you cannot be, do or have.

Let us now take a detailed look at each of these important steps to realising your wishes.

Step 1: Know your desire:

This might seem obvious, but in fact many people simply do not really know what they desire. They might think they want this, that or the other, but never really consider it in great depth.

A friend gets a new car for example, and the person immediately believes that they need a new car; often a better car. A person might go shopping in an expensive store and see something that they cannot afford but believe they need or must have anyway because it will enhance their life in some way. Sometimes people simply decide on a whim that they need a particular item or event in their lives.

Knowing what you really do want is an extremely important first step in the process of manifesting a desire. Before proceeding therefore take as much time as you need to contemplate your desire, and if necessary meditate on your desire or ask for guidance.

Consider in considerable detail as to what the object of your desire will really bring to you. How will it really benefit you? How will it make you happy and enhance your reality? And most importantly how will it help you towards arriving at where you really need to be?

You need to be brutally honest with yourself. Wanting something simply because a friend, relation or person at work has just bought one is not a very good reason for example. Your desires would be driven by the demands of the ego, motivated by such negative emotions as vanity, jealousy or envy. Wanting something to show off to people, or to convey an impression of wealth is not a good reason it is simply egotistic, vain and materialistic.

Desiring something on a whim simply because it seems like a good idea at the time is also not a good reason to manifest anything into your existence.

You really do need to take as much time as is necessary to decide and to actually know beyond any doubt that you genuinely need the object of your desire and that your life will be enhanced by it in a positive way. Only you can make this decision; no one else can make it for you. This is your own reality to create; it is reality of no one else. You are the one who will need to live with whatever you bring into your reality, as well as being completely responsible for its affect on your family and all those around you.

It is also important to only focus on one objective at a time. Never waste your time and Energy by simply wishing, daydreaming or fantasizing about numerous things. You must decide on exactly what one single thing at a time that you really, genuinely need and desire above all else, and focus your entire Energy on that desire until such time as it has manifested into your life. There is no time limit on this step because it is so fundamentally important.

If you cannot yet achieve that level of certainty, use your imagination to visualize and experience what your life will be like if you had your objective at this very moment. Experience it. Observe the reactions of those around you. Place yourself forward in time and ask yourself whether you enjoy or regret having this thing in your life.

If you are still having problems deciding whether you really do need this desire, just before sleep and just after waking ask for inner guidance. Simply focus and concentrate as deeply as you can and ask very clearly in your Mind, “do I really need this……. in my reality”. Replace the dots with the object of your desires. Your question will be picked up by your subconscious Mind and relayed to your Higher-Self which knows everything in the Earthly equivalent of past, present and future. Your Higher-Self will know whether this desire enhances your reality or not. Continue to ask this question with complete concentration whenever you have a quite moment to relax and not be disturbed, and again just before sleep at night and just after waking in the morning for your normal routine.

Always be alert for the answer arriving, as it surely will, in the form of inspiration, intuition and just “knowing”. When your answer arrives you will know beyond any doubt. Always, but always follow this inner guidance at all times; never, but never, ever go against this inner guidance, even if it is not what you “wanted to hear”. What seems like a good idea from your very narrow, physical perspective in space-time reality may not be a good idea in the grand scheme of things, and your Higher-Self will always know that beyond all question.

And finally you should never, ever, ever ask for money. As we have already discussed, money is, in and of itself totally meaningless. It is a merely a human construct, an object, a notional method of exchange which as far as the Universe is concerned is no more than Energy in the form of bits of physical metal, paper or electronic bits and bytes stored on a computer system. The Universe is infinitely abundant, everything you could possibly wish for already exists, however large or small, and all you need to do is to bring it into your physical awareness, and therefore your physical reality. Always ask for exactly what you want, and never place a monetary value upon it and again never, but never, ever ask for money.

Once you know beyond all doubt what you really want, you can proceed to the next step.

Step 2: Ask for your desire:

Ask and you shall receive. These are indeed ancient and most wise words.

We are all here to evolve by means of our own freewill. The Universe, The Source, God therefore never, ever denies anyone any request for anything whatsoever; there are no exceptions to this truth. Each and every person must experience exactly that which they need to experience in order to learn and evolve back to The Source, The First Cause, God. Always remember that this is the true meaning of life.

Every wish is immediately and unconditionally granted; all we need to do is to know how to receive. It is in the receiving however that most people fail to realise their wishes.

Asking is in and of itself an important and very precise step in this process. You need to be positive, unambiguous and precise about how you ask for your desire to be realised. The asking process can be purely in the Mind, however one of the most powerful methods of asking is to simply write down your request on paper. The physical action of writing down your desire impresses your wish on your subconscious Mind that is directly in communication with The Source, as well as focussing your intentions, wishes and desires in a positive and unambiguous way.

Always, but always without exception write down your wish in the present tense. We have discussed and emphasised this previously and we must do so once again. You already have everything you could possible desire. All you need to do is to ask The Universe, The Source, God to bring it into your personal reality in order that you may physically experience it.

If for example you used the words “I want”, then you will realise a perpetual state of “wanting”. Remember, ask and you shall receive. “Wanting” is a human concept, but nevertheless one which the Universe will gladly provide upon request. Never “want” something, otherwise you will find yourself perpetually wanting that thing and never actually receiving it.

Your written request should be in the present tense and as short, precise and to the point as possible. There is no need to write an essay on why you must have this desire, simply state it exactly as you wish for it to manifest into your own physical reality. The subconscious Mind, although sublime and immensely powerful, being the majority of the totality of the Mind, is very child-like in the way it perceives instructions. The subconscious Mind will usually perceive direct instructions but not the rationale. If you endeavour to explain the reasons for your desire the subconscious might well either disregard or confuse what you are impressing upon it, and the results will reflect that.

The correct way to ask in the present tense could be as follows: “I now have a new car. My new car is blue in colour, has five doors and a CD player”, I am really enjoying my new car”. You may also add any other features you desire but keep the list to the point and above all totally unambiguous.

Always remember to avoid restricting the Universe by including too many details, conditions or timescales. The Universe can and will provide you with anything at all, but the more you restrict the Universe by applying conditions, the longer this process will take.

When writing down your wish include all of the main points but do not go to such fine detail that it will take a long time to manifest in exact accordance with your desires. For example; “I am now enjoying my new home. It is a house with four large bedrooms, three bathrooms, a large well-equipped kitchen and a large integral double garage. My new home is easily paid for and fully insured. My new home is close to my business office and to my children’s

schools, and is perfect for myself and my family in every possible way". Once you have written down your wish, place the sheet of paper in a drawer or other safe place.

It is very important indeed having completed this step not to begin to long for the object of your wish to appear, or to wonder where it is, or in particular become frustrated. These are negative thoughts and emotions that will have a correspondingly negative impact on the object of your desires. You must know beyond any doubt whatsoever that your wish has already been granted in full, and that all you need to do now is to bring it into your physical reality.

It is also most important to have complete and absolute faith in The Universe, The Source, God, to bring the object of your desire into your physical reality. Any lack of faith will have a very negative effect on attracting the object of your wishes into your physical experiential reality by sending out vibrations that say you do not believe the object of your desire will manifest into your reality, in which case it will be granted and will not manifest.

You have now asked and it has already been given. All you need to do now is to allow your wish to appear within your personal, physical awareness and reality.

Step 3: Experience your desire:

Experiencing is an extremely important step towards allowing and therefore receiving the object of your desire into your physical reality. In order to experience what you have asked for you must allow it to manifest into your physical reality by The Law of Attraction, and that means bringing your Energy vibration into harmony with the desires you have already asked for and have been given. This is a fundamentally important step, and one that many people fail to realise when they are subconsciously transmitting wishes, thus failing to attract and experience the object of their asking.

Everyone constantly transmits desires whether they are aware of it or not. These desires are in the form of vibrations sent out to the Universe. The reason that most people are not aware of this is because they simply are not in a vibrational harmony allowing them to receive the object of their desires.

Allowing is to receive, and a very powerful method of receiving is to experience. Experiencing the object of your wishes will bring you into vibrational harmony with those wishes, thus enabling them to be attracted and manifest into your personal, physical reality.

One very common statement that we often hear is “seeing is believing”. Well the fact is this statement is exactly the wrong way around. According to the Law of Attraction, “believing is seeing”; you must believe it before you can actually see it and not the other way around. If you believe something is so in your life, then so shall it be in accordance with The Law of Attraction. Another way of looking at this statement then is “believing is experiencing”. If you can experience it then you can see it manifest into your reality.

By experiencing we do not mean physical experience because by this time you will not have the physical object or situation manifest in your experiential physical reality. The experience is therefore at this stage one of the imagination.

Whenever you have the opportunity to remain undisturbed for a time and your Mind is clear of other thoughts, sit down comfortably, relax as deeply as possible by taking a few deep breaths, and imagine yourself to be in the presence of the object or situation of your desires. This process is particularly powerful just before sleep at night and just after awaking in the morning and before arising from bed. Use all five senses within your imagination to the maximum extent in order to experience your desires. Feel it, live it and be an integral part of it. For the time you are involved with this exercise you must be totally at one with the object of your desires. This process can be likened to playing a movie film in your head, in vivid Technicolor and surround-sound, while experiencing every

aspect of the situation with all of your senses. This is one reason why we practiced creative visualisation in the previous chapter, creative visualisation utilising all the sense being a very powerful way of experiencing your desires and bringing your Energy into vibrational harmony with your desires.

While playing this movie in your Mind feel all of the emotions involved as intensely as possible that are associated with physically experiencing your desires now.

We will take a closer look at how we can experience and powerfully harmonize these desires in the next chapter of this book, a chapter that may be read first in the context of this stage of the manifestation process.

The more you can feel, experience, and above all become excited by the object of your desires, the more powerful will be the attraction, and the more rapidly you will bring yourself into harmony with the object of your desires allowing it to manifest into your experiential reality. Feel the deeply intense joy, excitement and fulfilment of experiencing this object of your desires, every bit as much as if it is already in your physical possession which it really is; all you need to do now is to attract and allow it into your physical reality by harmonising your Energy with that of your desires. The Law of Attraction must then bring the object of your desires into your physical reality; it is the Law.

Again, the next chapter, Harmonising your Desires will provide a much fuller meditation process for bringing yourself into absolute harmony with your desires, and influencing the Energy within the inner Energy levels to bring your desires into your physical experiential reality in accordance with the laws of Attraction and Correspondence.

If you are having any problems with this very important receiving step of the manifestation process, please read the next chapter, Harmonising your desires before proceeding to the next step in this

process. Always expect total success in manifesting your desires, and you will surely manifest your desires into your own physical reality.

Always remember that desires, wishes and expectations are all in the present tense, and should never, ever be expressed or thought of as “wanting” which implies a perpetual state of lack and never receiving. Wishes, desires and expectations are always in the present tense, knowing, beyond any doubts whatsoever that the object of your desires already exists within the Eternal Now of The Universe and your inner reality, and that all that you have to do is to receive the object of your desires into your own personal reality.

Step 4: Action towards your desires:

Although the Universe, The Source, God will deliver into your physical reality anything that you desire, wish and ask for, it will empower the process considerably if your also take your own steps in the direction of your desires. This has many positive benefits including reinforcing on your subconscious Mind your total commitment to realising your desires in a totally unambiguous way.

This is does not of course mean that you physically have to go out there and do everything yourself. By taking positive steps in the direction of your desire you invoke another very powerful Energy, the Energy of intent. The Energy of intent will work in conjunction with the knowing, asking and experiencing in a very powerful way by reinforcing your claim on the object of your desire that already exists in the Eternal Now of the Universe.

In addition to the Energy of intent you must also firmly impress upon your subconscious Mind the fact that you are very serious indeed about materialising the object of your desire into your physical experiential reality. Your subconscious Mind is extremely powerful and is in direct communication with The Source. If you therefore have your subconscious Mind as well as your conscious Mind influencing all of the necessary Energy in the direction of

bringing the object of your desire into your physical reality, it will be much more powerful and the object of your desire will manifest sooner as a result.

If for example you are asking for one thing, and vibrating something completely different, or indeed are experiencing merely indifference to your desire rather than a passion for it, then this will influence the Energy involved at both a conscious and subconscious level, thereby acting as a negative influence on the manifestation of your desire.

Your ability to manifest anything, large or small into your physical reality, and the speed and effectiveness of it doing so will be directly proportional to the net effect of the Energy you have influenced in that direction. You require a net positive Energy in the direction of your desire in order for it to manifest into your physical reality. Negative Energy will effectively cancel out positive Energy, projected at both a conscious and subconscious level, and that is why you need to ensure that the Energy in the direction of your desire are as net positive as possible. Physical actions in the direction of your desire will increase the positive Energy in proportion to your degree of intent.

So if for example you wish to manifest a new house, you should take positive actions to physically go out and look for one. You do not have to worry about whether you can afford it or not, that would be a negative emotion resulting in the negative influence of Energy, and in any case the realisation of your house is not your concern, it is for the Universe, The Source, God to materialise the object of your desires, your wishes your request into your own reality.

In the case of your new house, the very act of physically going out and looking for the house of your desires will not only project the positive Energy of intent, but will also very considerably and favourably influence other emotions such as excitement, all of which will add to the net positive effect on the positive Energy you are harmonising towards realising your desires. The same principle

applies to any material thing or situation; the more you physically take steps in the direction of your desire, the more emotion you can feel as a result, and the more you can integrate the object of your desire into your very Being, the more powerful will be the effect, and the sooner you will be able to realise it within your physical reality.

So whatever you do you must take positive action towards your desires. The bigger and the more positive and frequent the action the better; but take some sort of action you must. Never take the Universe for granted and never wait until tomorrow, because the next day you will defer until tomorrow again, and you will never take that important first positive action in the direction of your desires.

As soon as you know your desire, have asked for it, and are experiencing it, you must then take steps towards it and allow the Universe to manifest your desire into your physical experiential reality in ways The Universe will take care of.

Step 5: Gratitude for your desire:

Gratitude is another extremely important emotional Energy that you really must project during the course of manifesting your desires.

Now before we move onto why gratitude is so important we must understand that gratitude is nothing whatsoever to do with thanking a personified “God”, who, according to dogmatic religion enjoys being praised, flattered, worshipped etc. for His “work”. Those are merely religious doctrines that have absolutely little or nothing to do with reality, with The Source, The First Cause, with God. God does not respond to such notions that are purely and simply human constructs due to lack of understanding of the true nature of the Divine.

In the context of manifestation, gratitude is another extremely powerful emotion. The power of gratitude functions at several

levels. To feel sincerely grateful is to be in tune with the Universe. It conveys the Energy that you already know and appreciate the fact that you are an integral aspect of The Source, The First Cause, God, and that you are grateful for being a conscious, infinite, immortal being and co-creator within the magnificent Universe in all of its Energy levels of splendour, glory and creation. You know beyond any doubt whatsoever that you are an integral, inseparable aspect of The Divine and that you live as an immortal Spiritual being who has been blessed with the Divine ability to create your very own reality in the process of continuing your most sacred task of all, to evolve back to The First Cause, a journey continued with infinite Joy, Gratitude and Unconditional Love.

Gratitude also conveys an acknowledgement for having received the object of your desire. Remember; you must always at all times think in terms of physically having the object of your desire actually within your physical possession, for example, “I am most grateful for my wonderful new house”. Along with those thoughts should be the feeling of the most intense gratitude for what you have already received from The Universe. Gratitude makes the object of your desires a real, tangible, integral aspect of your own reality, and the more real it is to you the sooner it will manifest into your personal experiential reality.

Gratitude conveyed with genuine sincerity brings you more into harmony with the Universe, and with it you become an even more natural creator of your desires. Those people who are completely aligned with the Universe, The Source, God are natural creators who live what seems to others like a “charmed”, magical life, instantly manifesting anything at all into their own reality, the microcosm at will, just as God creates within the entire Universe, the Macrocosm. Such people are true Magicians, wizards and creators, and nothing is impossible to them.

Never, ever take anything at all for granted. Always feel deeply grateful for everything that happens in your reality, regardless of whether you consciously attracted it or whether you perceive it to

be positive or negative. In the grand scheme of things everything that manifests into your physical reality is directly for the benefit of your own personal evolution, and you should be most grateful for it whether you consciously brought it into your own reality or not.

Being deeply grateful also helps to ensure that you never convey the Energy of dissatisfaction, which is a very negative Energy, and therefore from a physical perspective a very destructive emotion. Dissatisfaction, ungratefulness or unhappiness will send the wrong Energy into the Universe, which will in turn react with immutable perfection in reciprocating those negative emotions with more of the same. So whatever you feel dissatisfied, ungrateful or unhappy about will appear into your physical reality even stronger than ever, creating a vortex of negative Energy as causes with correspondingly negative effects.

Conversely, those things that you feel extremely satisfied, grateful and happy about will create a much higher, positive vibration, attracting more of the same into your life. The Universe always naturally moves in the direction of expansion and evolution, and never of contraction or destruction, so positive emotions are always much more powerful than negative emotions even though they are both Energy causes with the corresponding effects.

When thinking in terms of gratefulness you are always thinking in terms of the best, most positive, most creative situations, and The Law of Attraction will ensure that only the same will manifest into your physical reality. So when consciously manifesting your desires, always be extremely grateful the object of your desire already exists in your reality, and very soon you will become aware of it in your physical reality where you can continue to enjoy, be grateful and be most happy with it.

These then are the five powerful steps to attracting anything you could possibly desire into your life, where you can enjoy those desires into your own experiential physical reality. All of these five steps are individually very powerful indeed in their own right, but

collectively they influence Energy so powerfully that you can manifest almost anything you desire into your personal reality with what might seem like amazing speed. You will soon come to know the truth that there is nothing that you cannot be, do or have. This process is an entirely aspect of the Universe; God always intended us to be joyous creators in the microcosm just as He/She is a joyous creator in the Macrocosm, and it is the destiny of mankind to understand these truths thereby realising the Kingdom of Heaven on Earth.

The entire Universe always moves in the direction of expansion, evolution and life, and as an extension of The Source Energy it is your destiny to live in harmony with The Universe, The Source, with God. So create joyfully in the knowledge that you are fulfilling your role as a co-creator in the Universe. The Universe is infinitely abundant and enjoys infinite expansion and growth. Never therefore be ashamed, hesitant or unhappy about creation; create anything and everything you desire with great Joy, Love and Gratitude in the certain knowledge that you are an immortal aspect of God, a Spiritual Being, a co-creator within this magnificent Universe as you joyfully fulfil the ultimate reality of evolving back to The First Cause, The Source, back to God from when you first came as an immortal Spiritual Being.

Chapter 90: Harmonising Your Desires

In the previous chapter we looked at the process of manifestation, an aspect of which, as discussed in Step 3 of the process of manifestation is to bring yourself into experiential harmony with the vibrations of the object of your desires in order to attract and experience the object of your desire within your personal reality. This matching of vibrations of Energy is not only a very important aspect of the manifestation process, but also as an ongoing process.

The Law of Attraction is in constant operation, not only during the time of manifestation exercises. Every thought is a cause with a corresponding effect on the Energy of the Universe, and therefore all thoughts should always be only in the direction of your desires. Random thoughts will be transient and attract little, powerful, single pointed, focussed thoughts will have a correspondingly powerful influence on Energy and therefore of attraction.

In a previous chapter of this book we practiced single pointed concentration. Your entire Consciousness should always be one of awareness, focus and concentration in the direction for your desires. This is to live a magical life where you are a perpetual creator of your own reality. The more you can focus on and experience your desires on an ongoing basis, while knowing beyond any doubt whatsoever that everything you desire is already yours, all accompanied with high levels of emotion, joy, enthusiasm, appreciation, passion and gratitude, then you will remain in harmony with The Source, and open channel of expression of God where infinite abundance is yours for the asking.

Always know beyond any doubt that everything you desire is already in your experiential reality, and so it will be; it is Law. If any doubts or other negative emotion enters your conscious awareness, then immediately dispel that thought or transmute it into its opposite positive thought.

The following meditation is very powerful in bringing you into harmony with your desires, especially if performed regularly. This process is so powerful in fact in and of itself, that it can be used for the process of manifestation in its own right, although again, the process is will be greatly enhanced by performing this meditation in conjunction with the five step process for manifestation, and in particular by remaining in this state of harmonisation continually.

Harmonisation can therefore be continued as a two-stage process. Firstly as a meditation as we will discuss next, while gradually integrating these actions into your ongoing life as a natural aspect of your existence as indeed should be your objective.

A good state of relaxation is very important for this harmonisation process, ideally deep physical relaxation, but certainly in such a position that you will not drift off to sleep or be disturbed. As with the previous exercises the best position is sitting totally upright on a hard chair with your spine completely erect, and never leaning against the backrest of the chair.

This exercise can be performed at any time of the day in this position. Ideal times of the day are just after arising in the morning or just before sleep at night. At these times your brainwave frequencies are nearer the theta level of vibration, a state of Mind that is highly conducive to visualisation and imagery as well as connection with your subconscious Mind and Higher-Self.

One particular benefit of performing manifestation exercises at night just before sleep is that you will carry the focus of the object of your imagination with you into the sleep state after the exercises are complete, and this will assist the process of influencing the inner Energy as well as your subconscious Mind. Again though, in order for this exercise to be fully effective you will need an adequate, preferably deep state of relaxation and to remain mentally focussed throughout the exercise without drifting off to sleep.

Commence by closing your eyes. Next create an image in your Mind as vividly and realistically as possible of an item or situation you wish to manifest into your life. Please do not worry if your visualisation skills are not perfect from the outset. The creative visualisation exercises described earlier in this section of the book will have assisted enormously.

The more you practice creative visualisation, the clearer and more realistic your images will become. As with all inner objectives it is extremely important to imagine the object of your manifestation in the present tense; in other words knowing that it already exists within your experiential reality now; there must be absolutely no doubts in your Mind whatsoever about this. If you are manifesting a new television set for example you should actually “see” your ideal new TV set already in position in your living room, with yourself and your family already happily seated around and watching it, while hearing the television, viewing the moving pictures and experiencing your reactions to what you are viewing.

In addition, following on from the previous creative visualisation exercises, bring as many other senses of your imagination into your scenario as is appropriate such as hearing, smell, touch and taste.

Imagine for example as vividly and realistically as possible your family sitting around your new TV set watching your favourite program. See the images on the screen as clearly as possible and be totally engrossed with whatever you are watching on the screen. If you have a pet, visualise your pet sleeping on a rug in front of the TV. Imagine any ornaments located on top of the TV seeing them as clearly as possible within your Mind. The more detail you can add, the more effective it will be. This applies to whatever you are attracting into your reality such as a new house or car for example; all should be experienced as vividly and realistically in your mind as if they are already within your personal experiential reality.

It is also very important indeed to place as much emotion behind your visualisation as possible. Feel and know as intensively as

possible that your manifestation is already a complete reality. Feel with as much emotion and intensity as possible your feelings of great joy, passion, enthusiasm, appreciation, and of course gratitude. Add all of the emotions relevant to the objective of your manifestation. Emotion is a very powerful force, and the more emotion you can inject into your imagined scenario the more powerful the effects will become and sooner.

Again, and this cannot be stressed enough, it is most important to make this entire creative visualisation as real as possible in every possible sense, as if it has already become a complete reality that you are already enjoying immensely. There should be no doubts whatsoever in your Mind about this at any time.

An extremely powerful way of charging your visualizations with emotions is to bring into your Mind situations in the past that invoke these powerful emotions, and then to integrate those powerful emotions into your current visualisation. All you need to do is to recall your absolute most joyous, passionate and enthusiastic situations within your life, which should be easy due to the emotions involved, experience those emotions to the maximum extent as if you were actually experiencing the situation itself, and then to move those emotions into your imagination where you are visualizing and experiencing the objects of your desires.

This level of emotion has a profoundly positive influence on the vibration of the Energy that will attract your corresponding desires into your experiential reality. The more positively emotionally charged you are in the context of your visualization, the higher and more focussed and concentrated will be Energy influence that will be instantly attracting the corresponding Energy that will bring the object of your desires into your physical life.

Another very powerful way of raising your vibrations and therefore your powers of attraction is to invoke the senses of hearing and smell by recalling favourite music that might have particularly joyous memories and also fragrances that invoke the same sort of

joyous feelings. Everyone has memories of joyful events associated with certain music or a fragrance such as a rose garden, type of food cooking, or just the distinctive fragrance of a particular location associated with the very high vibration of joy.

You can make use of these senses in two ways. If it is a particular piece of music you can have the same piece of music playing gently, but unobtrusively in the background, or you can recall the music in your Mind, taking a few minutes to enjoy it, recalling all associated memories and maintaining the sense of joy and other positive emotions that it will invoked while raising your vibrations of attraction.

Throughout history fragrances have been used to affect emotion, two of the most famous being Frankincense and Myrrh; both of which are still widely used today. Many ancient rituals performed by cultures throughout the world make use of various fragrances in order to invoke a much higher vibration and to stimulate the senses for the intended purpose. Again, these practices are still used widely today. Many people for example will have no doubt heard of “aromatherapy” which again functions in accordance with the same principles. Raising your Energy vibrations has a profound influence over every aspect of your Being including the ability to heal as well as to manifest and generally positively influence your chosen path.

You can of course recall these fragrances in your Mind in accordance with the exercises of the previous chapter on this subject, but by far the most powerful way of making use of a fragrance is to actually have the fragrance in the area where you are relaxing for your harmonisation exercises. It might for example be a certain plant, a candle with a certain fragrance or even a commercial air freshener that projects the fragrance. If it is another type of fragrance such as might be associated with cooking a certain food for example, it is possible to use a device known as a “censer” to burn a small quantity of that food, for example a favourite herb spice or seasoning upon the charcoal block of the censer. A censer can also be used with any sort of burnable

incense to produce the smell that will invoke the feelings of joy and in turn raising your vibrations considerably. These will have a very powerful effect on raising your vibrations for this very important harmonisation process.

Of course safety is very important. If you are going to be using a censer, please make absolutely certain that it is not placed where it will be a fire hazard. The charcoal block of the censer is extremely hot, and needs to be well away from anything that is remotely combustible.

The power of emotion for raising your vibration simply cannot be over-emphasised. By recalling the very highest levels of joy, passion, enthusiasm as well as other very positive emotions such as love and appreciation, and integrating them within your manifestation experience, you will become a powerful conscious creator where you will seemingly attract anything at will, particularly if you also integrate these emotions into your ongoing thoughts.

It is also, as discussed previously, extremely important to feel deep gratitude for receiving the objects of your desires. Feel the gratitude with total emotion and genuine sincerity, giving thanks to God, The Source, the Universe for bringing it to you. It is also very useful to add affirmations to your creative visualisation and other aspects of the imagination. For example repeat to yourself; “here I am, sitting in my house watching my wonderful new Television set”. Or “here I am, sitting in my new office immensely enjoying my new job”. Always phrase these affirmations in the present tense and be totally, completely and utterly convinced in every way of the absolute reality of the situation, there should never be any doubt in your Mind.

Maintain in your Mind this complete creative visualisation scenario together with all other senses and emotions for at least 10 minutes, 20 or 30 minutes being better. If however you feel tired, or unable to maintain the experience fully in your Mind, it is better to finish that session and commence again another day. After your creative

visualisation session is complete, relax, take a few slow breaths and continue with your usual activities.

Whenever an opportunity arises you can focus on and experience the object of your creative visualisation exercises. This does not need to be a full creative visualisation session, but by positively thinking about and imagining the object of your manifestation as often as possible, you influence Energy and stimulate emotion, and the more Energy and emotion involved, the more it will influence the inner Energy, and accordingly the sooner it will manifest into your own physical experiential reality. Again, the more senses and emotion you apply to your thoughts and imaginations the more effective it will be.

As previously mentioned, you should move towards a state of experiencing the object of your desires during your normal conscious state until it is integrated into your very being. The object of your desires will then be attracted into your experiential reality in a very powerful way.

Never, ever have any doubts whatsoever that the object of your manifestation is already an absolute reality. When you are not specifically focussing on the object of your manifestation it is also very important not to crave for success, wishing it to manifest into your life too soon. This will send out negative Energy that could well slow the process of attraction down as well as affirming that you have not yet taken delivery of the object of your desire, which in turn will ensure that it will be delayed to that extent.

Always think in the present tense. Do not allow yourself to become stressed by any apparent lack of results so far. Always endeavour to maintain an air of complete calmness, relaxation and knowing that the object of your desires is already a total reality and that all you need to do is to become physically aware of it and to physically experience it.

Always be patient, follow the exercises completely as often as possible with dedication, and you will surely succeed. These processes will become an integral and joyous part of your life within which you are a positive creator.

Universal laws are immutable, perfect, and omnipresent, and as an immortal Spiritual Being you are an integral aspect of these Divine Laws. Dedication, commitment and perseverance are keys to success in the certain knowledge that as an immortal, individual aspect of The Source, The First Cause, God you too are also a co-creator within this magnificent, multi-dimensional Universe, and there is nothing that you cannot be, do or have.

It sometimes might be that you decide, as a result of experiencing your visualisations that you no longer desire the object or situation. This is fine; it is an important aspect of human growth and Spiritual progression whereby people begin to attach less and less importance to mere temporal, material things in order to focus on the true path and individual evolution and destiny leading back to our Divine creator. Simply let the desire go and move confidently on to the next object of desire should you have one at the time.

The Treasure Map:

For those who might initially have problems with creative visualisation, creating a “treasure map” is a highly effective alternative while creative visualization is being practiced, as well as fun to do. As we already know a very important aspect of the manifestation process is to experience your desires thereby bringing your personal vibrations into harmony with the vibrations of the objects of your desires.

All you need for this method is a large sheet of paper onto which you can draw, paint or paste images representing the object of your desires, always depicted in the present tense as if it is already a complete reality. If you are not an artist you can create a collage by cutting out the appropriate images for example from magazines,

and attaching them to your sheet of paper to form the required picture.

Your treasure map does not need to be particularly accurate or detailed providing all of the necessary objects relevant to your wishes are included within your map. It is very important indeed to place a representation of yourself in the treasure map, a photograph is ideal, preferably right in the very centre of your map. Somewhere in your treasure map write a statement, for example, “here I am watching my new TV set”.

Your completed treasure map should contain all of the elements necessary in order to represent the object of your desire that you are manifesting into your reality, and most importantly should convey the image it is already a complete reality within your life.

When your treasure map is ready, proceed with a full creative visualisation session as before, but this time instead of closing your eyes and visualising, focus with your eyes open, and with as much concentration and emotion as possible on your treasure map. Do not allow your attention to be distracted, you should be fully focussed with your treasure map to the exclusion of everything else.

As before, place as much emotion as possible into your treasure map and apply as many senses as appropriate while imagining all of the details, the entire scenario being already a complete reality within your life. Become totally involved with your picture, feeling the joy and other emotions of experiencing it knowing that it is already yours.

After focussing on your treasure map for a few minutes, close your eyes and recall your image, again with as much feeling and emotion as possible. Please do not worry if you cannot achieve this straightaway, simply open your eyes and re-focus on your treasure map once again. As before, this process is particularly effective first thing in the morning immediately upon waking, and last thing at

night just before sleep when your Mind is in a particularly receptive state, being more connected to the inner worlds through your subconscious Mind.

You will soon find the more you concentrate on your treasure map the more you will be able to recall the image when you close your eyes. All the time you can be sure you are creating the image as a reality within the inner spheres of Energy and vibration from where it will be attracted and materialise into your life in accordance with Universal laws of Attraction and Correspondence; “as above, so below”. This is also an excellent exercise for practicing and gaining visualisation abilities, particularly if you encountered difficulties with the creative visualisation exercises of the previous chapter.

Whenever you have a free moment during the day when you will not be disturbed, relax as completely as you can, take out your treasure map and completely concentrate on it, again with as much positive emotion as possible, always in the present tense, and always with an absolute knowing beyond any doubt that the objects of your desires already exist in your physical reality. The more often you do this the more Energy will be influenced towards your desires as you bring yourself into harmony with the vibrations of the object of your desire; always keep in Mind the immutable Universal Law of Correspondence, “as above, so below, as below, so above”, these being references to levels of Energy and vibration from which causation and therefore attraction into the lower levels of vibration occurs. After any manifestation exercise, or indeed any time you are working with God, the Universe, The Source to bring something into your life, always remember to thank God most sincerely and reverently, for the blessings received, and feel the intense gratitude for these blessings deeply and with emotion.

Remember you can use creative visualisation to manifest almost anything into your life. It does not need to be a physical object or money, it can be health, happiness, situations such as holidays, job promotions, pay rises, losing weight, feeling fitter, being more

creative, and need not only apply to yourself but indeed to anyone at all.

And always keep in Mind that manifestation need not only be about physical, tangible, material things, but most importantly should also be applied to your Spiritual evolution. We are all here to evolve first and foremost, everything else being a means by which to evolve, so it is most important that you also use these exercises for your own personal evolution, methods of which will be discussed later in this book.

It should also be remembered that although manifesting into someone else's life rather than your own might seem like a good thing to do, you must always know beyond any doubts whatsoever that the person genuinely needs whatever it is you are wishing to manifest for them, for example healing. Should you manifest anything against the wishes of someone else, and if in particular their life is accordingly adversely affected, affect their own freewill otherwise affect the life of that person in any way that is not in accordance with their own wishes, freewill or chosen path, then you will become karmically responsible for your own actions in accordance with the Universal Law of Cause and Effect, however well intentioned they might seem to be to you, and there will be a corresponding effect to be experienced by you in the future. It is highly advisable therefore to seek and be granted the permission of anyone who you will be manifesting for, healing or otherwise influencing.

Manifestation by means of creative visualisation and your other senses of the imagination, and by concentrated thought and emotion is a very real and extremely powerful ability inherent in every single person without any exceptions; the vast majority of people do not know or understand this truism as yet. Their time will most surely come sooner or later.

With these abilities also comes responsibility. The Universe in all spheres is pure thought in the form of Energy, vibration.

Consequently the powers of the human Mind, being an aspect of the infinite supreme creative Mind of God are absolutely immense, unrestricted and also infinite. With this knowledge comes power, the God given ability to create and to assume full control over your own life and destiny, and also assisting others wherever it is appropriate to do so. Always use these God given and infinitely powerful abilities most wisely and your life will be one of flowing abundance, your progress along the sacred path will be much more certain and joyous, and you will continue to evolve with complete confidence in the certain knowledge you an immortal Spiritual being, an integral and inseparable aspect of the Divine, The Source, The First Cause, Spiritually “made” in the true image of God, with whom you are a co-creator in this glorious multi-dimensional Universe of Consciousness, of Spirit, of God that we share as inseparable aspects of God.

Chapter 91: Let Go and Let God

“Let go and let God”; these are extremely important words that everyone should fully understand and heed at all times.

It is the tendency of human beings generally to make demands, become impatient and frustrated and to force things whenever things do not seem to go their own way or in the perceived timescale. The Source, The Universe, God, simply cannot be rushed. Everything in the entire Universe in all spheres of life and reality happens in an immutable sequence of causation.

However it is most important to keep in Mind at the same time that everything that has ever happened, is happening now or ever will happen in the future relative to the temporal concept of Earth “time” already exists within the Eternal Now beyond the illusion or temporal space-time, it is only a matter of attracting something into personal awareness from the Eternal Now in order to experience it in a tangible form.

This is a basis for Taoism as discussed in a previous chapter; “going with the Tao” is to progress with the flow of life, The Universe, with God. The Universe and everything within it of which we are all inseparable aspects always is evolving perfectly. All we have to do is to evolve with the flow of the Universe rather than, as many people still do today, resist the flow of life it if they do not believe that things are going their way.

The reality is that no one knows, from our physical human perspective, what the “future” will bring. The “future” is an erroneous human perception based upon temporal Earth “time”. In fact the “future” already exists within the Eternal Now as infinite quantum probabilities encompassing every possible outcome. One thing is for certain however; the course of that perceived “future” will continue to unfold regardless of any resistance; all resistance to the immutable flow of The Source, the First Cause, of God can possibly bring is unhappiness, misery and discontentment.

The Universe, The Source, God is absolute, total, complete perfection; there is absolutely nothing about God that can be added to, modified or subtracted for the better; absolutely nothing whatsoever. As expressions of God we are all destined for that same perfection. Should however you perceive anything, keeping in Mind that all things are expressions of the same perfection that is God, as less than perfect, you will immediately subtract that same perfection from the Universe and therefore from yourself.

Perception of perfection is always at the level at which your senses decode and observe yourself, your situation and your environment. Everything is truly perfect as a perfect expression of God, and it is for each and every one of us as an infinite Spiritual Being and inseparable aspect of God to express that perfection as it flows from God through each and every one of us without any exceptions.

Thinking, acting and perceiving negatively contracts and will result in the creation of that same individual reality at a physically experiential and inner level. Being a totally open, positive, unlimited channel of expression of God will result in the same unlimited expansion, joy and creation, which again will be reflected within your individual reality. Always, always, always be a joyful, open, positive expression of The Source, The First Cause, of God, and you will be infinitely blessed by everything you desire flowing to towards you and manifesting into your experiential reality.

Always know, in the very core of your being that you are an aspect of the Divine, of our Creator, of God, and that God love's you and no harm can ever come to you. God only ever wants what is best for us at all times while we are still free to exercise our own freewill. It is however the using of freewill in negative ways, against the immutable flow of the Universe that results in misery, discontent and unhappiness. Always have total faith in God, and God will never, ever let you down, an absolute faith that should endure regardless of how difficult a life situation might seem at the time.

Have total and complete faith in God, always trust God with gratitude and joy, and you will always be completely safe, happy and secure.

“Let go and let God” is extremely important in the process of manifesting your desires. Having followed the process of manifestation, never, ever, ever crave for results, wonder where the object of your manifestation is, or why it seems not to be yet appearing in your physical reality. Rather be totally calm, happy and above all most grateful that your wishes have been heard, have already been granted and are even now in the process of manifesting into your physically oriented reality where soon you can experience and enjoy them.

Force is a very negative Energy of contraction and will always result in having the opposite effect to that intended. Never, ever force anything in the direction you wish it to go in accordance with your perceptions, because to do so will have a negative and therefore counterproductive, contractive effect that will be exactly the opposite to that which you intended. Always let go and let God manifest your desires in accordance with your wishes in accordance with the immutable flow of the Universe; the more in harmony you are with the flow of the Universe the faster your wishes will manifest into your own reality as a free flowing expression of God.

The importance of this simply cannot be underestimated; the more you are in complete harmony with the flow of the Universe and therefore at one with God, the more rapidly your desires will manifest, because your Energy, your vibrations are more aligned with the flow of the Universe and therefore that which you are manifesting into your life.

Faith in “let go and let God” should not be sporadic, insincere or weak; it should always be integrated into your very being, just as God is an integral aspect of your very being. The flow of the Universe is immutable, constant and never wavers even for a

moment. If it did waver then the Universe would collapse in an instant and would not be sustainable. That same immutable flow of the Universe is within each and every person as an expression of God, and accordingly it is for each and every one of us to align ourselves completely with that flow.

Believe in the The Source, The First Cause, God and of your own creative powers as an infinite aspect of God and the “God powers” that flow though you, and you will surely enjoy perpetual total joy, harmony and peace in your life at all times, with the ability to easily, effortlessly and completely manifest anything you desire into your experiential physical reality.

Relax. Know that you are an infinite and immortal son or daughter of God, that the entire Universe including your individual reality as an immortal Spiritual being is unfolding perfectly, and that there is absolutely nothing that you cannot be, do or have. Simply let go and let God and you will experience infinite joy, abundance and progress on the path back to God, thereby being completely aligned with the true meaning of life; our ultimate reality.

Chapter 92: The Joy and Power of Giving

The Universe provides for all of your wishes, desires and needs in accordance with immutable Universal Laws always; there are no exceptions to this truth. This fact should never, ever be taken for granted however. We are all an integral aspect of The All, The Source, God, and with receiving must also be giving. It is in giving that we may also receive.

Giving must never seem like an obligation or carried out with reluctance or due to any sort of pressure or coercion by others. Giving should always be from a position of Unconditional Love, Gratitude and the strong desire to put wealth back into the Universe that provides you with wealth. In giving you place back into the Universe some of the wealth you received from it, and which wealth will in turn go towards helping others to enjoy the same wealth that we all ultimately share as equal and inseparable aspects of God.

The vibration of giving, freely, unconditionally and out of Unconditional Love is a very high vibration, a very high influence of Energy vibration that will positively impact not only those who were receiving whatever you are giving, but will also influence the Universe as a whole. So the very aspect of giving in this way will raise your own Energy, your own vibration, and accordingly everything will be positively affected in your own individual reality with profound beneficial effects including the ability to receive more readily. Giving and receiving are two aspects of exactly the same thing in accordance with the Universal law of polarity. The amount of joy with which you give will be reflected in your joy in receiving.

It is in giving that you will also receive in accordance with the immutable law of Cause and Effect. Frequently you may receive orders of magnitude more than you gave, but this should never, ever be a motivation for giving which should be always out of Unconditional Love, joy, and a desire to give back to the Universe of which you are an integral aspect some of the wealth that has been provided to you from the infinite source of abundance of God.

Always remember that the Universe, The Source, God always, without exception gives to you with Unconditional Love, and it is in that same Spirit of Unconditional Love that you should also give back to the Universe, The Source, God. As an integral, inseparable, expression of God, whatever you give to the Universe you equally give to yourself and the Universe, and which will be reflected in your ability to receive.

The more you selflessly, joyously and unconditionally give, the more you will receive, but again, this should never be a motivational factor, a contrived way of boosting your cash flow or for any other selfish purpose. Giving and receiving are all aspects of the whole, and whatever you receive in return, and in whatever order of magnitude over that which you gave, you should receive with extreme, sincere gratitude.

In addition to giving whenever the opportunity arises, it is also an excellent idea to put aside for example ten percent of your net income each month purely for the purposes of giving. It doesn't matter how much you earn, put aside at least ten percent each and every month to give in joy, Unconditional Love and gratitude to those who in your judgement are in need.

There is no set "percentage" for giving. The Universe does not recognize the human concept of numbers. Giving is a cause that will always have its corresponding effect regardless of the "numbers" involved. Giving, like everything else is a vibration of Energy which will result in its corresponding effect. You might have heard of the word "tithing" for example that implies that you should give ten percent of your income. But again this is purely a human construct that in reality has no meaning whatsoever. God would never decree how much a person should give, how frequently and under what circumstances and rewards accordingly, The Universe quite simply does not operate in that way. The Universe operates according to immutable Universal laws, an aspect of which that every cause without exception, including giving, will result in its

corresponding effect, and always in the direction of expansion, growth and evolution.

Always also receive with complete gratitude. When you receive anything at all, always be most grateful and give sincere thanks to the Universe for what you have received.

It doesn't matter how much you have, or whether you think you can afford it or not, give freely, joyously and with gratitude, and your reality and wealth will be enhanced considerably. Giving is a vibration, and it is the very act of giving that will influence the Energy that will also result in receiving. Giving and receiving are both aspects of the same Energy, and are not in any way bound by or restricted by numbers or any other human concept. Always give joyously and you will receive joyously.

Chapter 93: The Joy and Power of Healing

When most people think of illness and medical treatment they usually think exclusively in terms of the physical body, doctors, medicines, clinics and other medical facilities. This of course is quite understandable as most illnesses appear to the physical senses to affect the physical body or mental state, and therefore afflictions appear to originate in those particular areas. While this might well be quite true in the case of some physical injuries such as breaking limbs, cuts and other accidents, what medicine has not yet fully come to terms with is that even the most serious illnesses such as cancer very often do not have a physical, in other words a physiological or psychological origin at all, but are rather due to imbalances and other problems arising within the Etheric Body, also known as the Energy Body which includes the aura and the main Energy centres of the Energy Body, the chakras.

Due to the holistic nature of the Universe and therefore of the human body, all of which are inseparable aspects of each other, any problems arising at an inner Energy level, for example within the Energy Body, will always be correspondingly reflected at a lower level in accordance with the Universal principle of correspondence. The axiom “as above, so below” is again very true, but can be more accurately said “as within, so without”, with ailments originating in the inner bodies manifesting in turn within the physical body “without” in accordance with immutable Universal laws. As infinite, multidimensional Beings we actually have an infinite number of bodies ranging from the very highest aspect of God to the physical body of matter in which most people are focussed. Diseases as a cause can occur in any of the inner bodies causing an imbalance that has to manifest in the physical body as a the effect in accordance with immutable Universal laws.

Therefore by identifying the origin of these problems within the inner bodies, most frequently the Energy Body which is closest to the physical body, and treating the cause appropriately, it is very often possible to completely cure even the most serious illnesses

where traditional medicine, seeking to treat only the physical or psychological symptoms would inevitably fail.

Cures that have seemed to most people, including the medical profession as miraculous, are frequently achieved by holistic healing. It should be mentioned straightaway however that everyone should see their doctor immediately with any medical problem whatsoever, even if the eventual cure will be brought about by inner means.

There are various methods of treating the Energy Body, many of which you might already be already familiar under the general description of “alternative medicine or healing”. This description is however somewhat misleading as it could be much more appropriately described as “primary healing”. Well-known examples of energetic or holistic healing can include for example acupuncture, Pranic Healing and Reiki.

There are also healing methods broadly based on the practice of homeopathy where the objective is to bringing the body balance, thereby bringing about a cure of the ailment. Homeopathy is not generally considered to be a practice having an effect on the Energy Body, although in some cases, with certain treatments the Energy Body might well be influenced favourably. An example of this is healing by means of various herbs and plant extracts, the application of which can have a direct affect on the balance of Energy Body, thereby bringing a cure. Herbal based healing is a separate and extensive discipline in its own right, and often a very effective one.

Herbs, like all plants and indeed everything in the Universe have a unique vibration of Energy that will affect other Energy, in this case the Energy of the human Energy Body, and can facilitate a cure accordingly. In many cases however the herb or other substance become a point of focus and belief that a cure will result, and it is the very focus on this within the Mind of the patient that will cause the expected cure to occur in accordance with The Law of

Attraction. This is broadly how the medical “placebo” works. Although the placebo has no medicine associated with it, the very act of belief and focus on the cure by the patient that they have been cured will then manifest that cure by The Law of Attraction, the patient having consciously or subconsciously influenced the Energy corresponding with the part of the body that was afflicted in the direction of, and with the result of a cure for the ailment.

Another method of healing involves the use of naturally occurring crystals such as quartz, which again can have a direct effect on the Energy of the Energy Body due to the natural Energy vibrations of these substances. Different crystals exhibit different types and levels of vibration, all of which can influence the Energy Body including the charkas in a positive and specific way. It is well-known for example that Quartz exhibits “piezo electric” properties, and is accordingly used in watches, clocks and other precision instruments for maintaining accuracy of time. Again however, healing might be more a function of the Mind of the patient and of their healing focus than due to the action of the actual crystals.

Healing by the use of herbs, crystals and other naturally occurring substances can certainly be extremely effective in the hands of practitioners with the appropriate levels of knowledge and experience. These can be learned and practiced by anyone with dedication. Learning about the healing properties and methods of herbs, crystals and other substances is extremely worthwhile and rewarding. In addition, there are less well-known methods of healing involving the use of the Magnetic Fluid of the Ether by a practitioner known as a “magnetopath”.

Many methods of healing require the services of an experienced practitioner, an example of which might well be difficult to locate in your area. Additionally, as with psychic services, it is often very difficult to determine whether a practitioner has genuine experience and abilities in healing or is nothing more than a charlatan whose only objective is to take your money. There are many extremely talented and experienced healers who will willingly provide their

services for free in appropriate, or sometimes all cases, as a service to humanity.

Everyone has the ability to heal almost any illness, even the most serious of illnesses, many of which are often considered to be terminal by doctors. Before we commence with the practice of healing we should most certainly take a look at two highly effective and increasingly popular methods of healing the Energy Body by the use of Energy, often referred to by practitioners of this type of healing as “Vital Energy”; these methods are known as “Pranic Healing” and “Reiki”. It is well worth knowing about and understanding Pranic Healing and Reiki as skills you might wish to learn for your own benefit and those of others should you wish to make healing an important part of your life.

Chapter 94: Pranic Healing

The recognised founder of the practice of Pranic Healing is Choa Kok Sui. Pranic Healing is a process involving the bringing about of the cure of physically or mentally manifesting ailments by the treatment of the Energy Body with Universal Energy, also known in the context of this method of healing as “Prana”, a Sankrit word meaning “life-force”.

Pranic Healing is a simple yet very powerful no-touch method of energetic healing based upon the fundamental principle that the physical healing process is brought about and accelerated by increasing and balancing the Energy of the Energy Body, and in particular in the areas associated with the affected area of the physical body.

There are several fundamental principles and stages associated with the practice of Pranic Healing. Treatment usually commences by a process of cleansing involving the removal of diseased Energy from the Energy centres associated with the affected part of the physical body, and then energizing them with sufficient Energy to bring about the healing process. It is most important to perform the cleansing process before the healing process is commenced, otherwise the diseased areas of the Energy and physical bodies will have negative Energy to overcome first, thus slowing or worse completely preventing the effectiveness of the energetic healing processes.

It is also very important for the Pranic healer to avoid becoming drained of Energy or being contaminated with the diseased Energy from the patient. An advanced Pranic healer will avoid this situation by channelling Energy directly from his or her surroundings from the infinite supply of the Universe directly into the Energy Body of the patient. By ensuring a constant flow of Energy in this way the healer avoids becoming drained of his or her own Energy which would necessitate a recharging period should this occur.

Decontamination is also a very important aspect of Pranic Healing. Healers can become ill themselves by the absorption of diseased Energy from the patient, not only on a physical body level but also at the level of the inner bodies. Decontamination involves the energetic purification of the healing space, not only for the safeguard of the healer but also for future patients.

Effective Pranic Healing includes direct treatment of the main chakras, which as we already know are the seven main Energy centres located at various points within the Energy Body. Different ailments are usually associated with one or more chakras, and by directly treating the chakras involved with Energy in conjunction with treating the Energy Body as a whole, treatment is correspondingly more rapid and effective. More advanced methods of Pranic Healing make use of Energy of the appropriate colour, relating to the type of ailment and the area of the Energy Body or chakra involved. This colour healing process is performed by the use of creative visualisation in conjunction with the projection of Energy by the Pranic healer.

An example of the use of colour in Pranic Healing is the use of red Energy for sufferers of Asthma, which has the corresponding physical effect of dilating the bronchial tubes of the sufferer, thereby relieving the breathing process. More severe ailments such as AIDS and cancer for example, are often responsive to the more powerful colour frequencies such as violet.

In addition to physiological problems Pranic Healing can also be used very effectively to treat psychological problems. Negative emotions as well as originating upon the Mental Plane or as a result of psychic attack or other inner origin such as larvae can also originate in the form of negative thoughts and emotions that have become attached to the Energy Body and specific chakras of the patient. Conventional psychotherapy can often take many months or even years to release these negative Energy by conventional means, if indeed they ever fully succeed, and even then they are usually unaware of exactly what it is they are treating and of its true

origin. Psychotherapists are therefore usually treating the physically manifesting symptoms of the problem, as if it originated within the physical brain, rather than the true, inner origins of the condition. However, by using advanced Pranic Healing techniques involving the isolation and removal of the negative Energy attached to the Energy Body and the affected chakras, traumas, phobias, obsessions, compulsions, addictions and most other psychological problems can be treated and cured much more efficiently at source, and in a fraction of the time required by conventional psychotherapy.

More importantly for the patient, there is no requirement whatsoever to disclose any sort of personal information, such information being completely irrelevant to the healing of the problem. Very often, even after the first Pranic Healing session for healing a psychological affliction, the patient feels a sense of great peace and serenity, as if a large weight has been lifted from their shoulders.

Pranic Healing is very powerful indeed. Much more than an alternative to conventional medicine, Pranic Healing can very often bring about complete and permanent cures of even very advanced and very serious physical and psychological ailments, most which would have been impossible to cure by conventional medicine. There are an increasing number of Pranic Healing practitioners around the world. The usual cautions apply when seeking the services of a Pranic healer; always ensure that the practitioner is genuine by thoroughly checking their experience and credentials, and most importantly always obtain testimonials and references.

Chapter 95: Reiki Healing

Like Pranic Healing, Reiki is the practice of healing by means of Universal Energy. Reiki is not usually taught in the usual sense. The ability to practice Reiki is rather “transferred” from a “Reiki Master” to the student by a process known as “attunement” after the necessary preparations and knowledge have been attained.

Reiki is considered to be a Spiritually guided form of healing, with “Rei” the Universal Consciousness, or “God Consciousness”, Mind, guiding the “Ki”, the Universal Energy of which we are all an integral aspect.

People treated by Reiki afterwards often describe a glowing radiance surrounding and within their entire body, an effect of the healing not only the physical body but also of the inner, subtle, Energy or Etheric, Astral and Mental bodies. In addition to healing, the extent and speed of which are often considered to be miraculous, recipients of Reiki treatment often describe feelings of peace, security and well-being.

During the process of a Reiki healing Energy flows through and around the affected part of the Energy Body and aura charging them with positive Energy. This raises the vibrational level of the entire Energy field of the Energy Body in and around the physical body where negative thoughts and feelings are attached, thereby causing negative Energy, a source of physical illness, to break and fall away. In this way Reiki clears, straightens and heals Energy pathways within and around the Energy Body, thus allowing Energy to flow in a healthy and natural way.

Reiki can be directed at any problem area within the Energy Body, thus holistically bringing about the cure in the corresponding aspect of the physical body. Much more could be said about Reiki. There is however already a considerable amount of information available on the Internet and also within books for those wishing to pursue this highly worthwhile healing ability further.

Again, before seeking Reiki healing, or indeed any sort of healing, always obtain as many details from the healer as possible including experience, successful cases and testimonials. Never take testimonials at face value, always follow them up directly with the people that provided them in order to be certain they are genuine.

Chapter 96: Healing Yourself and Others

Just as we have the ability to create our own reality by attracting and manifesting our needs and desires into our physical world, we equally have the ability to manifest healing. As we already know, the vast majority of diseases, even the most serious illnesses including those very often considered to be incurable, originate within the inner, subtle bodies. The basis of all holistic healing is that none of our subtle bodies, physical, Etheric, Astral or Mental, can, like the Universe itself be separated from the “whole”, and therefore by influencing the inner bodies in the required way, the outer bodies will be influenced in exactly the same way and to the same degree in accordance with the Universal principle of correspondence, “as above, so below”.

Holistic healing can also be likened to the quantum physics metaphor of a hologram, where any aspect of the hologram, in this case the human bodies, physical, Etheric, Astral and Mental contain the whole, the whole being inseparable from its notional parts. With the use of creative visualisation we can therefore attract Energy into the inner bodies for complete health or for the cure of a specific ailment, and which Energy must in turn manifest into the physical body where full health is restored. It is not only possible to heal ourselves in this way but indeed to also heal anyone at all irrespective of distance, providing the person can be visualized and there is sufficient knowledge of the ailment.

Healing by means of creative visualisation, or more specifically by the imagination can be very powerful and highly effective; there are no absolute limits as to the level or completeness of healing by utilising these methods. There have for example been cases of inoperable brain tumours completely disappearing, resulting in a full and seemingly “miraculous” recovery. There are numerous cases of other, supposedly malignant and incurable cancers being fully cured where traditional medicine has not been successful and had all but given up on the patient. There are cases for example where

people have dissolved their own gallstones by means of the creative visualisation.

There are exceptions of course to the scope of holistic healing, for example in the case of severe physical injury inflicted by physical means such as by a car accident. Clearly these injuries did not originate directly from within the inner bodies although they will in turn be reflected in the inner bodies, the principle of correspondence “as above, so below” being equally applicable in all directions, “as below, so above”. Even in these cases therefore, creative visualisation can be used to speed the healing process, and to often heal at least some aspects of the physical injuries considered beyond the scope of traditional medicine. Healing by creative visualisation can also assist greatly in easing pain and suffering, and to bring a greater sense of peace to the patient.

There are notable exceptions however. Sometimes before incarnating into the physical world a person will choose a life where they know they will sooner or later contract and eventually pass on from a terminal disease such as cancer. This might seem somewhat strange or even extreme, and indeed many people would be inclined to immediately reject such a situation, however there is a very real purpose involved in these cases. As we know, everyone is subject to the law of karma; for every negative thought or action there has to be a price to pay sooner or later, and in the same degree. Often when a person has been responsible for a particularly bad or negative deed or deeds during or between lives, an effective way of balancing karma is to contract, suffer and eventually physically expire from cancer or other serious terminal illness during a particular chosen lifetime. Having paid that karmic debt, it is highly unlikely the person will have the need to contract cancer or other serious or terminal illness again in a future life. Other people might not have a karma to balance in this way, but simply choose to suffer from an incurable illness on Earth as an aspect of their personal evolution. Living with such diseases is often an excellent test of many personal attributes, and accordingly much of value can be learned.

Choosing to suffer and eventually pass on from such an apparently serious disease might to Earth bound humans seem like a very strange choice. It must be remembered however that while living in the Astral and Spiritual worlds the Soul and Spirit have a much greater perspective of reality, knowing beyond any doubt whatsoever that we are all immortal, Spiritual beings who quite simply cannot “die”. Such a choice of suffering is therefore very much in the context of ongoing individual Spiritual evolution, and in terms of infinity such a life spent in the training ground of the Earth life system out of possibly hundreds of such temporal lives over many thousands of years, and in particular in the context of the progression ahead through the inner spheres of life and reality, the most recent life really is nothing more than a temporal moment.

It should be stressed however that this by no means applies to all cases of such serious ailments, many of which are also caused as a direct result of imbalances in the Energy Body, which in those cases are not the will of the patient. These are the cases that can be completely healed by creative visualisation and other inner healing methods, the ailment not having a greater purpose relating to the personal evolution of the afflicted person.

Another class of patient who might not be healed are those who quite simply do not wish to be healed. It is not possible to heal someone against their own freewill. Such people often believe their mission on Earth is complete, and all they wish to do is to complete their current physical life and pass on to the Astral worlds for rest and reflection in preparation for the next stage of their own individual journey back to The Source, the First Cause, God.

Another potentially difficult case when a person does not wish to be healed is when they feel they need, often under the guidance of their Higher-Self, to experience suffering in order to progress or balance karma. Religious people might well believe in these situations that they are being “punished by God” or another deity, and they feel compelled in these situations to comply with the “will of God”. These cases are by no means the norm however and in

the majority of cases healing can be, and very often are directed towards others with considerable success.

As we will see with the following healing method, as with manifestation it is extremely important to visualise in the present tense, knowing beyond any doubts whatsoever the ailment is already completely healed. In fact the correct way of visualising for healing purposes is not to think in terms of the ailment at all, but rather only in terms in the present tense of the complete, radiant health of the person being healed. This attracts the necessary Energy within the inner bodies, and in particular in the areas that are the target of healing, which Energy must then in turn be reflected and manifest into the Etheric and physical bodies as healing.

An interesting situation demonstrating how this works in principle is by the use in investigative medicine of a “placebo”. A placebo is an inactive substance, for example water, given to a patient who believes it to be real medicine. In numerous cases the patient is cured simply by taking the placebo alone and with no genuine supporting medication whatsoever. This works because the patient sincerely believes, beyond any doubt in the Mind of the patient that the placebo is in fact real medicine that will cure them. In this case the patient has subconsciously used their own imagination upon themselves, but the result is exactly the same, often to the considerable surprise of doctors and all others concerned; a complete cure.

The patient visualised themselves as being cured as a direct result of taking what they believe to be an effective medicine, in turn influencing the Energy of the inner bodies, thereby manifesting as an observable cure within the physical body.

This process works both ways of course and there are people who unwittingly become ill due to the subconscious use of creative visualisation and of the imagination generally and thought processes generally. This occurs when a normally healthy person

strongly believes they are, or should become ill for some reason, perhaps out of guilt, or for example as happens in the case of someone considered to be a hypochondriac. This belief coupled with the person subconsciously and very often intensively imagining and believing themselves to be ill, will in turn attract that illness in accordance with The Law of Attraction, resulting in the manifestation of the same illness that they already sincerely believe they are suffering from.

This in fact is the healing process in reverse, but the principles are exactly the same nevertheless. The Universe will always, without any exceptions provide whatever is “asked for” whether it is positive or negative in relation to the perception of the person experiencing the situation. Universal Energy does not “decide” whether any particular thought is “good” or “bad” for a person, the Universe simply delivers in precise accordance with the thought held within the Mind.

The person is in fact subconsciously attracting Energy of illness in their inner bodies, thus creating an energetic disturbance that subsequently has to manifest in the outer bodies and eventually the physical body in the form of a physically observable illness. An excellent example of this situation is where a person comes into contact with another person who is in turn suffering from a serious communicable disease. The person then subconsciously creates within their own imagination a very strong belief that by being in the presence of the person with the disease they will inevitably contract the same disease themselves. This belief in the form of a strongly held thought within the Mind of the person becomes progressively stronger and more focussed, subconsciously imagining themselves as actually suffering from the same disease. This disease must then manifest into their own individual reality in accordance with the Universal Laws of Attraction and Correspondence, “as above, so below”, with the “above” in this case being the inner, subtle bodies.

Millions of people actually unknowingly do this every year on a less serious level with very common ailments such as colds and

influenza. A family member or friend contracts the cold or ‘flu’, and subsequently those around the infected person immediately create the belief in their own Minds they must in turn contracted the disease due to their proximity with the afflicted person. They subconsciously start to visualise themselves feeling unwell, coughing and sneezing, have a fever and other typical symptoms before finally visiting the doctor. This belief process reinforced by the imagination and thoughts held within the Mind ensures they will indeed manifest the disease into their physical existence just as they had imagined and fully believed, and in fact requested whether they know it or not as mentioned previously, the Universe does not differentiate or apply any sort of test to a request in the form of a thought in the Mind, it simply delivers in accordance with Universal laws and the freewill granted by God. “Ask and you shall receive” equally applies to everything in the Universe whether it is perceptually “good” or “bad” for the person who attracted it into their reality.

This can also happen when a person actually wishes or asks to contract a disease in order for example to take time off their employment. The wish and desire held within the Mind, reinforced by imagination and intent of becoming ill in order to facilitate remaining at home will usually be sufficient to ensure the disease is contracted, and the desired time off work manifested as a complete reality. Of course to the person concerned it was probably just “wishful thinking”, but to the Universe all thoughts influence Energy in the direction of the desired effect, whether the thought was within the Mind at a conscious or subconscious level.

Had the person in all of these cases consciously visualised themselves to be in full health, in the certain belief they cannot possibly become ill by being in the presence of an infected person, then they will indeed remain healthy. The power of the imagination and thoughts held within the Mind has a profound effect on all bodies, physical and inner and in all directions from inner to outer and outer to inner, again in full accordance with the laws of Correspondence, “as above, so below, as below, so above and

Attraction. Often people say of illnesses, “it is all in the Mind”, and more often than not this is completely true whether they really believe this statement or not.

There is another very important aspect of spontaneously contracting an ailment that must not be overlooked. Very often such an ailment can be a “message” from the Higher-Self indicating another problem originating in one of the inner bodies. Sometimes the meaning of this message might be very obvious; for example a heavy smoker might suddenly develop chronic bronchitis or pneumonia. In this case the message is very clear; continue smoking and the smokers health will deteriorate, possibly leading to physical death. A heavy drinker might develop liver problems; again the message is very clear; stop drinking alcohol or accept the consequences.

These are all cases of “wakeup calls” from the Higher-Self to the physical self. Very often however messages from the Higher-Self are much more subtle. Keep in Mind that every spontaneously manifesting ailment has an underlying cause for which the ailment is the corresponding effect, whether it is due to an imbalance in the Energy Body or by way of a message from the Higher-Self.

Please also keep in Mind the immutable Universal law of Cause and Effect; nothing ever happens by chance. At times like these the ability of meditation is extremely useful. In deep meditation questions can be asked and answers received regarding the origins and reasons for an ailment. With the benefit of this knowledge the appropriate actions can be taken in order to remedy those aspects of life to which the warning relates. This does not mean however the ailment cannot be cured by creative visualisation, because it most certainly can be. The inner bodies, and therefore the physical body must always respond to your will and the thoughts you hold in your Mind. It is always wise however to be fully aware of the thoughts being held in your Mind at all times, ensuring that you focus on only those thoughts that are consistent with the reality you wish to attract, including of course perfect health at all levels.

Nevertheless, messages from the Higher-Self are conveyed for a reason and it is most advisable to discover the meaning behind such reason and to take the appropriate action accordingly. It is advisable however whenever an illness occurs spontaneously, even while curing the illness by means of creative visualisation, give some thought as to the possible meaning of the illness. Should you receive an answer during meditation, or in the form of inspiration or perhaps in a dream, then you should take heed and act upon it immediately; the Higher-Self is sublime, and only has your best interests of progression at heart.

Your Higher-Self has complete knowledge of your entire existence, past, present and future as relates to temporal Earth time, and at all levels of the continuum of the Universe, physical, Etheric, Astral and Mental. Always remember however that you should never, ever feel guilty or blame yourself in any way for any illness or ailment however serious, and likewise never blame others. Most illnesses are simply due to imbalances in the Energy Body of the sort that can happen to quite literally anyone from time to time.

Those apparent ailments originating in the form of warnings from the Higher-Self are never intended to be a punishment in any way whatsoever, but rather a gentle nudge in the right direction. Should the message from the Higher-Self remain unheeded however the nudges will become progressively firmer and more pronounced, eventually, if remaining unheeded resulting in a larger push in the right direction.

The most important thing to remember is that the vast majority of illnesses, with the exception of those cases pre-determined before incarnation, will respond to healing by means of creative visualisation resulting in a complete recovery. When healing others it is always highly advisable to obtain their permission first unless they are in no physical or mental position to grant such permission. Should they refuse your request or not respond to your healing, then the right of freewill of the patient not to be healed must always be totally respected at all times as a sacred right. Even if you

believe you are doing the right thing by healing others, if it is against there will at any level then you will be effectively acting against the will of another person, although your positive, loving motives will always be accounted for.

Chapter 97: The Principles of Healing

The process of healing is almost exactly the same as for manifestation, and therefore includes two valuable abilities already discussed earlier; those of deep physical relaxation and the powers of imagination. An effective healing session.

After achieving a state of deep physical relaxation in your usual location and position, in a location where you will not be disturbed, sitting upright with your back and therefore your spine totally straight, concentrate with complete focus on the area of your ailment. Now imagine, with as much concentration, will and total knowing beyond any possible doubt that this area of your Being is completely whole and resonating with the most vibrant health imaginable.

Use all of your senses with the power of your imagination to visualize, feel and enjoy this total, complete and absolute health. Visualize your entire body, and in particular the area of your ailment to be glowing, resonating and radiating total, complete vibrant health. Feel how joyful it is to experience such perfect health.

Never for single a moment focus on the presence of the ailment, but rather only on that area being in such absolute, complete, vibrant health. This area, with your entire body should be glowing with health.

As with manifestation, your imagination and focus must always be focussed completely in the present tense, and there should never, ever be even the slightest doubt whatsoever in your Mind of the reality of the absolute vibrant health of your body, both at the site of the ailment and as a whole. It is most important not to focus on your ailment, or even to think about it even for a second. Any thought of your ailment, however vague, will influence Energy towards the presence of the ailment, that will in turn act against your healing efforts. So always focus on total, complete, vibrant health to the exclusion of everything else.

Use all of the powers of your imagination appropriately, visualising the affected part of your body, without thinking for a moment about the ailment itself, and also your entire Being as a completely as a picture of total, complete, vibrant health. Again, focus your attention in particular on the area of your body that has been suffering from the ailment, always knowing, beyond any doubts whatsoever that your entire body, including this area is in total, perfect, vibrant health. Imagine deeply how well you feel, how joyous you feel, and above all how completely grateful you are to be enjoying such perfect health.

Perform this exercise with as much concentration, emotion and focus as possible for at least twice each day for ten minutes or more until you are fully healed. As with manifestation generally, just before sleep at night, just before arising in the morning soon after awaking, and also just after a daytime nap are excellent times for this healing process due to the fact that your conscious Mind is much more in communication with your subconscious Mind. This is true to such an extent that it is a very good idea to perform your healing exercises at these times as well as other times during the day. The more frequently you perform your healing exercises, the sooner you will be fully healed.

Each healing session has a cumulative influence on the Energy involved. So the more you practice healing in accordance with these exercises, the more the Energy will become more enduring as it acts in the direction of healing. Like everything in the Universe, healing is about the influence of Energy by the Mind, and extremely important aspect of which is the imagination, which is a powerful creative force. Everything is Energy that responds to the Mind including all ailments without any exceptions. Influencing Energy in the direction of total, complete, and the most vibrant health must therefore, in accordance with immutable Universal laws become an absolute reality, there are absolutely no exceptions to this. Physical ailments cannot be truly cured by physical means. Only by influencing and harmonising Energy from which all things are

made, including the human bodies at all levels of Energy can a true, effective and permanent cure become an absolute reality.

To the medical profession and people generally, cures manifested in this way seem to be truly miraculous. People who have been told by doctors that they are “terminally ill” seem to shed all signs of their previous illness in favour of total health. There have been numerous cases of people curing their own “inoperable” cancer, brain tumours, and even dissolving gallstones without any sort of physical medical intervention whatsoever.

One reason why people who are not aware of true healing cannot be cured is because they believe in their own Mind that only doctors, surgeons and other members of the medical profession can “cure” an illness. Unfortunately, that very belief will ensure that true healing will not be effective, due to the fact the true channels of healing will be blocked by the conscious and subconscious Mind, and Energy influenced in the same direction.

It is sensible to visit a doctor with any ailment, and to respect their word and actions, but it is extremely important to know beyond any doubt the true origin of healing, and to focus accordingly. Even if you are given a course of medicine, exercises or even a surgical procedure, view these as secondary influences while always knowing that the primary and true healing influence is by virtue of the Energy from which we are all made.

After each healing session feel extremely grateful for the fact that your entire body and Being is enjoying such complete, vibrant, joyous health. Again, do not focus your gratitude on having been healed. This will influence Energy in the direction of the presence of an ailment, thereby affecting the Universal healing processes. Always feel total gratitude for your absolute, vibrant, joyous health.

Never, ever allow even the slightest possible doubt to arise in your Mind, and never, ever imagine yourself to be anything less than in complete, vibrant and perfect health. Again, and this really is most

important, never focus on the area of an ailment wishing it to be healed because this affirms the ailment already exists, which will influence Energy in the direction of perpetuating the existence of the ailment. Always, at all times concentrate on total and complete vibrant health including the area of your ailment, feeling, experiencing and knowing the reality of this without the slightest doubt in your Mind.

It is fine and even beneficial to focus specifically on the area of your ailment, but only in the context of total, absolute, vibrant health of that part of your Being. This reality can be reinforced during your normal daily activities by reminding yourself often how extremely healthy and well you feel. You can also repeat an appropriate affirmation such as; “I am always enjoying perfect, complete and radiant health”. Again, this affirmation must always be in the present tense. It is also very effective to place an affirmation on the desktop of your PC. The more you integrate your total, complete and vibrant health into your Being, the more and quicker will it become your absolute reality.

Never focus the affirmation on a particular area of your body; always affirm that your entire Being is in perfect, vibrant, radiant health, never doubting it even for a single moment. If you ever feel yourself starting to dwell on your ailment, then immediately focus your Mind and concentration on how well you feel, how perfect your health is, and how grateful you are for your vibrant health, and repeat your affirmation for as many times as it takes to know beyond all doubt this to be completely true. The more often you concentrate on your total health and repeat your affirmation the better. Your affirmation should become completely a part of your ongoing thought processes to such an extent that it is the very first thing you think about in the morning after awaking, and the very last thing on your Mind before drifting off to sleep.
This method alone is extremely powerful and will manifest complete health if carried out as described above. Again, it is extremely important to know that everything in the Universe is Energy under the influence of Mind, of which imagination is an extremely powerful

aspect, and all conforming to immutable Universal laws. Influencing Energy by what we hold in our Mind and in particular focus on or imagine creates our own reality, and total, vibrant, joyous health is no exception, regardless of what temporal, physical ailments might arise from time to time. All ailments have an inner origin that can be identified and fully cured.

Chapter 98: The Practice of Healing

Now let us look at a more formal healing process that some people might find valuable by assisting in the focus all of the distinct processes involved. Proceed as follows:

Healing Stage 1:

Commence your healing session by performing the deep physical relaxation exercises by first of all make yourself as comfortable as you can in an armchair or similar place where you can relax in an upright position with your spine completely straight, or in a semi-upright position, again with your spine straight. It is not advisable to lie down flat on a bed due to the possibility of falling asleep, however is quite alright to prop yourself up in bed in a semi-upright position using pillows. Taking a warm bath can also be very beneficial before commencing these exercises.

A good posture is very important and the reason why your spine must be straight. If you allow yourself to slump in your chair or bed or if your back and therefore spine is not as straight as possible it will most certainly be counter-productive to the relaxation process and therefore the healing process. If your armchair does not allow your head and neck to be completely comfortable with your spine straight, place a pillow behind your head, adjusting it until it is comfortably supported.

The objective before commencing deep physical relaxation exercises is for your body to be as balanced and free of strain and stress as possible from the outset, and in such a way as to remain completely balanced throughout the duration of the exercises. Ultimately you should be able to relax under any circumstances. One of the most useful and effective conditions under which to relax for the development of many important abilities is while sitting completely upright in a straight-backed chair, while not leaning against the backrest of the chair. These relaxation exercises are commenced with deep breathing exercises designed to remove as

much stress and negativity as possible from your muscles and your Mind.

Healing Stage 2:

Breathe in deeply but slowly to a slow count of five and imagine at the same time, with as much realism as possible that the air you are inhaling is a very bright, radiant, sparkling white. As you progressively inhale, feel the positive relaxing Energy of this white, radiant, sparkling light entering your entire body and spreading throughout your body from head to foot.

Hold the breath for a slow count of five while feeling and enjoying as intensely as possible the radiant, sparkling white light bathe your entire body, and then slowly exhale to a further slow count of five. As you exhale, imagine as realistically as possible that your breath is a dark grey colour, and as you exhale this dark grey breath containing all negativity and tension is now leaving your body as you feel progressively more relaxed.

Now continue to relax for a further slow count of five and once again repeat the process of inhaling pure, radiant, white sparking light, again feeling its pure relaxing Energy entering and permeating your entire body from head to foot before finally once again exhaling the dark grey light, while at the same time feeling all tension and negativity leaving your body. All inhalations, pauses and exhalations should be carried out to the same slow count of five for each part of this process.

Repeat each breathing cycle at least five times, ideally continuing until you are feeling generally relaxed, refreshed and positive. Please note that while doing these breathing exercises you should inhale by using your entire diaphragm and not just your upper chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest, drawing in each breath in this way.

The next stage in deep physical relaxation, to be carried out immediately and following on from the first stage involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

To proceed with this phase of the exercises, while still retaining your relaxed feelings after the initial breathing exercises, imagine as vividly as possible a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Using as much imagination as you can summon make this sphere of light as bright, glowing and radiant as possible; as bright or even brighter than the sun on a clear summers day.

Next imagine as realistically as you possibly can this sphere of radiant light moving gradually upwards, first encompassing both of your feet. Your feet should now be completely bathed in this bright, glowing, energizing white light; you can feel the glow of the warmth of this bright, radiant, energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension draining quickly away from the area of your feet as they become extremely relaxed and free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from the area of your feet.

Next imagine the bright sphere of radiant white light moving slowly up your legs to the area of your calves. Again feel this area completely bathed in this bright, glowing, energizing white light, allowing the sphere of Universal light to remain in this position until both of your calves are completely free of all tension and completely relaxed just as with your feet area previously.

Next imagine the white sphere of radiant light moving still further up your legs until reaching your thighs. The sphere of light can very easily expand as much as it needs to do in order to fully encompass any area of your body at will. As with your feet and calves allow both of your thighs to bathe and relax completely in the glowing, radiant, energizing white Energy of the sphere of light. As

before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated, and this area now feels totally relaxed.

Repeat this process as the radiant, bright, white glowing sphere of Energy travels further up your body next reaching your hips and buttocks followed by your stomach and lower back areas, and then your chest and upper back, arms and shoulders. Your arms should remain totally straight by your sides allowing the sphere to encompass the entire trunk of your body and arms as it progressively makes its way up your body encompassing everything as it does so, and leaving each area totally fully relaxed.

The sphere of radiant white light now reaches your neck. Allow the sphere of radiant white light to bathe your neck area for longer, and as long as necessary for you to release all tension. Your neck can collect a considerable amount of tension and time must be provided for all tension to completely dissipate, ensuring your neck, as with your lower areas are completely relaxed and free of all tension.

Finally the glowing, white radiant sphere of light reaches your head. Allow it to remain around your head area while all tension completely dissipates from your face and head muscles, again leaving them totally and completely relaxed as with all of the lower parts of your body. After all muscles in your head feel totally relaxed, imagine the radiant, glowing white sphere of light traveling to the top of your head and remain there while you bask in the wonderful feeling of deep physical relaxation.

Healing Stage 3:

Now imagine the sphere of glowing, radiant white light travelling slowly down through your body once again, and directly to the site of your ailment. Again, it is most important to not think, even for a moment about your ailment. Think exclusively in terms of relaxation while allowing the bright, radiant white sphere to travel to the location of your ailment without thinking about it further.

Allow the bright, radiant while light to remain at the location of your ailment, always glowing brightly, radiantly and vibrantly, intensely feeling its soothing warmth.

Healing Stage 4:

Now start to perform breathing exercises, but rather than breathing in only through your nose, imagine as realistically as possible you are also breathing in Energy from the Universe at the site of your ailment. Again, if your ailment encompasses your entire body, imagine as realistically and vividly as possible, and always beyond any possible doubts that your entire body is breathing in Energy from the infinite supply of the Universe. It should be noted that we all continuously breathe and absorb Universal Energy, but this usually happens as an automatic, subconscious process, and accordingly most people will not be aware of it taking place at all, the usual focus of breathing being centred through the mouth and nose.

Imagine, as vividly as possible that with every single breath Universal Energy is entering your body through the pores of your skin, and feel it doing so with a particular recognisable sensation. This sensation varies from person to person, some feeling it as a glowing warmth, others feeling is as a tingling sensation, and others may well feel the pores are actually “breathing”, which indeed is in fact exactly what is happening. Regardless of the sensation it is very important to imagine the process of inhaling Universal Energy from your surroundings and the Universe, either at the site of your ailment, without dwelling on your element, or over the entire body as appropriate. Do this as vividly and realistically as possible, knowing beyond any doubt whatsoever this process is actually taking place, which indeed it is.

Inhale Universal Energy at the site of your ailment, without thinking about or dwelling on your ailment, or over your entire body as appropriate for a slow count of five, hold your breath for a further slow count of five, and then slowly breath out for a further slow

count of five, imagining as you exhale that all negativity is being released through your nose as a grey mist or cloud. The objective of this exercise is to inhale and concentrate pure, clean Vital Energy at the site of your ailment, or within the area of your entire body as appropriate, while removing all accumulated negative Energy during the exhalation process. It should be noted that this is exactly the same Universal Energy as is influenced during Pranic Healing or Reiki.

Healing Stage 5:

Maintain the image of the radiant, white, sphere of light glowing around and warming the entire area of your ailment or your entire body as appropriate. Feel with all appropriate senses of your imagination that your entire body including the site of your ailment is in total, vibrant, radiant health.

Know beyond any doubt that this is a Divine, pure, healing light, directly from The Source of all creation, The First Cause, from God. Again, it is most important not to unintentionally affirm your ailment by acknowledging its existence, but rather only concentrate on that particular area of your body without allowing the thought of your ailment to ever enter your Mind. Should a thought of the ailment enter your Mind, dismiss it immediately and move your full attention back to the healing process.

Ensuring you remain deeply, physically relaxed, imagine as vividly and realistically that not only that the area of your body affected by the ailment is enjoying vibrant health, but your entire body is also absolutely vibrant with complete health. The focus should be on the area of your ailment while knowing and enjoying beyond any doubts whatsoever the health of your entire body. Again, and this cannot be stressed enough, it is most important never, ever to think in terms of illness or of the actual ailment, but rather only in terms of absolute and complete health. Never therefore imagine your ailment will be cured, but rather know there is really no ailment at

all, and not only this part of your body but indeed your entire body is enjoying complete, vibrant, radiant health.

For example, if you have a cancer, visualise as intensively as possible that your entire body, including the area of your cancer growth, while not thinking in terms of the cancer growth or illness, is completely vibrant with perfect health. It is this focus, concentration and knowing beyond any doubt, with as much imagination, realism and emotion as you can possibly invoke that creates the conditions for the healing to take place within your inner bodies in the inner spheres by influencing Energy. Again, as with manifestation, this Energy manifests within the inner Energy levels first, thereby influencing the inner realities including your inner bodies, before in turn manifesting into your outer physical reality in accordance with Universal laws, thus manifesting total health of your physical body.

As this process first manifests into reality beyond space and time, you are not actually healing an existing ailment but rather you are creating the conditions whereby the ailment never actually ever existed within your inner bodies, and cannot accordingly manifest in your outermost physical body. Your body will be in perfect health as if the ailment never existed in the first place, which after the healing process is actually the case.

Again, and this has to be remembered at all times, it is extremely important as with the use of creative visualisation and imagination generally for the manifestation of anything at all to only visualise everything in the present tense, always with an absolute knowing beyond any doubts whatsoever that it is already a complete, total experiential reality. Again therefore, never visualise your ailment as being slowly cured, or that it will be cured in the future; you must rather concentrate, focus, visualise, imagine, and know beyond all doubts whatsoever that your entire body, including the area of your ailment, without ever acknowledging the existence of your ailment, is already enjoying total, radiant, perfect health in the present tense; this must not seem like wishful thinking, but rather a total, absolute unambiguous knowing.

The numerous and seemingly miraculous cures that have been brought about by this type of healing method are an absolute testimony to these realities. There are no theoretical limits to the healing of physical ailments however severe by means of these healing processes, so please, never have any doubts whatsoever in your Mind about this while healing yourself.

To complete the healing exercise maintain your state of relaxation, focus, concentration, and the presence of the radiant white sphere of light and Energy, together with your feeling, visualisation and imagination of total, vibrant, complete health for at least ten minutes, after which you can take a few deep breaths and completely relax.

It is extremely important to offer your most grateful thanks to God for the excellent health you are enjoying, and for the blessings you have received and are receiving, before continuing with your normal routine. Feel, as deeply as possible extreme gratitude for how well you feel, how perfect your health is, and for everything and everyone in your life.

When proceeding with your daily affairs never dwell on your ailment, or in particular on the success of your healing sessions. Leave everything to the Universe, The Source, God in the knowing that the Energy is already influenced and is manifesting your desired result; in this case your, total, vibrant health.

If you do happen to think about your health, it is absolutely vital to only think about it in completely positive terms and with a complete feeling and knowing of absolute vibrant, radiant health. Difficult though it might seem at first, it is most important to never think negatively about your ailment or your health generally, or indeed to think about the ailment at all, otherwise those thoughts will neutralise your positive thoughts and therefore the healing process by acknowledging the existence of the ailment, thereby attracting

the associated Energy associated with experiencing the ailment rather than being free of it.

Should you ever find yourself thinking about your ailment in any way, even for a moment, immediately repeat an affirmation, preferably the same affirmation each time such as “I always enjoy complete, radiant health, in every aspect of my being”. It is always a good idea to repeat an affirmation as often as possible, and also to write it down and place copies of it around your home where you will see it, repeating the affirmation it as often as possible. Placing a copy of the affirmation on your PC desktop is an excellent idea if you use your PC frequently.

Successful healing means only influencing and attracting the most positive healing Energy within the inner spheres of life, and ultimately your physical body will reflect this completely in terms of complete, radiant, vibrant health. This reality quite simply has to be so in accordance with the principle of correspondence as discussed earlier, “as above, so below”, and you should always be Mindful of this, and know it to be true beyond any doubts.

Continue your healing sessions as often as possible, ideally twice each day until you are fully healed. As with creative visualisation for manifestation, the best times of the day to perform healing are just after arising in the morning and just before retiring for sleep at night when you are in closest contact with your subconscious Mind and inner spheres. Any other time of the day is fine however providing you can attain and maintain the required level of deep physical relaxation and concentration required for the exercises, in a location where you will not be disturbed. After any healing exercise, as with manifestation, or indeed any time you are working with God, the Universe, The Source to attract something into your life, always remember to thank God most sincerely and reverently and with the deepest gratitude for the blessings received, and feel the gratitude for these blessings deeply and with emotion.
In addition to healing yourself you can also use this process to heal others. Healing others is extremely worthwhile and satisfying, and

in accordance with the law of Cause and Effect, whatever blessings you send out to others will equally return to you. Again however, it must be stressed that healing others must only be carried out with their consent, otherwise there is a real risk of infringing the freewill of that person to be ill, or preventing them from learning valuable lessons as a result of their suffering. Although karma takes motive into account, motive being an Energy influenced by Mind, it is never good to operate against the freewill or permission of others regardless of how you perceive their circumstances. If a person is too ill to grant such permission, then take as much time as you need to meditate and ask the question with total focus as to whether you should send healing Energy to the afflicted person. When you receive your reply you should obey that reply totally and without question. Your Higher-Self knows the entire picture for all concerned and should be respected and obeyed at all times.

Many genuine, highly accomplished healers dedicate their entire lives to healing others without any thought whatsoever of reward, recompense or recognition, and do so purely out of Unconditional Love and service to mankind. We are all, each and every one of us equal aspects of God, and therefore healing others is also equally healing an aspect of God, and therefore of ourselves.

There are absolutely no limitations of distance for healing. As previously discussed, the process of healing occurs beyond the confines of physical space and time, neither of which therefore present any sort of barrier or limitation. Providing you can clearly visualise the person who you will be healing and know the nature and site of their ailment, they can be healed every bit as effectively as if they are in the exactly same room as you.

The process for the remote healing of others is very similar to the process of self-healing. Again, as before, healing others can be performed with a pure creative visualisation process in exactly the same way as manifestation, or with a more formal process. If using the straight creative visualisation process to manifest health for another person, simple vividly imagine beyond any doubt and with

as much emotion as possible the person you are healing, and know they are enjoying complete, total vibrant health. See and know how happy and joyous they are to be feeling so joyously healthy.

In order to assist the visualisation process, if you have a photograph of the person you are healing, take as much time as necessary before commencing the healing session to concentrate on the photograph, remembering every single detail of the person before proceeding with the healing process. Continue this healing process as frequently as possible, preferably at least twice each day until the person is completely healed. Again, as with all manifestation, just before drifting off to sleep and just after awaking in the morning are excellent times to perform these healing processes.

To commence the more formal healing process, start with the deep physical relaxation exercises as previously discussed. Also perform the Energy breathing exercises as previously described. This time, having completed the Energy breathing exercises, instead of allowing the radiant, white sphere of light to travel back into the Universe, imagine it travelling directly to the area of your chest, your heart chakra. Feel the Energy and the warmth of this vibrant, radiant, white sphere of Energy as it bathes your entire chest area. Next, imagine as realistically as possible a radiant, white beam of light being projected directly from your heart chakra, reaching out and connecting with the person you are healing. Remember, distance is not important and represents no barriers whatsoever to healing.

Imagine also, as realistically as possible, that the Energy stored within your body is transmitted to the person from your heart chakra as a white beam of bright, vibrant, healing, light. You are sending the person both healing light and Energy.

Now imagine this beam of vibrant white light, and the Energy being transmitted with it, to connect directly with, and to bath the area of the ailment of the person being healed or their entire body as

appropriate. Use all of the powers of your imagination to know, beyond any doubt that the person you are healing is already in the most perfect, vibrant, glowing health.

Now continue the healing process exactly as you would for healing yourself except that all of your visualisations should be intensively focussed with as much concentration as possible on the area of the person being healed rather than your own body. Continue to imagine and visualise with as much feeling and emotion as possible while sending healing Energy from your heart chakra, and as always with an absolute knowing, beyond any doubt that the person is in total and complete radiant, vibrant health. Never, even for a single moment doubt they are enjoying anything but complete, total vibrant health. As always, this must be known in the present tense as an absolute reality, and in the present moment. Never think, even for a moment that the person you are healing has an ailment, or they will be healed, but rather only they are already totally glowing, radiant and vibrant with complete health.

Conclude your remote healing session in the same way as a self-healing session. Feel the deepest and most sincere gratitude for the opportunity to heal another Son or Daughter of God, sending the most sincere gratitude to The Source, The First Cause, to God for healing another.

The same principles apply as you go about your daily affairs; do not think about the other person, the subject of your remote healing, always trusting everything to the Universe. Should you bring the person to Mind, always think and imagine them in terms of nothing less than enjoying complete, radiant, vibrant health, never allowing thoughts of their ailment or whether they will be healed to enter your Mind. Any thoughts about whether they will be healed, or whether the healing is having an effect will attract negative Energy along with the reality affirming that the ailment exists; this should never be allowed to occur. Again, as with self-healing, an affirmation is always an excellent way to remain focussed and to

neutralise any negative or non-present tense thoughts, such as "…….is always enjoying complete, vibrant, radiant health".

In addition to healing yourself and other people you can also heal animals and even the environment using these healing methods. The process is exactly the same as for remote healing and should be performed in exactly the same way; visualise the creature being healed, the rain forest, or any other aspect of the environment as enjoying complete, vibrant, radiant health. You can also heal a particular aspect of the creature or environment as with the healing process discussed, but again always think, imagine and concentrate in the present tense, and never in terms of it happening in the future which attracts the Energy of an existing problem. The Energy needing to be created and manifested within the inner worlds beyond space and time are ones of perfection. Sending healing Energy to the entire planet and all mankind in this way is similar to the Twin Hearts meditation as practiced previously, and is extremely worthwhile. Always remember that although this should never be a prime motivation, in accordance with the laws of Cause and Effect, everything you send out to others or to anything in the Universe will be returned to you in kind.

Chapter 99: Living Your Own Reality

In the previous section of this book, we discussed the many different, and powerful ways of assuming full control over every aspect of your own life and destiny. How to concentrate, meditate, manifest your desires, healing, and how to protect yourself, loved ones, and home from negative Energy and entities.

Living and creating your own reality, and therefore managing and being in full control of your own destiny can mean so much more than simply practicing these abilities when the need arises, it could, and indeed should be a way of life. The integration into your ongoing life and path of concentration, positive thinking, meditation, manifestation, healing and psychic defence, all as completely natural and free-flowing aspects of your Being will enhance the quality of your life and those around you dramatically.

Everyone should always know beyond any doubt whatsoever that you are Son or Daughter of God, that you are immortal and made in the true Spiritual image of God, and therefore you are a co-creator in the microcosm, your own world, just as God is the Prime Creator in the entire Universe, the Macrocosm within Who's Mind the Universe in all its glory has its Being. All of your ongoing actions and in particular your thoughts therefore have a most profound effect both on your own reality and also the reality all those and everything around you.

Rather than simply thinking positively from time to time or manifesting desires only when you need something in particular, healing when you or someone else is ill, or applying countermeasures when threatened by negative influences, living every waking minute of every single day in this way will bring about profoundly positive benefits. By practicing daily meditation, always thinking positively about your objectives while knowing beyond doubt and with absolute certainty they have already manifested into your life, by always thinking in terms of perfect health and safety for

yourself, family and home, then this will indeed become your own true reality.

We are as we think, all creating our own realities in accordance with our thought processes and in particular what we choose to focus and concentrate on. By being Mindful of, and in full control over your thoughts at all times, by only focussing on what you need, then your life will be complete peace and harmony with all of your needs fulfilled from the infinite abundance of the Universe. The pressures and trials of the material world will no longer intrude, knowing that you have complete control over your own reality and destiny, and accordingly nothing can possibly affect or harm you.

Again, and the importance of this statement simply cannot be overstated, **each and every person creates their own reality.** Although others might seek to affect your reality from time to time, either deliberately or unknowingly, only you and you alone can ultimately create and manage your own individual reality, thus ensuring that external influences cannot and will not affect your life or that of those around you.

Living your own reality involves living consciously in every moment of every day. Most people today are still carried along on a wave of circumstances they simply react to in the moment in a random and non-structured way. The thoughts of most people are random, scattered and unfocussed and lacking the power to influence anything at all significantly. Many people constantly produce negative thoughts yielding correspondingly negative consequences and often negative karma, particularly if those thoughts are directed at or affect others.

As a very basic illustration of how people create their own realities, let us look at two people visiting a major city for the very first time. The first person has no real control over their own life, usually tends to think in a cynical, negative and unfocussed way, and generally therefore always sees the negative side of everything. The second person always understands and has full control over their own

reality, and accordingly always sees the positive in everything and everyone.

When arriving at the city for the first time the first person immediately sees only a noisy, grimy, depressing place, with crowded streets, overpriced shops and miserable looking strangers. The second person arriving in the very same city for the first time immediately sees many wonderful places of interest, a vibrant atmosphere, lots of inviting places to shop for bargains and all manner of delightful goods, a place where everyone is always happy, smiling and friendly.

The first person has a miserable time during their visit to this city, whereas the second person has a wonderful time. This city is exactly the same place in both cases, but the first person has created a completely negative reality whereas the second person has created a positive reality. In this particular example neither person has tangibly altered the physical reality of the city but rather the way in which they perceive it to be very different, and which has a profound effect on each of them in accordance with their own individual perceptions and focus, and therefore control over their own respective realities.

When these people interact with the residents and places within this city, their individual realities will affect others in the same way. If many such people were to visit exactly the same city, these people would in turn begin to affect the reality of the entire city by propagating either positive or negative vibrations of Energy, which in turn have their effect on the plane of the human Mind of the people in that location. This is a simple example of how people can profoundly affect their own immediate reality and that of everyone around them.

As discussed before in this book, the reality of this can be extended to encompass the entire planet Earth. If everyone on Earth were to stop focussing their attention on everything in physical existence on the planet, then everything on Earth that was previously created by

the Mind of humans would simply disappear as a physical reality, because the collective, consensus human Mind would no longer be influencing the Energy that sustains physical things, which, as with the Astral worlds, are nothing more than an illusion on a large scale perpetuated only by the Mind of the beings residing there.

Of course it often takes more time to affect realities than with these particular examples. As we already know, positive and negative thoughts, emotions, imaginations and other powers of the Mind will first manifest within the inner spheres of life before subsequently manifesting into the density of the physical world as a reality in accordance with the Universal principle of correspondence, observable in turn by the five physical senses. In this way all thoughts, emotions, and imaginations, however large or small, however positive or negative, will always manifest into your own reality sooner or later in accordance with immutable Universal laws. The person in full control of their own life and destiny will be Mindful of this always, and will live, think and behave accordingly.

People who are fully aware of the ways of the Universe and of Spirit, consciously living their own reality, can make use of the immense powers of imagination, creative visualisation and concentration in order to alter any aspect of their own reality to suit their own particular ongoing needs simply by focussing on the desired result and willing it to be so. Living your own reality is not therefore simply a matter of manifesting your own desires into your life, healing, protection and influencing your own life and those of others, but also consciously influencing the way in which you perceive and interact with your environment, and in particular the Energy from which it is constituted. Once a person knows that at a quantum level everything without exception is Energy that is influence and shaped by the immense powers of the Mind, that person will know that anything and everything is truly possible. This knowledge in turn profoundly affects overall states of ongoing happiness, tranquillity, peace, harmony and personal evolution along the sacred path back to The Source, The First Cause, God, to evolve back to Whom is the true meaning of life.

Of course most people do think positively from time to time, for example in moments of optimism, but any unstructured negative thoughts will always cancel out correspondingly positive thoughts and ultimately result in an overall negative bias if negative thoughts are allowed to predominate. Unfortunately due to the often materialistic, cynical and egotistic world of today, many people tend to exhibit a predominance of negativity which will in turn inevitably result in a negative emphasis on their own individual realities and that of those around them. This predominantly negative or indifferent attitude towards the environment, other people and life generally is one of the major problems confronting mankind today on a global scale, and a major contributory reason why the world is in the state it is in today.

By being totally conscious of and living for every moment with complete realisation of the profound importance of consciously experiencing and creating every single moment, you can make every such moment really make a difference, thus ensuring the emphasis of your own reality and that of those around you is overwhelmingly positive and effective. You will not only manage and be the master of your own reality but will also become immune to the Energy influence as a result of the negative thoughts, attitudes and effects generated by the other people you come into contact with every day while at work, shopping and everywhere else you need to go.

If only everyone were to live in conscious and full positive control over their own Mind and therefore individual realities, always living for their own true destiny, for those around them and that of all of mankind, the world of today would inevitably be a vastly better place, the “kingdom of heaven on Earth” it was always destined to be, and which one day, hopefully soon, will surely become an absolute reality.

Living your own reality should be a lifelong commitment, not only in this life but also any future lives. The more you can control and master your own inner world, the more you will positively affect and

control your outer world. You should therefore not only therefore perform the manifestation of your desires, healing, protection and everything else discussed in the previous sections when you have a particular need, but always endeavour to think consciously and positively, always striving to integrate these into your life at both conscious and subconscious levels. Always see everything around you in the most positive light, with peace, harmony, and happiness, in the certain knowing that you are in the flow and an integral aspect of the entire Universe, of God, in all dimensions, spheres and realms of reality, and your world will equally be peace, harmony and happiness.

Chapter 100: Our Ultimate Destiny

Everyone should know that first and foremost that we are all, without exception, a Son or Daughter of God, The One, The Source, The First Cause, The Prime Creator, an immortal Spirit made in the true Spiritual image of God, to Whom it is the ultimate destiny of everyone to return as perfected human beings, God people. This is the true, absolute and ultimate meaning of life. When end of the path is reached, each and every person will have the opportunity to relinquish individuality and reunite with God from whence you came as a perfected human being, or of retaining individuality and continuing as a “God person”, working within the Universe in all spheres assisting people from planets further down the path to continue their own ascent, just as humans continue to be assisted in turn, and just as with all of those races of the Universe that have gone before.

Those who do choose to reunite with The Source, The First Cause, with God, will experience an expansion of Consciousness encompassing The All, and finally All in the Universe will become known. It should be mentioned at this stage that as we are already integral as aspects of God, when we speak of “Unity with God” we really do mean Unity with The Source, the First Cause, The Prime Creator, the very highest, and most incomprehensible Being of all which some refer to as the “Godhead”, the most supreme intelligence, intellect, Energy, vibration, the true Master and Creator of the entire Universe in all of its magnificent spheres of reality in which we live and breath and have our being.

Unity with God is therefore not at all the end of existence, or is it the end of Consciousness awareness, but rather the end of the individual path and therefore of individuality. Before being born into the physical world for the very first time, we all and still do exist as Spirit, but unified with The One. Being born for the first time is to be receive individuality, a means of expression of God, first in the physical world and then through the inner spheres of life, and the means by which the journey back to The Source can be attained.

The path to perfection is a very long one, but nevertheless a path which everyone should journey with absolute joy, passion and happiness, and a total Mindfulness of the ultimate and most sacred destiny. The more inwards along the path reached, the more Light, peaceful, harmonious, glorious and blissful will be the conditions prevailing, with realms and states of being that are completely beyond the wildest comprehensions of earthly humans. As mankind ascends ever further along the path, the greater will be the abilities acquired along the way; abilities beyond the very wildest dreams of mankind at the lower levels, abilities even far and way beyond those any human would believe the Gods to possess.

During the great ascent on the path to perfection, people are willingly of service to others, always assisting those further along the path progressing ever inwards in turn; a process continuing at every level of the Universe from the very highest to the very lowest, as even now beings of the inner worlds are assisting humanity on Earth.

Everyone living now, who has ever lived, and will ever live, has always existed as an immortal aspect and expression of God. When a human being becomes an individual person for the first time, at the time of the very first incarnation into the physical world, a Divine spark of Spirit of God descends from the Logos and unites with an embryo in an as yet unborn human body, thus commencing a very first life as an incarnate, individual physical human being, an expression of God, just embarking on the journey of the glorious path to perfection back to God. From that moment forth the person becomes an individual aspect of God, and from that moment forth has set foot on the sacred path ultimately leading back home to our Divine Creator from Whence we came, the ultimate, truest and most sacred meaning of life.

The physical world can be likened to a kindergarten while the inner spheres of life ultimately leading back to God can be likened to post graduate University. No person can ever be born as a child into the

physical world and then attend and graduate from University on the very same day. During the first few years of physical life a child learns to survive in the physical world by learning the basics and physical skills necessary for living and survival in a world of physical matter, eventually progressing through all levels of education until finally leaving University with the necessary qualifications to assist him or her through the remainder of that particular physical life, should that be their choice.

And so it is with the evolution of all mankind but on the grand, Universal scale. Before any human being can graduate to the inner, more blissful, harmonious, glorious spheres of life it is first of all necessary to learn the fundamental lessons and to balance accumulated negative karma. Over the course of numerous lives on Earth more lessons are learned and karma balanced. Over time each and every person will begin to realise the physical world for the illusion what it really is, will learn more necessary lessons, will accumulate more positive karma than negative karma, and eventually the greater realities of the Universe now seeming so much of a mystery will become known. Thus released from the rigours of the physical world a person can focus on the sacred journey towards the inner worlds on the sacred path back to our Divine Creator, The First Cause, back to God.

There are many paths leading back to God. While no path is correct or incorrect the ultimate requirements are always the same, only the means of achievement differing. While many people might well currently believe they enjoy the physical world with all of its materialism and stimulation of the five physical senses, such people in reality have absolutely no concept whatsoever of the true glories, peace, Light, bliss and harmony as taught by inner Spiritual intelligences throughout the ages of the inner worlds. Those who are aware of and understand the nature of these inner realities will never delay; the need to make progress, to escape the illusion and density of the physical world will become a passion and a sacred task. Those who do choose to turn their back on these realities, thereby delaying their own ascent for whatever reason, will trail

ever further behind on the sacred path, while fellows of the human race are attaining, discovering, and experiencing conditions of glory, splendour and Love, far, far and away beyond the comprehension of those left further behind.

When humans ascend to these levels, the physical, and indeed the Astral worlds are seen and understood for what they really are, and what they really represent. As the great ascent continues, those inner along the path will in turn assist those further down the path in their own ascent, such is the way of the Universe at all levels of life and reality from the physical world to The Source, The First Cause, God. There is nothing whatsoever to be gained by delaying, thus ensuring a continuing cycle of reincarnation into the physical world of matter. Everyone can make very real progress towards true destiny, ultimately unity with God should that be desired, and to which most sacred destiny the remainder of this book is dedicated.

Chapter 101: Know Thyself

An absolutely fundamental requirement for achieving permanent, genuine and real progress is to “know yourself”. This truth has been taught by the sages of many ancient sources of knowledge throughout the world for many thousands of years as an absolutely fundamental aspect of achieving true, ongoing, enduring progress. Many people unfortunately do not know themselves, merely existing through each life without any sense of purpose, merely reacting to circumstances in an incoherent and unstructured way, often not even realising what they are doing or saying, or why they react as they do. Indeed, most people do not even think about these things or the consequences of the way in which they choose to live. Knowing yourself is an extremely important aspect of personal evolution, not only for making genuine progress on the path but also for achieving true harmony and peace in your life and in the life of those around you.

Knowing yourself can often be a very difficult task requiring much discipline, honesty and self-examination. This process can sometimes be very upsetting at first for many people as they discover and face aspects of themselves they really do not like. Nevertheless, these are often the very same aspects that can cause the most problems in preventing ultimate happiness, and a smooth, harmonious progress through each and every life and on the path.

To actually know yourself is really only the start. It is extremely important to identify and recognise those aspects of self that are holding you back, and to eradicate or transmute those negative aspects of self until finally your body, Soul and Spirit exhibit only the most positive and purest of attributes. This process requires much courage and perseverance, but the rewards are very considerable, both in life and for ongoing progress; indeed, without dealing with the negative aspects of self, enduring, true progress quite simply cannot be made, progress which sooner or later is the destiny of everyone, and should therefore not be delayed or

compromised. Until true progress is made, the cycle of reincarnation into the physical world of matter continues until all lessons have been learned, fully integrated and applied.

The process of ennoblement on the path to perfection back to The Source, The First Cause, back to God is so important for ongoing progression that there have been numerous references to it over the ages from many ancient sources around the world. The ancient art of “alchemy” is not merely the transmuting of base metals into gold as most people suppose, but rather the transmutation of base human imperfections into purity, the gold of perfection.

With knowing self comes a further and very important responsibility; that of never judging others. People who judge others also judge themselves to exactly the same extent. Of course everyone should also assist each other on the path when appropriate and possible to do so, and in particular when requested to do so, but such help must always be extended both out of Unconditional Love and a genuine and sincere desire to be of service to others without any thoughts at all for self, reward or gain.

Chapter 102: Transcending the Ego

One of the very biggest challenges facing the evolution of any person is in overcoming the demands of the individual ego. It is simply not possible to achieve enduring and genuine progress until the ego has been well and truly brought under control to the extent that it no longer exerts any negative or detrimental influence upon self or anyone else.

The ego is that aspect of a person striving to make its presence felt both on the individual personality and upon others. The ego constantly demands to be satisfied and satiated otherwise discontent and personal disharmony will be the result if the demands of the ego are not fulfilled. The ego is responsible for many negative human traits, including but certainly not limited to being critical and judgemental of others, being rigid and inflexible, being manipulative, need to feel superior, feeling anxious and fearful, mood swings, taking everything too personally, taking everything too seriously, constant need for approval and praise, feeling hurried and driven to do things, competing rather than cooperating, feeling resentful and guilty, unable to live in the present moment, addictions to alcohol, tobacco and other Mind altering substances, overly concerned with personal appearance, overly concerned with success, feeling insecure, constant worry over trivialities, clinging to the past, feelings of despair and hopelessness, feeling life is meaningless, and the need for power over others. All of these are seriously negative human traits, and ones that can easily make a persons life a misery.

The ego causes an illusory focus on those aspects of the physical world that are really not at all important for peace, harmony and happiness, and most importantly for enduring and true evolution and progression. Without true inner peace, harmony and living in Spirit, true progress quite simply cannot be made. The ego must therefore be considered to be an unwelcome adversary, focussing on the individual self rather than absolute reality, and above all one

that focuses on self rather than the most sacred path and true meaning of life.

Many people are very quick to blame others or the world in general for their own problems; it is always much easier for people to blame everything and everyone else rather than having to face up to everything themselves, thereby taking full responsibility for their own thoughts and actions. Whenever anything adverse happens the immediate reaction of many is usually focussed towards looking for scapegoats rather than looking inwards towards self for the real cause of the corresponding effect. Some people are so much under the control of their own ego that they really are absolutely convinced they are always right and everyone else, and indeed the rest of the Universe must always be completely wrong; a level of ego which can have most detrimental consequences indeed for such an individual.

The ego constantly strives to have people believe they are not responsible for their own actions but are rather a victim of circumstance or of the state of the world in general. Such a person might blame family, friends, politicians, people they work with, work bosses, or simply ascribe negative effects to such non-existent notions as “bad luck”, “fortune” or “chance”. In fact absolutely anyone and everyone they can associate with a situation which was ultimately caused by their own personal actions will be blamed rather than blaming the true cause; themselves.

The ego constantly strives to be always right, always superior, never wrong and never inferior. The ego constantly seeks self-importance, power and superiority over others, often at any cost, and regardless of who they are affecting or hurting at the same time.

The ego is not something that can simply be destroyed; it is rather a vital aspect of individuality, for life and indeed for conscious awareness. The ultimate objective therefore is not to attempt to destroy the ego but rather to transcend the influence of the ego,

thereby bringing it under complete control in order to serve its intended purpose by accentuating its necessary positive attributes while suppressing the negative and destructive attributes so detrimental to genuine peace, happiness, harmony, and most importantly personal evolution and progress.

The ego can be likened to a telescope on the world collecting sensory information, and delivering such information to the five physical senses and the Mind. The fact is however, many people still do not simply accept the information being received through the ego as a necessary part of conscious existence, they also proceed to analyse or very often even over-analyse the information received through the ego, reacting or over-reacting to it accordingly.

The ego can be likened to a postal service, delivering letters to the Mind for advisory and information purposes. These letters should be immediately acknowledged and then filed away for future reference if appropriate. Instead, many people will actually open the letters and then proceed to tell the ego how to respond to the sensory information received. Furthermore, many people have a tendency to see only those things they want to see, and accordingly are selective over which letters to the Mind they will open and which they will subsequently respond to.

The ego likes to make comparisons, particularly with other people. In an of itself making comparisons is fine for the purposes of making a necessary choice, the problems really arise when the ego is not satisfied by merely making comparisons but is allowed to extend the comparisons to include comparative judgements about other people, possessions, and everything else the ego erroneously regards as important. The ego will for example encourage people to take up various sports, hobbies and skills, often not merely for the benefits or health, happiness and relaxation which they can surely bring, but also as a means of seeming superior to others by means of making comparisons with others relative to these pastimes.

The ego however does need to make comparisons as a function of living in the material world. For example, when walking around a supermarket, comparisons need to be made between the quality and prices of items to be purchased. This sort of comparison is very useful and is being applied for positive reasons. The problems would arise in this case however when comparing an item, not for genuine reasons of price or quality, but rather with view to making a purchasing decision based on the perception that the item is superior to an equivalent item already owned by a neighbour, friend or relative.

The same example would hold true in purchasing a new car for example, and indeed any highly visible object by which people believe they will be personally judged. In the example of the car, subjective comparisons must of course be made between all of the options available in order to take account such fundamentals as fuel economy, insurance costs, servicing costs and many other necessary and relevant factors, all of which need to be justifiably reconciled before such a significant purchase can be justified.

The ego will take over if allowed to do so however by endeavouring to ensure the car is bigger than those of friends, neighbours, relatives and others, has more seats, a bigger engine, better acceleration and top speed, more internal luxuries, better electronic equipment and so on. The ego in this case has clearly caused the purchaser of the car to make a significant purchasing decision over and above that which was fundamentally justifiable, based almost entirely on egotistical reasons; the need for a feeling of perceived superiority over others.

The ego often exerts a particularly strong influence in personal relationships. Everyone should be attracted to a partner for individual personality and other genuine qualities and virtues, because they share common interests for example, and in general because they are very well suited to each other. Some people however will be attracted to a partner for much more superficial reasons, often because they perceive the partner to be glamorous,

handsome, appears to be generally attractive in the eyes of others, or very often because they are perceived to be wealthy. In these cases the ego is in full control over something as fundamentally important as choosing a partner, or even a future husband or wife. This of course is a very major contributory reason as to why so many marriages result in separation, divorce or ongoing unhappiness, a situation that is escalating due to the demands of the ego, and the focus and priorities of mankind generally, often motivated by materialism.

The ego has delusions of grandeur and likes nothing more than to be noticed, flattered and admired. In reality of course nothing ever makes anyone better or in any way more superior as compared with anyone else. Every single person without exception is an equal aspect of God, made in the true Spiritual image of God, but each having unique characteristics, abilities, shortcomings to face and so on.

If we judge others then we equally judge ourselves. Acceptance is a most important aspect of life, acceptance of everyone for what they really are and what they represent, and most importantly as an equal expression of God, The Source, The First Cause of Whom we are all equal aspects.

The other side of the ego is in feeling worse or inferior by comparison with others. People might perceive themselves for example to feel useless, unworthy, unwanted, and many other such negative perceptions of self. There really is no difference at all between this side of the ego and the one suffering from delusions of grandeur; they are all positive and negative aspects and degrees of the same thing. Ultimately to transcend the ego is to know beyond any doubts whatsoever that everyone without any exceptions are equal, and to live and interact with people and situations accordingly. The Source, The First Cause, God is perfection, and everyone without exception is an inseparable expression and equal aspect of that same perfection.

The ego will revel in exerting its influence over many other aspects of peoples lives. For example many people like to feel sorry for themselves by feeling they are a victim or a martyr in some way. Such people will often feel everything is hopeless, that they are burdened with demands and responsibilities they cannot handle, feel unappreciated, misunderstood, feel badly treated and generally believing they are the victim of bad luck, chance, fortune and other such non-existent notions.

The ego does not like responsibility and will often do whatever it can to deny and avoid responsibility. Typical signs the ego is in control of responsibility are when people blame others for everything that goes wrong in their own lives. The ego will typically blame anyone and everyone except themselves for anything happening they do not like or will not accept responsibility for, be it by the government, a friend, a neighbour, a family member, a work colleague or indeed anyone else who happens to be nearby at the time and can conveniently be blamed. As we already know, each and every person creates their own reality, and thus to blame others is quite simply futile.

This is not to say however people are knowingly creating situations giving rise to the response of the ego, but are rather doing so subconsciously. It is not until all negative situations are accepted and fully analysed can the realisation be reached as to the origins of the situation, and thereby positive actions be taken to make the necessary corrections.

Accepting and taking full responsibility for all such situations is empowering, and those who can achieve this will have considerably more control over every aspect of their own lives, will be in conscious control of creating their own reality, and as a direct result experience a much happier, more peaceful and harmonious life.

The ego also revels in the illusion of always being busy. People often like to believe they are so busy with daily work, chores and other responsibilities that they have no time available for anything

or anyone else, often including themselves. The more a person dwells on this illusion of busyness, the busier they will believe they really are; a situation that can quickly escalate into a full busyness martyr syndrome. Worse still, if the ego believes a person is not busy enough it will create work in order to justify the illusion of busyness, often repeating the same chores and tasks over and over again until they are perceived to be satisfactory, and the need for feeling busy has accordingly satisfied the ego. Such people always consider themselves to be very busy, always endeavouring to make the people around them believe they really are busy, and yet still getting nowhere in particular and not achieving much of any real significance, certainly not in proportion to their perceived workload.

The ego also often revels in disaster, particularly when it happens to people who are not liked. People unfortunately often revel in the misfortunes of others on whatever scale the misfortune occurs, whether it is a problem at work, someone losing their employment, a marriage breaking up or simply a general lack of ability by someone to accomplish something. Unfortunately, people generally find it much easier to revel in the misfortune of others than to equally share in their happiness when good and positive things happen to the same people. This is again another extremely negative and insidious attribute of the ego, believing itself to be always superior and revelling in the misfortune of others in order to satisfy itself and to create an illusion of perceived superiority over others.

Notwithstanding all of its insidious influences, the ego is nevertheless a vital aspect of conscious awareness and can therefore never be destroyed. At the same time the ego is frequently responsible for considerable misery and suffering, and a lack of peace and harmony generally. It strives to dominate and feel superior, and always insists on getting its own way if at all possible. The ego can, and profoundly will hold people back both in everyday life and in personal evolution and progression on the path. Until such time as the ego is tamed and its influence fully transcended,

true and enduring progress, peace, happiness and harmony quite simply cannot be achieved and maintained.

Chapter 103: Practice of Transcending the Ego

In order to transcend the negative influences of the ego, it is first of all necessary to fully recognise the presence and influence of the ego and the insidious effects it can exert over our own lives and the lives of others, and then to systematically neutralise all of those negative effects originating from the influence of the ego.

Commence the practice of transcending the ego by writing down in a suitable notebook or journal of the type easily maintained and referred to, a list of all of those things in your life that makes you feel better or more superior than others. Do not hurry with this exercise and be completely and utterly honest with yourself at all times; think and meditate deeply, ensuring that absolutely nothing is left out of your list. There is nothing at all to be gained by being less than totally honest with yourself during the important initial stage of these exercises.

There is no rush, it would be better to compose your list over the course of a few days or even weeks, giving yourself plenty of time to identify all of those areas where you might feel superior to other people; no item of such superior feelings should be left out of your list. It is a very good idea indeed to carry your notebook or journal with you, and whenever you feel superior or better than others in any way whatsoever immediately write it down before you forget about it.

You really do need to be totally honest and hard on yourself while compiling this list of egotistical traits. Do not convince or flatter yourself in any way that you do not really feel superior in any particular way if in fact you really do, or worse believe you really are indeed superior and therefore should not note that particular aspect of ego in your list at all. Every single aspect of your ego causing you to feel superior to others in any way whatsoever should be immediately noted without any hesitations at all. Continue this process until you are absolutely sure that you have your complete and definitive list of areas where you in any way feel superior or

better than others. Put aside at least ten minutes each and every day for this next stage of the process of transcending the ego until the process is complete and you have your definite list of ego driven influences in your life.

For the next stage in this process of transcending your ego, sit down quietly and relax in a place where you know you will not be disturbed. Now look at the first item on your list of feeling superior and deeply consider, with as much sincerity and emotion as you can possibly summon, just how absolutely ridiculous it is to feel superior over such a thing. Understand exactly why you believe in your own Mind you are superior in this particular area and know the reality and the truth that you are really are not superior at all. Know beyond any doubt that it is rather only your ego causing you to feel superior in this way in order to satisfy its own selfish demands.

It is most important in this process of considering exactly why you feel superior to others to always be Mindful of the fact the people who you are comparing yourself with might have chosen to not to place any particular relevance or importance on the same thing. For example, if you believe yourself to be a superior cook to your neighbour, friend or relative, be Mindful of the fact they might not consider cooking to be very important at all, and therefore always prefer to choose more simply prepared foods. This does not make you in any way superior to your neighbour, friend or relative in terms cooking, but rather they have used their own freewill in order to create for themselves a reality whereby cooking is simply not a priority, and is therefore not as important to them as the emphasis you place upon your own cooking; they quite simply prefer to enjoy simple, easy to prepare foods.

You should then be able to see your perceived superiority for the illusion it really is, entirely created by your ego. Continue down your list thoroughly and honestly, analysing and reconciling every single area where you believe yourself to be superior to others. Again, you have to be completely, utterly and totally honest with yourself in every respect, no matter how much it affects your feelings and in

particular your ego. Your ego will protest most emphatically at this scrutiny of the areas in which it revels in causing you to feel superior; simply disregard it and continue with this important task; you ego will sooner or later have to accept it.

Always remember; true progress simply cannot be made, or true happiness, peace and harmony achieved until you know yourself completely, regardless of how many lifetimes this process takes, and that transcending the ego is an integral and vital aspect of this process.

While contemplating upon and analysing each item in your list, look at every single aspect as to exactly why you might feel superior in that particular area. It might not for example be something caused by your current circumstances, it might rather be something from your past such as a long held desire to be superior in that particular area, thus causing the illusion you really are superior in that area. It might be a subconscious desire to be superior in that particular area that is already causing you to feel superior. Remember once again the extremely important truth that **we all create our own reality**, and you might well in these circumstances have already created the reality of superiority in that particular area of your life, in which case the reality will need to be converted in order to be compatible with your overall true reality.

Each area where you feel superior will be different and be caused by different reasons from your past, present, or perceived future. It might have an emotional basis, it might be based on a deeply held desire or it might be based on jealousy or on any one of a wide range of other such possibilities.

Not until you have completely reconciled each and every ego induced item on your list, and recognised it for the ego generated illusion it really is, and above all resolved to completely reconcile each such item to the extent it no longer influences you or your life can you move on to the next item on your list. Until you know beyond any doubt whatsoever you can proceed without ever feeling

superior in that particular area again, then do not progress to the next item. You might find some items to be relatively easy to reconcile and others which are much more difficult depending on the origin, reasons and strength of the ego in that particular area where you feel superior.

Once you have fully and completely reconciled your entire ego list of where you felt superior and have seen each item for the illusion it really is, and determined never, ever, to feel superior in those areas again, you can then proceed to the next stage of this process. It should be noted first however that this is very much an ongoing process. If you ever find yourself feeling superior about anything at all then immediately write it down and reconcile it at the very first opportunity. The ego will not be at all happy at being deprived of its perceived superiorities and might constantly strive to replace them with more. Be constantly vigilant therefore reconciling all feelings of superiority as they arise, and over time the ego will get the message and reach the realisation that creating any more superiorities in your life is futile.

The next stage in transcending the ego is to make use of your notebook or journal to list all of the situations in the past or present causing you to feel like a “martyr”. Note down all of the exact circumstances surrounding your feelings of being a martyr, including whether each feeling is an isolated or an ongoing situation, and as to whether it is a particular situation, person or even thought that causes you to feel like a martyr in these areas.

These feelings might include for example feeling unfairly judged by people, feeling wrongly treated, feeling misunderstood, feeling hopeless, feeling desperate, feeling overcome with burdens, feeling too many demands are being made of you, feeling completely innocent of all responsibility, feeling unappreciated, feeling burdened by problems you believe cannot be resolved and everything and anything else which makes you feel like a martyr. Also make detailed notes of who, if anyone, has made you angry and why, and indeed anything and everything you can possibly

think of associated with any situation where you feel or felt like a martyr or generally feel or felt sorry for yourself.

Again, as before, immediately add to your list as appropriate as and when they occur, any new instances of feeling sorry for yourself or feeling like a martyr. Also add to your list any such feelings you might recall from the past. All martyr feelings from the past or present should be listed without any exceptions.

For the next stage of this process, as with the previous list of feeling superior, put aside at least ten minutes each day where you can completely relax without being disturbed, and where you can analyse and reconcile your martyr list. As before, analyse each situation with complete honesty, asking yourself why you felt sorry for yourself as you did, or felt like a martyr for that particular situation. Ask yourself; do you enjoy feeling sorry for yourself? Does it make you feel superior in any way? Do you feel people are more likely to take pity on you? Does it make you feel better or more able to handle the situation? Do you feel you will receive some sort of perceived benefit or reward for being a martyr? Do you believe feeling sorry for yourself and making yourself suffer is noble in some way? Is feeling sorry for yourself an excuse for avoiding the responsibilities in your life? Write down everything you can think of where feeling sorry for yourself or feeling like a martyr makes you feel different or special in any way whatsoever. Nothing must be omitted from your martyr list.

For the next stage in this process write a further list in your notebook or journal of how you would feel if it where not for the fact you feel like a martyr or feel sorry for yourself. Think very deeply about all of the positive effects resulting from shedding these insidiously negative feelings. Consider all of the happiness you can bring into your life by focussing all of your Energy and emotions in a positive way that benefits both yourself and others. Make up your Mind to never feel sorry for yourself again.
If you do catch yourself feeling like a martyr or feeling sorry for yourself in any way, immediately consult your notebook or journal

and remind yourself of how destructive, negative and futile your feelings really are. Most of all, the very moment you start to feel like a martyr or otherwise feel sorry for yourself in any way, transmute those feelings immediately into positive, happy feelings. Think of someone you love, feel how wonderful it would be to help someone in some way, and if you have the opportunity, actually do help someone or extend some tangible display of kindness.

Think deeply about all those people in the world who really are worse off than yourself, and know to feel sorry for yourself or feel like a martyr is fundamentally inappropriate by comparison to all of those other people with genuine problems; feel deeply appreciative for your own life such as it is.

Be constantly on your guard for feelings of being a martyr or feeling sorry for yourself to creep up on you unawares. The ego will revel in catching you out whenever it can. Whenever you catch yourself becoming influenced by your ego by feeling sorry for yourself or feeling a martyr, immediately and without any hesitation replace those feelings with love, forgiveness, gratefulness, hope, courage and a sense of responsibility.

The next stage in transcending the ego is to deal with the issue of responsibility. The ego revels in striving to avoid responsibility or passing responsibility onto others; it must never be allowed to do so. For this exercise, take up your journal or notebook once again in a place where you can relax and will not be disturbed. Now think back as far as you possibly can and write down all of those times where you blamed others for your own actions. Write down all of those situations you have been confronted with where you refused to accept responsibility.

Consider your daily life with complete honesty and write down all of those areas where you consistently seek to avoid or deny all responsibility. In compiling this list, as always you have to be totally honest with yourself; do not let your ego convince you it is acceptable not to take responsibility for some things; as we know,

we all create our own realities and accordingly we are all directly responsible for our own actions.

Next write a further list of all of those situations where you actually did accept responsibility for your own actions. Write down how positive and empowered you felt at the time and afterwards. Write down all of the positive benefits directly arising from taking full responsibility in each of those situations. Write down the reasons you believe that actually caused you to take responsibility for your own actions in those particular cases and how you felt afterwards. What was your motivation? Why were you prepared to accept responsibility for those particular situations? Were you motivated by the desire to succeed, for example in anticipation of a tangible benefit? Were you motivated by the fear of something negative occurring in your life by not accepting responsibility? Were you seeking to impress someone else? In all of these cases ask yourself exactly how you succeeded in accepting responsibility and analyse and understand those successes fully.

Finally, over the next few days, resolve to accept the fullest possible responsibility for absolutely everything in your life without exception. Do not to shy away from any situation where decisions need to be made and positive actions to be taken. Do not hesitate for a second; the very moment a situation arises requiring responsibility, accept that responsibility there and then, gladly and unhesitatingly, taking all appropriate actions to reconcile it. Make use of your notebook or journal to write down how you felt by accepting such responsibility.

The sense of relief, empowerment, satisfaction and happiness in knowing that by accepting responsibility and taking action, you have created your own reality in all of these situations. Enjoy your new freedom and resolve never, ever to avoid total responsibility for your own actions again in the future.

The next aspect of ego needing to be addressed is that of always feeling busy, overworked, cluttered and generally overwhelmed with everyday activities. As before, write down in your journal or

notebook all those areas and aspects of your life where you feel you are always too busy, never have enough time, feel cluttered, and where your life is generally encroached upon by other people or circumstances. When your list is complete, set aside at least ten minutes each day in order to review and reconcile your “always too busy” list.

Consider as deeply and honestly as possible the reasons you feel like you do in these aspects of your life. Why exactly do you always feel so busy? Is it because you are genuinely busy? Is it perhaps due to a lack of organisation in your daily life? Or is it perhaps the fact you are not really too busy at all but still feel the need to be busy thereby allowing yourself to be convinced you really are busy? Perhaps you feel you should be busy in order to meet your perceived obligations at work or at home, or to impress your boss, spouse, or partner? Perhaps when you are not working you feel guilty? Why does your life and space feel cluttered? Is it actually cluttered or do you feel enclosed in some way?

All of these questions need to be considered in depth and with total and complete honesty. You will need to take a very close and sincere look at all relevant aspects of your life in order to determine the reality of your feelings and situation, and as to whether they are indeed really justified in any of the areas you have noted.

Next ask yourself how you can simplify your life and become more efficient. If you are seeking to impress someone, or are feeling guilty, is it the ego causing these feelings? Ask yourself honestly why you are endeavouring to impress people; is it for some sort of perceived gain or to prevent yourself from feeling guilty? Are the people you are endeavouring to impress actually noticing and responding to you? Are they ever likely to respond? Are the people you are endeavouring to impress being unreasonable in their demands or expectations of you? If so it is time to talk frankly with these people and discuss the situation; a situation which must be resolved for your own peace of Mind and to suppress the ego in those particular areas of your life.

Next, review your daily activities in as much depth and detail as possible. Ask yourself how you can make better use of your time and become more efficient. What could you stop doing altogether that is unnecessary, or ask someone else to do for you if appropriate? If you are making work for yourself out a sense of guilt, or endeavouring to impress someone for whatever reason, then resolve to stop making work for yourself and stay with the daily ongoing necessities of your job or housework. This does not imply simply doing the absolute minimum or not working to the best of your capacity and ability, but rather not overdoing these things for all the wrong reasons.

Finally, and most importantly for this particular aspect of the ego, review your circumstances and decide exactly where your priorities should really and ideally be. Much of the day for many people is taken up in the pursuit of materialism in all of its multiple aspects, which, as we now know, really is detrimental to true progress, peace and harmony in this life and future lives. Being a slave to materialism in order to maintain the illusion of material wealth in order to satisfy yourself, your material desires and demands of the ego generally and to impress others, to “keep up appearances”, to do things because “it is the way things are done” will always inevitably lead to miser which the ego will delight in accentuating, thereby causing you to always feel busy, pressured, inadequate, cluttered and of course miserable.

Remind yourself of the true purposes of this life; peace, harmony, happiness and health for yourself and those around you, and above all for true progress along the path back to our Divine Creator, The Source, God, which after all is the true and ultimate reason for being on Earth. Everyone is here to learn, equilibrate karma and evolve as an individual human being, not to conform to the expectations of others.

Of course everyone needs sufficient money, food and most basic possessions in order to live comfortably, and in peace and

harmony, but beyond that consider just how superfluous material possessions really are and how very little they really add to your life and progress. Consider how you can manage your life to encompass all of these factors and then resolve to manage your life accordingly. The ego will protest and might well cause you to feel concerned about what others are thinking of your life, actions and material possessions. Transcend and silence the ego; this is your own life and your own ascent on the path, and you must never, ever allow the ego or any other negative influence to prevail and therefore to slow or prevent your own progress.

Always keep in Mind that for every life where progress was not made means returning to Earth again in order to repeat those lessons until fully learned. The implications therefore of allowing the ego to maintain control as well as being influenced by materialism and the expectations of others are to accept a further full lifetime on Earth to repeat everything once again until the lessons are finally learned.

The final task in transcending the ego is to take a very close look at those areas of your life or your past where you have revelled in disaster in some way, whether it has happened to you or to others. Also, take an honest and hard look at your fantasies for self-destruction or the destruction of others. Put aside at least ten minutes each day in order to consider and write down in your journal or notebook all potential disasters, melodramas or misfortunes your Mind has flirted with over the years, involving yourself or others.

Having written down all such situations, relax as completely as possible in a place where you will not be disturbed, and then, as realistically as possible, visualise yourself actually in each of these situations one at a time. Do not progress to the next situation until you have fully dealt with the current one. Become completely involved with the scenario making use of all senses of the imagination as realistically as possible.

Next consider your true feelings about the situation. Why do you feel as you do? What real benefits could result from this situation? If it involves others, why would you wish to see them in that same situation? While considering these factors you must as always be totally and completely honest with yourself at all times. If the situation generates fear or suffering, ask yourself why your ego apparently wishes to subject you or someone else to this particular experience. What does your ego really have to gain from this? How would it really add to your life?

If this is a situation you wish on others, ask yourself why you would wish to subject them to such a situation. Also, consider very carefully the karmic consequences upon yourself as a direct result of wishing these things to happen; remember that all negative thoughts as well as negative actions will create negative karma. Negative or destructive thoughts are equally negative or destructive causes, in turn resulting in the correspondingly negative or destructive effects for the originator of those thoughts, either in this life or a future life; there is quite simply no escape at all from the immutable Universal law of Cause and Effect of which karma is an integral aspect. If you wish something negative on others, it will return to you.

If the thoughts or fantasies, disaster and misfortune involve yourself, ask yourself why you would wish to suffer this in your perceived future. Is it perhaps because you wish to be noticed? Is it perhaps a shout for help? Is it because you really do have a self-destruction wish? All of these factors and situations must be considered and analysed very closely, and always with considerable honesty and sincerity. You must then know beyond all doubt these feeling are yet more situations where the ego is in control and driving you in this direction.

Finally, you must reach the level of understanding required in order to dismiss these destructive, counter-productive, thoughts and fantasies, knowing them for what they really are, and never to allow them back into your Mind again. Such thoughts and fantasies can

only be destructive to yourself or others sooner or later. Always remember; everyone creates their own reality and therefore their own karma, and the thinking of destructive or negative thoughts or situations can only ultimately result in disaster, suffering and disharmony sooner or later. Never entertain these thoughts again; if the ego attempts to raise them in your Mind you must bring the ego back under control immediately. Maintain only the purest thoughts of peace, harmony and Unconditional Love at all times, and in accordance with the Universal Law of Correspondence you will attract these things into your own reality and your life will be enhanced dramatically as a direct result.

Transcending the ego is extremely important as will now be apparent from the foregoing. By following these simple exercises for just a few minutes each day you will have taken a large and very valuable step in transcending the insidious influences of your ego, which will be of immense value both in your daily life and on your evolution and progress along the path.

Always be vigilant. The ego does not like to be suppressed and controlled, and will do its best to catch you out whenever it can. It is important to recognise the activities of the ego and to react immediately it attempts to control you in any way. If you cannot deal with the demands of the ego at the time, write everything down as soon as you possibly can and put time aside to process these demands, dealing with them permanently and without any delay.

Chapter 104: Equilibrium of the Soul

One of the most fundamental aspects to genuine progress, as well as true peace, harmony and happiness in your life is not only to know yourself, but also to achieve full equilibrium of the Soul, the Astral body. Without such equilibrium true progress cannot and will not be made in your current life towards the true meaning of life, our ultimate and most sacred potential of perfection and Unity with our Divine Creator, The Source with God. True progress to, and within the inner spheres of life, the ongoing destiny of all mankind, is therefore immediately dependant upon personal ennoblement.

Ennoblement of the Soul will result in higher vibrations, and it is these vibrations that will largely influence the level of the Astral worlds and ultimately the Spirit worlds in which a person will reside after physical death; your own place in “heaven”. Only when the Soul has been fully balanced and cleansed can the cycle of reincarnation be transcended, and the journey continue within the glories, splendours and magnificence of the inner spheres of life and reality; the Mental planes of the Spirit worlds.

Those who make the most sincere efforts towards ennoblement and perfection now will be the leaders of humanity on the path of the great ascent back to The Source, The First Cause, back to God, and will be among the first to reach and enjoy the profound glories and splendours of the inner worlds; worlds far, far and away beyond the comprehension of Earthly man, indeed far beyond even the concepts Earthly man might have of “heaven”. Those who do not devote time and effort towards this important objective will find themselves occupying the lower to mid-levels of the Astral and Spirit worlds after passing on, and will need to continue to reincarnate on Earth time and again until ennoblement has finally been achieved; earthly lessons learned and karma equilibrated. This is not of course a race, but no time at all should be lost in the ascent to the inner spheres of reality, and ultimately back to God, thus fulfilling the true meaning of life.

Ennoblement includes transcending the ego as practiced in the previous section and also includes complete balance of all personal characteristics. Ennoblement is not, in and of itself an easy process and neither can it be; there can be no true progress without full realisation, effort and commitment.

The process of ennoblement fundamentally involves two main stages; full recognition and acceptance of all imperfections, and the removal or conversion of those imperfections into the opposite noble characteristics. This is also a solution to the true meaning of “alchemy”, including the legends of the “philosophers stone” which most people will have heard of. Alchemy includes, and is analogous to the transmutation of base metals into Gold. This is symbolic and in turn is analogous to the transmutation of base, course human characteristics into the gold of perfection and ennoblement.

As previously mentioned, in order to progress with this most important task of ennoblement, it is absolutely fundamental to completely “know thyself” in every possible respect, and in the finest detail. Without this true progress cannot be made. This might well prove to be a painful proposition for many, as most people harbour aspects of themselves which, to greater or lesser extents they particularly dislike and find most unattractive. Nevertheless, absolutely every negative characteristic, no matter how bad, small or seemingly insignificant, must all be realised, faced and transmuted. Of course, an equally important aspect of knowing yourself is also to recognise the positive, good and noble aspects of your Soul, characteristics that can and should be fully and joyfully embraced.

To commence the important task of ennoblement two lists need to be composed in your journal or notebook. One of these will be a list of all your negative or bad attributes and the other a list of all of your positive or good attributes, however large or small, significant or insignificant these might seem.

Start by setting aside as much time as possible each day for this task in a place where you will not be disturbed. Relax and consider very deeply and with considerable honesty all of your own shortcomings, your negative characteristics, and write them all down in a list. You should not only list those negative traits and characteristics appearing in your life today, but also those that have ever appeared in your life in the past.

Start by listing all of your current, easily recognisable negative attributes, however large or small, significant or insignificant these might seem. Think very deeply and list absolutely everything in their finest variations and with complete honesty. All of your negative attributes, shortcomings, failings, weaknesses and any other negative character traits should be recalled and noted down without any hesitation or reservation. Nothing whatsoever should remain hidden within your Soul, absolutely everything should be revealed and included in your list.

Again, total honesty and sincerity is extremely important for this process; omitting negative attributes simply because you do not like a particular aspect of yourself will defeat the objective and benefits of this exercise, and this will be reflected in your ongoing progress. All negative attributes will have to be faced and transmuted either in this lifetime or a future lifetime, so it is best to face this reality now.

Having completed your initial list of existing negative attributes take yourself, in your Mind, gradually back in time, noting down all of your negative traits from your past. Place yourself in different situations and remember how you reacted in those situations. If you reacted adversely then it must be noted down immediately.

Continue this process until you have taken yourself as far back in time as you can remember. This process should not be hurried and might well take several weeks to complete thoroughly. Should another negative attribute not already on your list appear during your daily activities, note it down immediately before it leaves your Mind. This is very much an ongoing process and one that should

never be disregarded. Ideally you should be able to include at least one hundred items in your list of negative attributes.

If your list has not yet reached a hundred or more such attributes it is well worthwhile continuing until your list does include at least one hundred items. Some people can list many hundreds of negative attributes in their finest details and variations. Again, never shy away from noting any negative attributes in your journal or notebook, however negative, bad or painful they might seem to you. Every single negative attribute must be noted and faced up to without any exceptions; there is absolutely nothing whatsoever to be gained by deceiving yourself.

Should you fail to list any particular negative attribute simply because you cannot face it, that particular negative characteristic might well be the one causing you particular problems, and failing to confront it will accordingly particularly restrict your progress and overall balance. Facing these realities might well be painful, but faced they must be if you are to truly know yourself and to make the progress you and every other member of the human race will have to achieve sooner or later; sooner is most preferable.

It is most important to always remind yourself that no human being can progress without ongoing perfection and ennoblement. As previously discussed, the very reason for individual existence is to evolve back to The Source, First Cause, God, to achieve a state of perfection approaching that of God until finally such perfection is achieved as to realise the possibility of Unity with God. This is the very reason why God originally sent an aspect of Him/Her Self, a particle of Divine Spirit that is yourself, to become an individual Spirit, endowed with the freewill to progress based upon your own existence, decisions and actions on the journey back to God, where you will ultimately be received as a perfected individual, potentially adding to the whole perfection of God. Only each individual can and must achieve this ultimate destination and reality for themselves, and must do so as the most sacred duty for the gift of individual life,

an individual immortal Spirit, made in the true Spiritual image of God.

Your notebook or journal is your own personal private property and should never be shown to anyone else or left where someone else might find it and be tempted to read it. Keep it safely hidden away when not in use. Some people might have difficulty in determining which attributes can be considered to be negative; if in any doubt note them down anyway.

There are literally thousands of possible negative characteristics, some of which might include for example; anger, thoughtlessness, laziness, irresponsibility, shyness, quick temper, hate, apathy, carelessness, defiance, vengefulness, conceit, inconsistency, thoughtlessness, selfishness, hate, jealousy, boastfulness, melancholy, being easily offended, wastefulness, acquiescence, judgemental, compulsive, voracity, addictions, constant thinking of or wanting sex, irritability, quarrelsomeness, immoderation, destructiveness, disinterest, intransigence, shallowness, disdain, indifference, idleness, dishonesty, fickleness, passion for gossip, discrimination, materialism, argumentativeness, disrespect, feeling low, obssesiveness, gambling, and much more. These are but a very few examples of possible negative attributes. It is for you to probe deeply into your Soul, past and present in order to reveal absolutely all negative attributes in their finest manifestations, nothing at all must be left lurking in your Soul and therefore omitted from your list.

Balance is an extremely important aspect of knowing yourself, and therefore the next task, and an altogether more enjoyable one, is to list all of your positive attributes. Your positive attributes should be listed in a separate section of your notebook or journal.

Positive and negative lists must be maintained separately, mirroring the dark and light sides or polarities of your Soul. Proceed in exactly the same way with listing your positive attributes as you

have already done for your negative attributes, noting absolutely every positive attribute you can think of from your past and present.

Again, there are many thousands of possibilities for positive attributes and each and every person will be different. Examples of such positive attributes might include; respect, modesty, bravery, enthusiasm, responsibility, kindness, generosity, charitableness, humility, eagerness, diligence, optimism, determination, endurance, moderation, lightness, absence of worry, thoroughness, efficiency, circumspection, cheerfulness, daring, courage, optimism, humbleness, joy, soberness, punctuality, prudence, forgiveness, contentment, tenderness, sympathetic, proficiency, willpower, ardency, compassion, mercy, modesty, seriousness, trustfulness, tranquillity, creativeness, lucidity, watchfulness, conservationism, conscientiousness, firmness, endurance, sobriety, lovingness.

Just as with the dark attributes it is most important not to be tempted to exaggerate these attributes. Whereas with the negative list the temptation would be to deny some of the worst characteristics, the tendency with the positive list might be to glorify and glamourise your positive attributes. Once again it cannot be stressed enough that total honesty is required at all times in your introspection and at all levels, both positive and negative, if true and enduring balance and harmony are to result. This is an exceedingly important exercise for progression and for personal peace and harmony, and must be performed with absolute honesty at all times. The more negative a characteristic is, the more it needs to be dealt with, and should therefore never, ever be ignored or overlooked.

The next and most important task is to deal robustly with all of your negative attributes, the objective being to eliminate or transmute every single negative attribute until only all your positive attributes remain. There are several ways in which this most important task may be effectively approached, either separately or in combination. Each person will find that a different method or combination of methods will be effective depending on the individual, and also on

the characteristics of the negative trait to be addressed. Many will find some negative attributes are more easily dealt with than others depending on the effect currently exerted by that particular attribute in daily life, and for how long it has been exerting its dark influences. We will now discuss three fundamental methods by which these negative attributes might be dealt with initially, and also kept away in the future.

Chapter 105: Autosuggestion

Autosuggestion is an extremely effective method of not only transmuting negative attributes into their opposite positive attributes but also for achieving anything in your life relating to the Mind, or more specifically under the influence of your subconscious Mind.

Very damaging habits such as smoking tobacco, drinking alcohol or indulgence in any other Mind-altering or addictive substances, over-eating, over-indulgence in sex or any other physical activity would fit into this category for example.

As we already know, everything in the Universe has its polar opposites and human characteristics are no exception. These characteristics are not always direct opposites, but in accordance with the Law of Polarity are degrees of the same thing along the same polar axis, and where there is a point along that axis where negative human attributes, notably those that prevent progress, become positive human attributes, those that facilitate progress.

Consciousness is an extremely important example of this, with the subconscious being the polar opposite of waking Consciousness while being degrees of the same thing.

The subconscious is also the origin of every unwelcome thought, causing negative attributes to appear and to accordingly influence normal waking Consciousness including all weaknesses, passions and other detrimental influences.

It is the subconscious Mind that might for example encourage people to smoke tobacco, drink alcohol, eat too much food and to generally over-indulge in many other perceived pleasures of the physical senses. These and all similar negative attributes are only considered to be pleasurable under the influence of the subconscious Mind. This equally applies to all negative attributes and human characteristics. The origin and driving force behind

everything people do not want to do or should not be doing is therefore the subconscious Mind.

The subconscious Mind however can not only be tamed and its effects neutralised or transmuted, but can also be trained to realise only our most positive wishes and objectives. It is clear therefore that the subconscious Mind should ultimately and most rightly be considered to be our friend, but only after it has been brought under complete control of the conscious Mind by means of the will. Aligning the conscious and subconscious Mind at all levels by means of focus, will and concentration must therefore be regarded as a top priority, the benefits of which will be profound.

In the physical world the subconscious Mind requires space and time in order to exert its influence. If however time and space are withdrawn from the sphere of the subconscious Mind it can no longer operate effectively and therefore exert its influence within the physical world. The way to influence the subconscious Mind therefore and to bring it under the full control of the will is to disengage it from space and time where it cannot influence the physical aspects of the Mind, and where it can then be favourably influenced in the direction of the desired positive attributes.

This is exactly the same reason as to why manifestation, healing, Astral projection and many other such exercises are so effective just after awaking and just before sleep. Contact with the subconscious Mind at these times is much closer than during normal waking Consciousness, and accordingly the subconscious Mind is much more conducive to accepting the will of the conscious Mind.

The withdrawal of space and time from the sphere of the subconscious Mind is therefore the most effective time to utilise autosuggestion in order to remove negative characteristics or to transmute them into their polar opposite positive characteristics. Without this withdrawing of space and time, whichever method is used to impress upon the subconscious a particular desire, for

example to avoid smoking tobacco, or drinking alcohol, or an over-indulgence in food, the subconscious Mind would have all the time it requires in order to place obstacles in the way of the objective and to thereby generate and perpetuate the adverse desires.

If for example you decided to stop smoking cigarettes, drinking alcohol, eating particular foods or to cease any other negativ habit you wish to remove from your life, and intend to start doing so from a particular time the following day, the subconscious Mind then has all the time it needs in order to place obstacles before you. The subconscious will form all sorts of reasons why you should not cease smoking, should not cease drinking alcohol, should not cease consuming a particular food or eating excessively, and will generate physical urges in the form of passions, cravings and other physical and psychological effects in order to support its actions. Unfortunately in many of these cases the subconscious Mind will prevail, particularly where a person has weak or under-developed willpower, concentration, and general self-control.

As previously mentioned, the most effective times to employ autosuggestion are at night just before going to sleep, and first thing in the morning just after awaking but before arising. At these times the Mind is more tuned into the inner spheres of Consciousness where space and time do not exist, and therefore the subconscious Mind cannot exert its influences to the same extent as it can during full waking Consciousness within the sphere of space and time. During these times the conscious and subconscious Mind will be much more coordinated.

The use of autosuggestion involves the repetition of a short phrase stating the desired objectives. The construction of this phrase is extremely important for success and should, as with affirmations which function in a very similar way, always be stated in the present tense as if already a complete reality. For example it is incorrect to state, “I will stop smoking” or, “I will stop drinking”, or “I will no longer over-indulge in food”. Statements phrased in this way will merely serve to impress upon your subconscious Mind the fact that

you are already a smoker, or a drinker, or eat too much, and it will further exert its influence accordingly, thereby perpetuating the problem rather than eradicating it.

As with affirmations, the correct phrase must be in the form:

"*I am a non-smoker",* or "*I am a non-drinker,*" or "*I eat healthily*", or alternatively, "*I have no desire to* smoke", or "*I have no desire to drink,*" or "*I have no desire to eat very much*" and so on.

As can be observed from these examples, the phrase is being impressed upon the subconscious Mind in the present tense as if it is already a complete reality, and not as a request or statement of intent in the future tense. The importance of formulating the correct phrases for autosuggestion is most crucial for success.

As we have already noted, the most effective times for the practice of autosuggestion are just before sleep at night and just after waking in the morning where the conscious Mind has largely been withdrawn from the influence of the subconscious Mind, and before therefore space and time are exerting their maximum influence. For this very reason it is extremely unwise to go to sleep at night with negative thoughts, concerns, stress, sorrow, or worries on your Mind. These negative thoughts will be taken straight into the sleep state, to an inner state of Consciousness beyond space and time and will subsequently adversely influence the subconscious Mind. This will in turn accentuate and perpetuate these negativities causing them to manifest more profoundly in your waking physical Consciousness and reality, subsequently negatively experientially affecting the peace and harmony of your life. It is extremely important therefore that all negative thoughts should be totally dismissed before sleep time, and replaced only with the most harmonious thoughts including thoughts of complete, total, absolute success, health and peace.

Autosuggestion can also be practiced if waking up temporarily during the night, this being a very effective time as the

subconscious is still most susceptible to be influenced, being much more connected at these times with the inner spheres of reality, beyond the influence of space and time. Autosuggestion also can be performed at any time of the day, but will be less effective from a normal waking state. If autosuggestion is to be carried out during the day, a state of deep physical relaxation and concentration would be required for significant success. It is nevertheless most worthwhile during the waking day to be diligent for any manifestation of a negative attribute you are seeking to suppress, and to firmly suppress it at that moment and without hesitation. This is where single Mindedness of thought is a most valuable ability together with the concentration and willpower to act on those thoughts.

It is also a very good idea to repeat your autosuggestion statement as an affirmation whenever possible. These all help to reinforce whatever it is you are impressing upon your subconscious Mind, in turn being compelled to take action in the same direction.

The actual practice of autosuggestion is very straightforward indeed. Having formulated a specific objective in the form of an affirmative phrase in the present tense, simply repeat the phrase continuously as you drift off to sleep, the more times the phrase is repeated the more effective it will be, and the sooner it will manifest into your reality. The autosuggestion affirmation you choose should wherever possible ideally be formulated to transmute any of your negative attributes into their polar opposites. For example, instead of, "*I am not thoughtless towards others*", it would be better to affirm, *"I am always very thoughtful towards others*". In this way rather than removing a lack of thoughtfulness you are transmuting it into its positive attribute of affirmative thoughtfulness.

The effectiveness of autosuggestion can be greatly enhanced considerably if it is accompanied by a direct physical action that helps to reinforce the suggestion on the subconscious Mind. An excellent and very effective method of doing this is to obtain a good length of fine string, cord, yarn or similar, and then to tie a knot

every five centimetres along its entire length. The string, yarn or cord should be long enough to contain at least fifty of these knots, and so a total length of two hundred and sixty centimetres, accounting for five centimetres free at each end would be ideal.

To proceed, hold one end of the length of string between two fingers of one hand, and then every time you repeat your autosuggestion statement pull the string until you feel one knot pass through your fingers. You will know that after you have pulled every knot through your fingers you will have repeated your autosuggestion statement fifty times which should be the objective.

Should you drift off to sleep during this process don't worry. The purpose will have been fulfilled in that you will take your suggestion with you from the waking state to the sleep state where it will have its effect on your subconscious Mind beyond the influence of space and time.

Proceeding in this way you can progress through your list of negative attributes and either eradicate them completely or transmute them into their polar opposite positive attributes as appropriate. It is very important indeed however to not progress to the next autosuggestion until the previous one has been fully dealt with. If you rush this process and fail to transmute a particular characteristic, then the subconscious Mind will be raise the characteristic again, often when you least expect it. So it is extremely important to be totally honest with yourself and know beyond doubt that each negative characteristic has been fully transmuted into its polar opposite before progressing with the next.

As with affirmations it is extremely important to always state autosuggestion phrases knowing beyond doubt they have already become an absolute reality, and to feel the intense gratitude as a result. It is not very effective at all to merely state the phrase mechanically over and over again without meaning or emotion, it is rather necessary to repeat the autosuggestion with as much sincerity, and with as much emotion and gratitude as you can

summon, above all knowing beyond any doubt whatsoever in your Mind that the objective of your phrase has already completely manifested into your physical, experiential reality. There should be absolutely no doubts in your Mind whatsoever about this.

As previously mentioned, never, ever move onto the next negative attribute on your list until the previous one has been totally and completely dealt with first, not only believing it has been dealt with but when it also appears in your daily life as the desired positive attribute, or a complete lack of a previous negative attribute.

It might well be worthwhile sorting your list into an order of most negative to least negative attributes or the other way around. You accordingly have a choice as to whether to deal with the most negative attributes or the least negative attributes first. This is a matter of personal preference, but for some people it might be preferable to commence with the least negative attributes, as these will be the simplest and quickest to eradicate or to transmute. This choice also largely depends on the degree of willpower you have at your disposal. If you have strong willpower it is generally better to start with the most difficult and pervasive attributes, the attributes that are causing you the most physical issues, and then to work your way through to the least pervasive negative attributes. In this way considerable progress can be made in the least amount of time.

If you do not yet have strongly developed willpower at your disposal it is better to start with the least negative attributes and to work your way to the most negative attributes. In this way each success will provide you with the encouragement to deal with the next and more difficult ones. This in and of itself is an excellent exercise in strengthening willpower.

This entire process of ennoblement of the Soul, by eliminating all negative attributes, might take many months or even years to fully accomplish, but it is advisable not to stop until every single negative characteristic has been completely dealt with, no matter how long it

takes. The benefits in daily life and ongoing progression on the sacred path back to The Source, The First Cause, God will be profound, and indeed as already mentioned, true progression cannot be achieved otherwise, with the cycle of reincarnation continuing until the necessary level of perfection, progress and evolution has been attained.

Remember; progression is progression to the true “heaven worlds”, the worlds of pure Spirit beyond the illusions of the physical and Astral worlds and there corresponding bodies of Energy. Only true evolution and true ennoblement can achieve this; holding to a belief system, attending a church or accepting Jesus as your saviour alone will not result in significant if any progress. Every single person without any exceptions will have to go through the process of ennoblement of the Soul on the path to perfection at some time during their ongoing evolution as an immortal Spiritual being, a true son or daughter of God Who is absolute perfection, whether it is during this life, the next life or many lifetimes from now.

The next method of eradicating negative characteristics is by means of meditation. We have already discussed the process of meditation and achieving an expanded state of conscious awareness through vacancy of Mind, thus becoming aware of the inner Energy spheres of reality. While in a state of meditation thought processes are also enhanced dramatically due to a slowing of brainwave frequencies. A deep meditative state can therefore be used to consider negative characteristics deeply, their affect on your life and the effect on all those around you. You might well receive inspiration and guidance from your Higher-Self, a Spirit guide or other inner beings, especially if you request such assistance with complete sincerity and with much meaning and emotion as possible.

Consider deeply how insidious your negative attributes really are and how they are negatively impacting your own life, the lives of those around you, as well as most importantly your own onward evolution. Meditate deeply on how much better your life would be,

not only without being burdened by these negative attributes, but also if they were the polar opposite positive attributes. Place yourself with your imagination into the resulting state of peace and harmony, knowing beyond doubt you are also making progress on the path, and therefore with your own personal evolution.

Finally and most importantly, resolve to actually take positive action in your daily life in order to realise these most profound benefits, taking all necessary actions to transmute all of your negative characteristics into their positive polar opposite characteristics once and for all.

Should you ever find yourself falling foul of a negative characteristic, stop yourself right there and then, sit down, relax and recall your meditations. Resolve to learn from experience and even welcome any negative thought or experience as an opportunity to transmute any such attribute into its polar opposite positive attribute, and to see, enjoy and know how much better your life and the life of those around you will be as a direct result of your commitment.

The final method of eradicating and transmuting negative characteristics is by means of diligence, willpower and circumspection during your daily life. This involves recognising and unhesitatingly dealing with any negative attributes the instant they arise. Should any negative attribute appear in your waking reality it is absolutely vital to deal with it robustly right there and then using the sheer power of your will. You must always be totally honest with yourself at all times keeping in Mind the following three important requirements:

Diligence: to instantly recognise the appearance of any negative trait.

Circumspection: in being totally honest with yourself, always accepting the existence of a negative trait to be dealt with without question.

Willpower: to immediately deal with the negative trait, either by eradicating it or by transmuting it into its polar opposite positive characteristic.

Never be caught unawares by your negative characteristics which can be insidious; the subconscious Mind will revel in catching you out and causing you to do or think something you might later regret. All appearances of negative characteristics must be recognised, resolved and dealt with instantly with no exceptions. This method calls for considerable concentration, self-awareness and willpower, but which attributes will also be valuable generally, both for daily life and for personal evolution.

It might well be beneficial to concurrently integrate all three of the forgoing methods of ennoblement into your life, in which case progress and success will almost certainly be correspondingly quicker and more effective.

Finally, and again this simply cannot be overemphasised such is its greatest importance for everyone; the complete process of ennoblement might well take many months or even years to fully accomplish. This is not a race however and it should never be perceives as such; simply continue to persevere for as long as it takes for success, always enjoying the current benefits in your life and the life of those around you, knowing beyond doubt that you are making true and real progress as an immortal Spiritual being.

You have a physical lifetime ahead in which to accomplish this important task, a major reason you made the decision to return to Earth at all, and should this lifetime not prove to be sufficient then you may continue during your next lifetime. The sooner true progress can be made, the happier, more joyful and fulfilling your life will be, and the nearer you will be finally transcending the cycle of reincarnation on Earth that you can experience the joys of life as a Spiritual being within Spiritual realms, the glories of which are beyond the comprehension of most people on Earth. It is the destiny of every single human being to experience the glories, joy

and Unconditional Love of the Spirit worlds on the way back to The Source, The First Cause, God, the potential to reunite with Whom is the true meaning of life, and our ultimate reality.

Chapter 106: Dreams

When we achieve a certain state of sleep, normally at night, our Astral Body, our Soul, together with our integrated immortal Spirit actually leaves our physical body. During this time Universal Energy is received in order to replace the Energy used during the activities of the previous day, and also to increase reserves of Energy for the day ahead. This is one reason why we normally awaken in the morning feeling completely refreshed. During this time our Astral and Mental bodies interact directly with the inner spheres of reality. This process can be considered to be the same as Astral Projection, the major difference being there is usually no conscious awareness of the experience actually occurring.

With the normal sleep process both the Mind and the body are asleep and there is no conscious awareness. However, with Astral Projection, the body is asleep but the Mind, conscious awareness remains fully awake. Astral Projection is therefore as natural as sleeping and dreaming and is the reason why dreams are such a natural aspect of these sleep time Astral Projections.

Although the Astral Body retains full awareness and control during these night-time unconscious travels within the Astral realms, the physical level of Consciousness is in a state of deep sleep. In the case of light or interrupted sleep the level Consciousness is such that the Astral Body is content to simply recharge itself with Energy with only a low level interaction with the Astral world, corresponding to the area the personal psyche. At other times the Astral Body will engage in full interaction with the Astral worlds resulting in vivid or Lucid Dreams.

There are also several interim states of Consciousness where for example the Astral Body, the Soul, will travel to the level of the Astral planes corresponding to the collective human Consciousness of the sleep state, and interact with other people in a sort of collective fantasy land. Normal low-level dreaming takes place at the lowest level of the Energy continuum, just below that of the

human group Consciousness and in the area of the personal Consciousness sometimes known as the psyche. Here the unconscious Mind will create its own scenarios within the Astral Ether, often based upon waking thoughts, and in particular the last thoughts on the Mind before drifting off to sleep, appearing as dreams of varying intensities.

This is another reason why it is extremely important to take only the most positive, peaceful, harmonious thoughts to sleep with you. Should you carry inharmonious, negative or chaotic states to bed and into your sleep state, these will be reflected in your dreams and be subsequently carried into your normal waking state the next morning. During particularly light sleep the level of interaction might only be at the level of the personal subconscious Mind in which case dreams will reflect the actions and aspirations of the subconscious Mind. This is still well worth keeping in Mind. There are many states of dream experience and recollection varying from no recollection whatsoever to a state known as “Lucid Dreaming”, where not only is everything extremely vivid and real, because in fact it is indeed very real, but the lucidity aspect arises when a person becomes fully aware of the fact they are dreaming and can then assume full control over the dream. In this state the Lucid Dreamer can create any scenario they wish simply by means of the imagination, the same primary method of creation as when consciously living in the inner spheres of life and reality.

Lucid Dreaming is an ability that can be learned, and is used by people for such purposes as entertainment, creating and living within their wildest fantasies and for healing. Lucid Dreaming is also valuable for facing up to and defeating waking fears and phobias. For example, a person who has a fear of spiders or any other creatures can create dreamscapes containing these creatures and then face them within the dream. In this way phobias and other problems can be faced and conquered within the psyche, later taking the resulting confidence in these situations into the waking world.

Many people have experienced a state known as “waking paralysis” or “catalepsy”. This usually happens immediately upon waking in the morning whereby a person finds it very difficult or even impossible to move any part of the physical body. This is due to the fact that the Astral and Mental bodies have not yet fully returned to the physical body, and therefore the centre of conscious awareness and control still resides within the Astral Body. Any attempt therefore to move any part of the physical body will not usually succeed.

There also is another possibility that might occur in conjunction with episodes of waking paralysis or be separate from it, and that is “seeing” through closed eyelids; that is to say the physical eyes are fully closed, and yet a person can still vividly see their surroundings as if the physical eyes are fully open. This is a much more common occurrence than people realise, and is again due to the fact that the Astral and Mental bodies have not yet at that stage completely reunited with the physical body, being slightly out of phase with it. This situation is known as “Astral sight”, due to the fact that “vision” is being received through the Energy of Astral senses directly rather than through the physical eyes. During this time the centre of vision is still based in the Etheric plane, and therefore the vision or impression of viewing the surroundings is actually an Etheric reflection of the physical surroundings rather than the actual physical surroundings.

During these situations it is sometimes possible to see other beings such as deceased people or beings from the Astral worlds. Deceased relatives are sometimes seen in these circumstances for example. If this happens do not panic; they usually mean you no harm whatsoever, and in any case simply cannot harm you; the best thing to do is to simply observe without any emotion and communicate if appropriate.

To interrupt waking paralysis and Astral sight it is necessary to cause your Astral and Mental bodies to rejoin your physical body by willing yourself to become fully awake. If this does not work moving

one of your big toes often to causes the physical body to awaken. These episodes do not last long and are nothing at all to be alarmed about, especially now you know why they happen; it is a completely natural process involving your physical and subtle bodies, and state of conscious awareness. Those who practice out of body experiences will often welcome such a state of catalepsy as an ideal state to completely project from the physical body in order to enjoy an out of body experience, often then projecting inwards to the Astral worlds.

One extremely useful aspect of Astral travel during deep sleep is the possibility of receiving valuable teachings and other information from inner beings, sometimes by attending places known as “Spirit schools” where valuable lessons are learned, often about Spiritual matters either in general terms, or relating specifically to the individual person attending the school. Although such lessons are not usually remembered in the physical memory in the morning after waking, they are nevertheless firmly and permanently stored in the memory of the inner bodies of the causal spheres to be recalled whenever the time and circumstances are appropriate.

These are all ongoing aspects of Spiritual progression. Just as learning lessons at physical school and during life generally is vital for progression in the physical world, so too are they in the Astral and Mental worlds. At other times during sleep time Astral travels it is quite possible to meet deceased relatives or friends or to simply explore the Astral worlds. Recently deceased relatives frequently make use of the dream state of loved ones in order to make contact and provide assurances of their presence, well-being and happiness.

One of the most important aspects of interaction with the inner spheres during sleep time is in receiving valuable information relevant to waking life. This information might also be in the form of warnings, for example of drinking or smoking, or of other possible sources of danger.

Sometimes dreams can be “pre-cognitive”, in other words a vision of the future whereby you view a situation you might wish to avoid by altering the course of your future. This information received during sleep time can arrive in many different forms varying from highly graphical dreams involving various scenarios through to much more symbolic imagery that might require interpreting. Whatever the form of information received in dreams it is a most valuable ability to be able to fully recall dreams in the morning soon after waking, and to subsequently analyse them.

Dream recollection is also very useful in developing the abilities of Astral Projection. You might well be recalling anything from Astral travels including meetings with deceased people, information received from these people and from other beings, pre-cognitions, all the way through to symbols and other imagery requiring interpretation. In lower level dreams where deep sleep was not involved you might be recalling dreams generated by your own subconscious Mind, again most useful in interpreting the actions of your subconscious Mind or psyche, and also in providing clues as to what influences your subconscious Mind is seeking to exert over you. Examining the subconscious is also valuable in determining the results and progress of the process of ennoblement as discussed in the previous section.

Recalling dreams is clearly therefore a most valuable and most worthwhile ongoing exercise. An additional benefit of dream recall is that your dreams will become progressively more vivid, and more interactive.

Chapter 107: The Dream Journal

The process of dream recall is very straightforward indeed, involving the maintenance of a dream journal that can be in the form of a diary or a notebook, or indeed in any other suitable and convenient form. Whichever you choose it is most advisable to obtain the largest possible book in order to accommodate the most detailed entries; dreams can often be very long and intricate, involving many different aspects, and it is important to note down as much detail as possible.

A large blank notebook is the most flexible for this purpose as you can simply place the date at the top of each entry and write as much as you need to without being restricted for space. The ideal arrangement for a dream diary is to use a large notebook, placing your dream recollections on the left side pages and the corresponding notes and interpretations on the right side pages, thereby keeping everything in context for easy future reference. Each pair of pages will therefore be dated and headed “Dream recollections” on each left side page, and “Dream analysis” on the corresponding right side page. Arranged in this way everything you write is maintained in complete context, and will always make sense when reviewed in the future.

Before going to sleep it is an excellent idea to get into the habit of repeating an affirmation such as:

“I always have total recollection of my dreams when I awake”.

This will impress upon your subconscious Mind the fact that you are to remember your dreams after you awake, and soon your subconscious Mind will exert its influence accordingly.

Your dream journal must always be kept easily available next to your bed with a pen to write with. As soon as you awake, either in the morning or during the night, or after a nap, immediately and without any hesitation recall your dreams. Write down everything

you can remember of your dream or dreams, not leaving out even the very slightest detail. Often it is the smallest details that have the most significance. This should become a daily habit from the very moment you awake. You will quickly find that recalling your dreams will become progressively easier and more automatic as time goes by, and the action of recalling and writing down your dreams will become a welcome habit. As more time progresses, you will very likely find your dreams becoming progressively more vivid, and sometimes you might even start to enjoy fully interactive and controllable Lucid Dreams, all as a direct result of maintaining your dream journal.

During the day put aside some time to analyse your dreams of the night before. It is best to do this while relaxing completely in a place where you will not be disturbed. Those who have advanced to the stage of the ability of deep meditation will find it particularly beneficial to consider the meaning of dreams while meditating, especially where the dreams are symbolic and further interpretation is necessary.

First of all, look at each individual dream as a whole and understand its meaning. Sometimes the dream will have no particular meaning being simply a scenario generated by the subconscious Mind, or a fantasy in which you became involved within the Astral spheres. It is also very important therefore not to attach meanings to dreams that might not exist at all. This all takes practice, but soon you will begin to differentiate the meaningful dreams from the fantasies, and indeed very often even a fantasy has a symbolic meaning. For example, a dream involving a fantasy scenario of being at sea in a luxury liner might represent a deeply embedded desire to go on a world cruise.

As with all types of introspection and self-analysis it is extremely important to be totally and completely honest about this process and not to convince yourself of scenarios that really do not exist. Compare each dream with your current life, your aspirations, including all problems, hopes and worries, and see if there are any

similarities. If there are similarities write them all down and determine what the dream is saying about your life or any particular aspect of your life. If you are able to determine a definitive message within the dream, then you should follow the guidance contained within the message straightaway if appropriate to do so.

Dreams are a very important mode of receiving messages from the inner spheres of reality or even from your Higher-Self. If you are not immediately able to determine a link between your dream and your life as it is at the current time, then see how the dream might be related to your future aspirations. If your dream has no seeming relevance to the past, present or future as relates to Earth time, then you should keep the possible message conveyed by your dream in Mind, and remain diligent as you go progress your daily affairs for circumstances appearing which might be relevant to your dream.

Remember, dreams often originate within the inner spheres of life and reality beyond the confines of space and time, where the past, present and future relative to the physical world all exist concurrently in the “Eternal Now”.

Your dream might therefore be telling you something about your future, possibly even your immediate future. The most powerful and therefore important messages are often delivered by recurring dreams; dreams which have the same theme for more than one night, and it is within these dreams where particular attention should be focused.

Sometimes dreams can represent a whole series of messages that will need breaking down into sections in order to analyse the meaning of each section effectively. Again it is important to note that not every dream has a particular meaning, but in order to determine which dreams do have a meaning, no dream or aspect of a dream should be overlooked. The aspect you might choose to overlook might be the very aspect of the dream containing a particularly important message.

Again, it is also important to remember that dreams can be highly symbolic and not contain specific details that are readily apparent for what they really are. An example of this might for example be where you are experiencing a series of dreams containing blockages; blocked pipes, blocked sinks, blocked appliances and so on. These blockages might well symbolically represent an Energy blockage in your life at either a physical or emotional level. You might for example have a blockage about going to see your doctor about a medical condition that is causing you some concern. It might be a blockage at the emotional level where for example you are intentionally delaying contacting or seeing someone about an important matter. It might be a blockage at the mental level where you are having problems with thinking about certain things, concentration, motivation and so on. Some symbols might appear in dreams in much more subtle ways such as particular shapes, sounds or smells; all of this symbolic imagery is meaningful, and accordingly well worth the time to fully interpret and to understand.

The value of dream recollection can be most profound as may be clearly seen from the foregoing, and is therefore a most worthwhile exercise. Messages are continuously being delivered by everyone ranging from your Higher-Self, from all levels of beings in the inner spheres of life and reality including human beings, and also from your subconscious Mind, all of whom often use dreams as just one of many means of delivering important messages often requiring urgent attention. As you progress however and pursue the exercises detailed in this book you will find that messages can be delivered more directly into your waking Consciousness at any time, particularly during meditation, and even during full waking Consciousness by means of impressions, inspiration, and in the inner voice.

Chapter 108: The Inner Voice

The inner voice, an extremely valuable and important source of infinite wisdom and guidance in life is unfortunately unrecognised, ignored and suppressed by many people, very often to their very considerable detriment. The origin of the inner voice is usually the Higher-Self, that aspect of our Being that is truly Divine, being our direct connection with The Divine, The Source, God.

The Higher-Self has access to the infinite Universe in all spheres of life and reality beyond space and time as well as every aspect of your existence, including past, present and future physical lives relative to the Earth concept of time. The Higher-Self is most important, both in day to day life and for the ongoing journey along the path back to God, constantly advising, guiding, prompting, inspiring, and alerting whenever appropriate.

The Higher-Self manifests in the individual Consciousness as the “inner voice” which can be “heard” by anyone who listens and recognises it for what it really is. Your Higher-Self is sublime; it does not have any particular agenda beyond your ongoing well-being, and is completely incapable of misleading or providing incorrect guidance. The Higher-Self is ultimately concerned with your smooth, ongoing journey along the sacred path, the ascent back to The Source, The First Cause, God from whence we all originated, and is completely devoted to that most sacred task. The Higher-Self can and should always be totally trusted.

The inner voice of the Higher-Self is constantly “talking” to you. It is not always a loud voice “shouting” withinin your Consciousness, but rather a much more subtle voice that only becomes really apparent when you actually listen for it, and learn to recognise it for what it really is. The more you listen and recognise the inner voice, always respecting and taking heed of its wisdom and guidance, the more apparent it will become within your Consciousness, and the more it will become an important source of guidance, intuition and inspiration in your life.

Listening to your inner voice and consulting with your Higher-Self is one of the keys to a smooth, harmonious progression through all physical lives, and onwards through the inner spheres of life and reality on the relentless and most sacred path back to God. Everyone experiences the guidance of the inner voice from time to time. If you are about to make a decision or do something in particular you might suddenly receive a “feeling”, or “hear” the voice in your head saying, “yes, do this immediately”, or “no, don’t do that”. If the situation is particularly important or can have a profound affect on your life the Higher-Self can make itself known even more strongly by means of other sensations, for example a sensation in the stomach often known as a “sinking feeling” if something adverse is about to happen in your life. This “sinking feeling” in the stomach actually originates from the solar plexus chakra in the region of your navel which is connected directly to the Universe, which is why particularly strong messages are felt in that region of your body. If you ever experience that “sinking feeling” in the navel area of your stomach before making a decision or doing something in particular, then stop, don’t do it, either delay what you intended to do until you have had time to consider the consequences more deeply, or preferably do not do it at all.

Most messages from the Higher-Self are more subtle, arriving in a variety of ways, often as that little voice in your head or sometimes simply as a feeling, impression, inspiration, intuition or idea. The Higher-Self of course does not only warn about potentially negative situations but is also a most valuable source of encouragement for positive situations. Very often for example when you are considering doing something potentially important you will often know beyond any doubts it is exactly the right thing to do. Again, such knowing will arrive either by means of impressions, intuition, or the little voice in your head providing encouragement, assurance and the confidence you need to proceed.
Many people might regard “voices in the head” as unnatural or even a sign of psychiatric problems, but this is only due to psychological conditioning in physical life and a lack of experience

and understanding as to the true nature and importance of the Higher-Self, and of the communications and guidance we are all constantly receiving from the inner realms of life and reality. Whenever the Higher-Self communicates by means of the little voice, it is in fact a telepathic communication between your lower and Higher-Selves in the same way that telepathy is possible between different beings, including people. The little voice should therefore never, ever be suppressed or shut out as being unnatural, unwelcome or undesirable in any way; to do so would be to cut off your most valuable and reliable source of guidance through your lives.

Those who are vigilant to, recognise and act immediately on the guidance of the little voice of the Higher-Self will enjoy a considerably smoother, peaceful and harmonious journey through life, and without the problems that will inevitably be experienced by those who choose to shut out the Higher-Self. Those who choose to ignore the inner voice usually do so to their own detriment. Ask yourself this; how many times have you ignored the whispers of your inner voice, or the impressions, inspiration or intuition you received, perhaps as a sinking feeling in the stomach, and later regretted it, sometimes deeply? You instinctively knew at the time that it was the right or wrong thing to do but yet you went ahead and did it anyway and came to regret it. This happens to very many people all the time, but alas most people to their detriment fail learn from their own negative experiences. Very often it is the ego that has the upper hand and drives people on to doing all manner of things for purely egotistical reasons, and the ego, working with the subconscious, will do its very best to silence the guidance of the inner voice in order to get its own way.

It should absolutely clear by now then that your Higher-Self is your very greatest friend, ally and source of Divine guidance. It is a Divine aspect of yourself and can therefore be trusted above all. Of course it must be pointed out that there are other Divine beings within the inner spheres of life and reality who also have your absolute best interests to heart, including high Spiritual

intelligences, Spirit guides, Guardian Angel and many others, all of whom should always be respected, and never overlooked or disregarded.

It is clearly worth every possible effort to create the strongest possible links with the Higher-Self and to make the Higher-Self your best and most trusted friend and source of guidance. There are many ways of accomplishing this. First and foremost it is extremely important to learn to recognise the inner voice and therefore the promptings of the Higher-Self. Whenever you are about to make an important decision or take an important action, stop for a moment and listen to your inner voice. Be vigilant for any intuition, inspiration, impressions or any other feelings you might receive which will be unmistakable for what they are. This should be very straightforward indeed for those who have followed the control of thought exercises earlier in this section and therefore have a clear and focussed Mind uncluttered by hundreds of random thoughts. It is when the Mind is completely silent and focussed that the inner voice of the Higher-Self can speak with the highest clarity.

For those who have not yet advanced to the stage of complete Mind control, a serious attempt should be made at important times to silence the Mind, even for just a few moments at first, and be vigilant for the inner voice or other impressions, or signs such as the sinking feeling in the stomach, intuition, inspiration, or of course a knowing in the Heart; these will never let you down.

There will always be situations in life or decisions to be made that were not anticipated and can occur very suddenly without any warning. In situations such as these never do anything impulsively; stop for a moment, relax, quieten your Mind, listen and be vigilant for the guidance of the Higher-Self. You might hear or sense the inner voice giving you guidance or you might feel positive or negative feelings, intuition, inspiration or impressions; whichever it is do not hesitate, proceed accordingly with the guidance you are receiving even if your ego strongly protests. Always remember that your Higher-Self is sublime, always has your very best interests to

Heart, and is never, ever wrong despite how your ego might react to the contrary.

As well as being constantly vigilant for the guidance of the Higher-Self during your daily affairs, it is also extremely valuable to consciously establish stronger connections with this Divine aspect of yourself during deep relaxation, or better still during meditation. While deeply relaxed or in an established state of meditation, the deeper the better, start to communicate with your Higher-Self. This will not only provide you with a source of the highest guidance whenever you need it, but will also bring additional calmness, peacefulness and resourcefulness into your life. Not only will these in turn improve the emotional aspects of your life, but your Higher-Self can also help you to manifest into your life all those things you truly need. Again, we must at this stage stop to consider the most important fact with manifestation; never, but never, ever be driven on by the ego, materialistic desires or under the influence of others to be greedy by manifesting things you simply do not genuinely need in life, and never, but never do anything that will potentially or actually harm others.

By now you should have reached a very good understanding of the true meaning of life, of the Universe, of your own true destiny and therefore of the illusion of the perspective of the five physical senses of the material world. Material things for the sake of them or for egotistical reasons or simply to conform to the expectations of others will dramatically slow your progress, and will most assuredly not make your life any more harmonious, happier, or peaceful. Only focus always on things you need to manifest your basic needs for living in the physical world, to evolve and progress on the sacred path, and most importantly to be of service to Brother and Sister human beings of all nationalities, cultures and traditions.

That said, the Higher-Self with access to the infinite resources of the Universe and the Divine Connection to The Source, The First Cause, to God, can assist you to manifest anything you need or desire into your life, and will at the same time advise you whether it

is the right thing to do or not. During meditation, deep physical relaxation or just before drifting off to sleep at night, ask questions in your Mind. It is most important to have complete peace and quiet for this exercise, both around you and within your Mind. At first you might have difficulty discerning your inner voice or it might seem very quiet. Be patient and over time your inner voice will become stronger and louder, you only have to listen with sincerity and an open Mind. If you ask your question just before drifting off to sleep, the answer might arrive in the morning as you are awakening, or even during sleep in a dream.

Once you have established contact with your Higher-Self you can also make requests for guidance, inspiration and for manifesting the things you truly need in life. Over time, communion with your Higher-Self will become a daily joy, and one you will always look forward to. Do not treat your Higher-Self as an occasional friend, only when you have a need or when a situation arises requiring guidance, instead endeavour to establish a permanent and strong relationship with your Higher-Self in perfect faith, perfect trust and Unconditional Love and you will find that your life, reality and personal evolution on the sacred path back to God will be enhanced dramatically.

Chapter 109: The Flow of Life

To be in tune with the flow of life and the Universe is to live in, and with Spirit. The Source, The All, The Prime Creator, The First Cause, God is absolute perfection and which perfection includes every aspect of the Universe including every human being. Most people tend to force their lives in one direction or another by physical means, very often driven on by the relentless urgings of the ego and by the subconscious Mind, while ignoring the promptings and counsel of the inner voice. Your inner voice is your Divine connection to the ultimate perfection and order of the Universe, and as we have already discussed should never, ever be ignored.

Many people also allow negative thoughts and emotions to dominate their existence, which again will work against the perfection of the Universe by influencing Energy in a negative way, which will in turn manifest as correspondingly negative situations in accordance with immutable Universal Laws, in particular the Law of Attraction. The more a person ignores the guidance, wisdom and natural flow of the Universe, the more negative will be the impact on the life of that person, eventually resulting in a vortex of negativity and negative situations caused by disharmony in the flow of Universal currents.

To know the Universe is perfection and to know beyond any doubt that your Higher-Self is always connected to the perfect order of the Universe is to know that your entire existence is in the best possible hands. It is extremely important therefore, with Unconditional Love and unconditional trust, to allow God and your Higher-Self to guide your life in the direction that you always intended it to be before you even commenced your current incarnation on Earth. Many people, after being born into the physical word, become so steeped in the material world so rapidly, and become so influenced by the ego and the expectations of others, that their real purpose for the current physical life on Earth is almost completely subsumed. The most powerful force, Energy, vibration in the Universe and therefore of

God is Unconditional Love, and it is with Unconditional Love that your entire being will be guided within the immutable flow of the Universe.

Living in Spirit, going with the flow of life not only includes listening to and obeying the inner voice of your Higher-Self, but also being constantly vigilant for those promptings and impulses that seem to be pushing you in a certain direction. On a simple level it might well be for example that you are looking for something specific on a shopping trip. You have just decided to go into a particular shop when a sudden impulse causes you to continue walking, and instead of going into this first shop, further down the street you find another shop with exactly what you are looking for. This is a very basic example of something that happens to most people, and although most still do not recognise it they ascribe these situations to luck, chance, coincidence or other such intangibles, none of which exit in the perfection of the Universe.

Of course there are much more important examples of such guidance involving every possible aspect of life. A more far-reaching example might for example be in buying a new home. After many weeks of searching you finally find a home you really like and make the decision to place an offer with the agent; an offer that is subsequently accepted. Suddenly you feel an impulse to withdraw the offer and not proceed with the purchase of the home. Again, your Higher-Self with its connections to the Universe is guiding you away from this situation, in this case the new property, and the wise thing to do would be to take heed and to therefore withdrawyour offer. You might well never know why you were compelled to not proceed with the purchase of the home, but had you failed to follow your intuition and had proceeded to purchase the home anyway, you would most surely sooner or later have found out the reasons the hard way.

Going with the flow of life, living in Spirit should become a way of life, always being consciously aware of the forces guiding your life in the right direction and always obeying such guidance. Always

live for the present moment rather than being tempted to plan your life ahead as so many people like to do. The Universe, The Source, God is the Eternal Now, existing beyond the temporal confines of space and time. Your Higher-Self exists in the Eternal Now having a complete perspective of your past present and future, of all physical lives you have lived and ever will live, as well as all probabilities that might result from any particular action, decision or thought.

Living for the present moment, always listening to your inner voice and obeying without question the inner promptings, intuition and guidance received is therefore extremely important, always knowing beyond any doubt whatsoever that your destiny is in the very safest possible hands, those of absolute perfection. Follow your Energy, your instincts, your intuition, your impulses, and therefore your inner guidance with complete confidence and joy, always knowing your very best interests are being cared for with Unconditional Love, as an integral aspect of the flow of the infinite Universe.

Never let anyone or anything distract or persuade you from following the flow of your own life; it is your own life and accordingly your own path to follow onwards, to realise freedom, peace, harmony, success, and the ever onwards journey through the inner spheres of reality to your ultimate destiny with The Source, The First Cause, with God, and will very soon enjoy the freedom of going with the flow of life. Freedom from having to plan your days and weeks ahead, freedom from the pressures of being forced to make decisions, freedom to fulfil your own purpose and ultimate destiny while always knowing, beyond any possible doubts that you are an integral aspect of the stream of Universal life, and you are going with its immutable natural flow of complete perfection.

Going with the flow of life, living in Spirit, does not only mean doing so in the context of your own life, but also with the flow of nature and therefore of the entire Universe. Everything in the Universe has natural rhythm; there is no place for chaos in the perfect order of

the Universe. When you are enjoying the countryside or anywhere in nature, sit down, relax and allow your Mind to become silent. Feel the powerful Energy around you and integrate it into your being. Become aware and know that everything around you is Energy and has Consciousness as aspects of the ultimate Mind; everything you can see, hear, feel, taste and smell is an integral aspect of the magnificent Universe, all existing within the infinite Mind of the Divine Source, The First Cause, God. We already know the entire Universe is Energy, vibration; feel those vibrations and tune your own vibrations in harmony with the glories of nature around you. Always be completely Mindful of the present moment feeling the peace and harmony and the most powerful vibration of all Unconditional Love, sustaining you, nature and everything in the Universe.

Focus your attention on something that catches your eye or you feel particularly attracted to. Send to it positive Energy and Love and await the response. The response might arrive in the form of a feeling such as warmth, or you might see colours or hear music. However you personally perceive the response always know beyond any possible doubt that you are connected to each other, and in turn with everything and everyone else in the magnificent, infinite Universe.

Now find a plant and feel its unique Energy. As we know, absolutely everything in the Universe is Spirit, Consciousness and everything is life as an expression of the infinite Mind of God. Hold your hands together, side by side, palms facing downwards a few inches above the plant and relax as much as possible. Soon you will feel the Energy of the plant as a warm glowing feeling over the palms of your hands. Attune yourself to the Energy of the plant and know it too is every bit as much an aspect of the Universe, The Source, of God as you are. Repeat this whenever you have an opportunity, whether in nature or your own home or garden. You will soon know beyond any doubts whatsoever that you are indeed an immortal Spiritual being, existing in the infinite flow and perfection of the

Universe, of God, and to go with the flow of life is to live with complete harmony with Spirit, and everything that “is”.

Chapter 110: Respect for all Life

We already know that each and every one of us is an integral aspect of the Universe, of The Source, of God. Nothing whatsoever in the entire infinite Universe, in any sphere from the very highest to the very lowest is separate from anything else in the Universe, and accordingly everything is an integral aspect of everything else; this applies to all beings, Energy and life without any exceptions. Nothing exists outside of The Source. We also know that The Universe, The Source, God is Energy in the form of vibration, and accordingly everything in the Universe is an integral aspect of the very same infinite, living Energy field of vibration When we know and understand these truths beyond any possible doubt, the realisation brings with it new and extremely important responsibilities; whatever we do to anything or anyone we also do equally to ourselves and therefore also to everything else, to Universe as a whole and to God. Everyone should think about the implications and consequences of this reality very deeply indeed because it can and will have a profoundly positive effect on your own reality.

Everything in the Universe including all animals, plant and mineral life is therefore an integral, inseparable aspect of every single one of us. Those who hurt or kill animals, plants or indeed any living organism, however small, also equally hurts or kills a part of themselves. This is an extremely important and profound truth that everyone must fully understand.

Whenever mankind thoughtlessly damages the environment by for example mining, building development, pollution, and in many other destructive ways, those responsible are equally damaging an aspect of themselves at the same time. This is one very important reason why the Earth and humanity simply cannot withstand the current levels of wanton destruction by mankind over the environment for very much longer.
This is particularly evident when considering the rain forests of the world and the global, wide-scale building and agricultural

developments that are being continuously carried on in the name of materialism, mostly in order to satisfy the relentless greed and satisfaction of the physical senses of much of mankind, and also the ongoing craving for bigger and better material possessions, possessions that are totally meaningless in terms of ongoing progression, possessions that are completely irrelevant within the inner spheres beyond the physical world, to which everyone is ultimately destined.

A single physical life is but a temporal moment in the context of the great path, and to grasp, crave and become a slave to material possessions during this moment is to not recognise these fundamental Universal realities. Only when mankind as a race fully understands the implications of all of these actions and of their complete futility and irrelevance in the context of the entire Universe and the individual path of evolution, will this terrible and needless destruction cease, and the Earth finally have the opportunity to recover.

Hopefully, in the fullness of time, Earth can be restored to its former glory of before the days of so called “civilised man”. This can only occur however when mankind finally understands the complete and utter futility of the constant demand for temporal, meaningless, material possessions, acquired for no other purpose than for the gross gratification of the five physical senses and the uncontrolled demands of the ego.

Everyone should be Mindful of these Divine responsibilities during every waking moment of every day. Whether at home, at work, in the garden, in the countryside, on vacation, we should always view and treat everything around us as an integral aspect of ourselves. When out in the garden, walking in nature or indeed anywhere else, we should always be sure we do not harm any living thing, either accidentally or deliberately, by for example plucking flowers or treading in places where other wildlife might be peacefully established. We should never, ever harm any living creature, however small; each and every creature without any exceptions

whatsoever is an equal aspect of ourselves and therefore of God, and all have an equal right to enjoy its rightful place in the Universe and to live without unnatural interference from others while following their own path. Everything and everyone in the Universe is constantly evolving, and therefore everything and everyone has a path. All creatures, like everyone and everything else in the entire Universe in all spheres of life and reality are a Divine creation, expression and aspect of God, and no human being, no Son or Daughter of God should ever forget these realities and the Divine responsibilities accompanying them.

People often refer to some small creatures as “vermin”; again this is simply a derogatory human concept arising out of a complete and total lack of understanding and respect for the position which every creature or being without exception, however large or small occupies within the Universe. A lack of understanding all too often motivated out of gross selfishness, materialism and the uncontrolled demands of the ego. These creatures are only considered to be “vermin” because they happen to be perceived as interfering with the selfish material existence of people. In fact these creatures are really on their own path of evolution, involved with their own natural existence in the grand Universal scheme of things; these creatures are living their lives on their own path, and in no way trying to be vindictive.

These small creatures are only “vermin” as perceived by the selfish ego driven materialism of mankind. Every single being without exception, as with all life within the infinite Universe, has an absolutely equal God given right to exist and to live life without any fear of unnatural interference, harm or persecution from others.

If you are privileged to have smaller creatures in your home such as mice, spiders, insects etc., they are not in your home with the idea of being vindictive, or to cause a “nuisance” or to annoy you, they are simply aspects of yourself seeking shelter, food and a place to breed and raise their offspring just as human beings do. People might claim that these creatures are harmful in some way,

for example in the spreading of diseases, but as compared to mankind these creatures are extremely clean and advanced; and much more perfect than many humans in many respects.

If you destroy the habitat of a small creature, for example a spiders Web, you have destroyed a part of yourself equally. It is no different at all to someone arriving at your home because they do not like the look of it, or believe it is in an inconvenient location, and levelling it to the ground with heavy machinery. How would you feel? Every aspect and expression of The Source, The First Cause, God has feelings by virtue of the same Consciousness, life-force, Energy that we all share, and that applies equally to animals, plants and other expressions of Universal life.

Fear, hate or worry about the consequences of allowing these creatures, these same aspects of yourself and of God to share your home will attract to you the very consequences of your worry in accordance with Universal laws and in particular by The Law of Attraction. If you believe that sharing your home with other creatures will result in disease, damage or other undesirable, from your perspective consequences, then you will attract that same reality for yourself and it will become self-fulfilling.

The way to proceed is simple and unambiguous. If you honoured to share your home with other creatures, other aspects of yourself and of God that have chosen of their own freewill to live with you, then welcome them with complete sincerity and if necessary provide them with food, and anything else they might require. Above all send them Unconditional Love in the knowledge they will return that Love unconditionally, and never cause any problems for yourself, family or home.

These same truths apply to plant and even mineral life. In a previous chapter discussing the plane of the animal Mind we saw conclusive proof that plants are indeed intelligent and fully capable of thought, even though they do not have a physically observable brain. This is no surprise considering plants and minerals, like

animals are all expressions and inseparable aspects of the same infinite intelligence and Consciousness of The Source, The First Cause, God. In that particular case, as we discussed, the plant was connected to sophisticated lie detector equippment, and a series of experiments proved that the plant could readily think and rationalise as well as recognising danger and correctly identifying different human beings.

Again, it is erroneous to equate any form of intelligence with the presence or size of a physical brain. The physical brain is simply an organic interface of non-permanent physical matter interacting between the Energy level of the human body at a low level of vibration, and the much higher level of vibration of the Energy and other inner bodies. Without such a physical interface, the much higher Energy vibrations of the inner spheres of life could not be mediated with the much lower Energy vibrations of the physical human body. A plant has no need for a physical brain due, but still requires the same Energy interface between its physical presence and its inner existence on the plane of the plant Mind. Beyond the illusion of material observations everything in the Universe is life, intelligence and Consciousness, all integral and inseparable aspects of, and within the supreme Mind of The Source, The First Cause, of God.

To destroy an animal, plant or mineral is to equally destroy a part of yourself and of God. Plants do have feelings; they know when they are about to be hurt or destroyed and do not differ from human beings or animals in that respect one iota. The grand Universal scheme of things does of course recognise that the Earth life system and all that participate in it require food or sustenance and that plant life is a major part of that sustenance. However, motive is everything and is always fully accounted for by the laws of karma, an aspect of the Law of Cause and Effect.

If the primary motive for destroying a plant is to eat for basic survival, then that, being in keeping with the great processes of Universal life is acceptable. If however a plant of any kind, or even

vast areas of plant life such as the great rainforests of the world are wantonly destroyed for greed or other motives then there will always be a karmic price to pay. The pre-meditated destruction of any expression of The Source, The First Cause, of God, be it animal, plant or mineral is against immutable Universal laws, and the Law of Cause and Effect will always prevail. It is quite simply not possible as a cause to wilfully destroy any aspect of God and therefore of all creation without equally experiencing the same effects.

Just because mankind egotistically perceives itself to be the dominant form of life on Earth does not render the lives of other living beings any less important or any less significant. Every living creature without any exceptions whatsoever has its own part to play in the grand Universal scheme, and all should thus be equally respected. Everyone should know therefore that deliberately damaging the environment or hurting any form of life in any way whatsoever will inevitably yield karmic consequences in accordance with the Universal Law of Cause and Effect; there are simply no escaping these laws. Anyone who believes that they are beyond these Universal laws are deluding themselves and will in due course discover these realities by experience.

Just because someone can rationalise the destruction of the environment, or the hurting or killing of other living creatures, usually motivated by material and very often highly egotistical interests as is the case of fox hunting, deer hunting, big game hunting and other forms of “blood sports” for example, does not make it right in the eyes of God or the flow of the Universe.

The perceived need for material possessions often exclusively for the purpose of the gratification of the ego and of the five physical senses, the often blatant disregard for non-human life, and indeed sometimes in fact blatant disregard and disrespect for even fellow human beings are extremely serious human weaknesses which are never excused by the immutable laws of Cause and Effect which

exist to maintain balance and harmony in the infinite Universe of which we are all an integral aspect.

It should be known that by comparison with the highly evolved beings of the inner spheres, mankind of the planet earth are as the most basic life forms on Earth. To these beings mankind is little more than a single celled organism barely capable of thought processes. And yet the beings of the inner spheres always view mankind with Unconditional Love, and do whatever is necessary to assist the progress of mankind along the sacred path.

One day every human being will evolve to these same levels as these inner beings, and further still, the inner always assisting the outer along the great path back to God. It is incumbent on mankind therefore to view and treat all life, however apparently primitive they appear to be t the perceptions of man, as sacred, and just as the inner beings selflessly assist mankind, mankind should also selflessly assist and live in harmony with all creatures on Earth in the certain knowledge they are just as much brothers and sisters before God, all striving for progress on their own path in this great Universe that we share in which we all live, breath and have our being.

These important facts should also extend to the fundamentals of eating for sustenance. Food is a requirement of every form of physical life in order to maintain its existence. It is perfectly natural therefore to obtain food from the Universe in order to live and exist healthily. This is all a completely natural aspect of the natural Universal scheme of things. Most animals, except usually human beings, normally consume only those foods and in those quantities required in order to survive in a healthy state of being. In the case of humans however a trip around any supermarket will instantly reveal how the requirement for basic, necessary sustenance has grossly degenerated into a materialism inspired food-fest designed for the most part only to satisfy the demands of the ego and of the human physical senses, and in particular the senses of vision, taste and smell.

In most parts of the world where a reasonable standard of living can be enjoyed, the average person will consume very considerably more food and drink each day than is actually required for healthy survival. This fact alone is a major cause of health problems of numerous types including obesity, which is becoming increasingly prevalent in many so-called civilised countries of the world. Food manufacturers and supermarkets always endeavour to ensure food is packaged in brightly coloured, tempting wrappings and containers in order to tempt people to indulge in even more excesses, that in turn material profits may be further increased in order to satisfy the pockets, ego and demands of shareholders. It is no wonder therefore we are witnessing ever increasingly serious health problems as a direct result of these gross excesses, problems of the sort that are increasingly evident in the world today, and which should accordingly not need to be explained to most people.

One of the most unfortunate aspects of these excesses is the effect on the heath of children. From a very early age children are fed all manner of unhealthy foods with high sugar, fat and chemical content. These foods not only adversely affect the metabolism and body of the child, but also considerably boost the production of fat cells, which once produced will be with the child for life. These fat cells are then utilised by the body to store fat, and as a direct result the child becomes obese from a very young age, and is then fighting obesity for the rest of the child's physical life. Unfortunately parents are still for the most part oblivious to this as they fee their children ever more sugary and fatty foods, and in particular "fast foods" which are currently one of the biggest nutritional issues facing mankind.

People generally, with the exception of vegans and many vegetarians usually view meat products on supermarket shelves as mere food, an object, a meaningless commodity to be cooked and eaten, usually without any thought whatsoever for the suffering of countless creatures on Earth dying each year for reasons going far

beyond the need of basic sustenance; creatures dying mostly in fact in the interests of the gratification of the human physical senses. Again, not much more need be about this sad state of affairs; it should be totally apparent to anyone and everyone who takes the time to think about it objectively, and with complete honesty.

Introspection in these matters is an extremely worthwhile exercise. Suffice it to say, shelves upon shelves of meat products equate directly to suffering and physical death on a massive scale of innocent creatures throughout the world. As the most true and highly appropriate expression goes, “man should eat to live, and not live to eat”. The appalling treatment of animals is a cause that will always have its corresponding effect according to immutable Universal laws. Those that participate in the harming of any life form, any expression or aspect of God, will pay the price in accordance with the immutable Law of Cause and Effect of which karma is an important component.

Another aspect of progression and lessons to be learned in the physical world, lessons everyone will have to learn in this or a future lifetime, is the need for treating the physical body properly and eating only those foods and only in those amounts strictly necessary for a healthy existence. As we have already observed, most people consume many times more food each day than is actually required for healthy living, much of which consists of food of low nutritional value, but at the same time high in components harmful to the body including both natural substances such as fats and manmade chemicals such as preservatives.

Eating should be about healthy, natural living, and always with complete conscious respect for other living creatures and for the environment. Any human being can live very healthily indeed on a very modest daily diet of natural foods, just as The Universe and evolution intended, and none of which require fancy packaging designed to stimulate the physical senses. Such sensible, natural, healthy diets are beyond the scope of this book but there are plenty

of information sources available on the subject of healthy eating and natural foods.

In conclusion, everyone can live extremely healthily in the way The Source, The First Cause, God intends, on a modest diet of natural foods that are not specifically designed to appeal to and satisfy the demands of the senses and often of the ego. Everyone can and therefore should do so with an absolute respect for all creatures and for the environment of the physical world of which we are all integral and inseparable aspects with God, and accordingly share a collective and equal responsibility to everyone and everything in the Universe.

Chapter 111: Selfless Service

One of the most important aspects of progression in all spheres of life is the offering and provision of service and assistance to others without any thought whatsoever of reward or self-gratification. Selfless service is absolutely fundamental, both from an individual perspective and from the perspective of the entire human race, without which there can be no true progression.

Selfless service should be offered and provided out of a genuine and deep desire to help others. Inner Beings of the Astral, Mental, Celestial and Cosmic spheres of life are continually involved in service to humanity by selflessly providing their services, the inner always assisting the outer, from the very innermost sphere closest to The Source, The First Cause, God, out to the physical Universe of matter; such is the way of progression in the entire Universe.

Although those in the lower spheres cannot comprehend the glories, splendours and magnificence of the inner spheres of life, or of the advanced beings residing there, and of their abilities, those of the inner spheres who already know and experience such conditions deeply wish to raise those living in the outer levels of the Universe to the ever inner levels, that they may also enjoy the same conditions of Love, light and bliss; conditions far beyond even the remotest comprehension of earthly humans. Only when a person arrives at the next level in his or her development can they truly experience and fully appreciate the glories, splendours and magnificence of those inner worlds and of those who dwell there.

It is an unfortunate but yet true fact that many people today will not consistently help others without anticipating something tangible in return, very often money. There are of course many notable exceptions, for example the excellent work carried out by charities and other volunteer workers and organisations involved in a wide range of humanitarian services, as well as services to assist other living creatures and the environment.

Of course, people are understandably committed to their own daily needs, families and friends, often helping each other whenever appropriate. This is of course as it should be between families and friends. Selfless service however should extend far beyond family and friends. The meaning of selfless service is to unconditionally serve others whenever the need for such assistance is apparent and appropriate, and whenever it is possible to do so, without any thought whatsoever for self or gain.

Selfless service also includes the progression of all humanity and life. Just as the inner are always assisting the outer within the inner spheres of life, the fortunate should likewise always help the less fortunate within the physical world. Such help can be offered in numerous, unlimited ways, ranging from financial assistance to direct physical help, through to advice, support, healing and teaching. If all mankind would embrace these extremely important Universal principles, all of which are required for true progression, then the greed, avarice, materialism, egocentricity and self-gratification so prevalent in the world today would disappear, and the world would be a vastly better place; the “kingdom of heaven on Earth”. As it is, we frequently witness self-interest being placed before selfless service in the seemingly relentless race, and often obsession by humans generally to accumulate wealth, material possessions, power, fame and notoriety, all motivated entirely for individual benefit.

Within the inner spheres of life and reality commencing with the Astral worlds where people will transition to after passing from physical life on Earth, everyone at any particular level of density and vibration exists at fundamentally the same level of ennoblement, advancement and beliefs, and as a result, in the mid-Astral and inner worlds, peace, harmony and tranquillity always prevail. In these inner Astral worlds to which people transition after the death of the physical body, there are no formal leaders, no formal work, no money, no self-interest and no greed, everyone always working together in oneness of Spirit for the benefit of

everyone else around them, and very often for the benefit of those living on Earth.

However, those on Earth who lived a life of selfishness, greed, avarice, gross materialism and disregard for others or worse will find themselves in a very similar world after passing. Everyone will transition to a world that is completely analogous and a very precise match to the physical life lived on Earth. No one can take their Earthly material possessions with them to the Astral worlds, and accordingly after passing such people who on Earth lived by greed, selfishness and disregard for others will find themselves in the company of similar Souls in the outer Astral worlds, all striving to gain advantage over everyone else in exactly the same way as they did on Earth. These are the “greed worlds” of the Astral realms where those dwelling there will potentially spend hundreds or even thousands of years as measured in Earth time striving to gain from each other just as they did on Earth.

These outer Astral worlds might well be analogous to a type of “hell” in religious terms, worlds were greed, avarice and selfishness prevail. Eventually however, sooner or later, these people will also learn their lessons and the futility of their selfish personalities, and will either reincarnate for another life on Earth where the lessons learned can be exercised, or transition to the inner, more harmonious, peaceful Astral worlds, where everyone assists each other without any thought of reward or other benefit, until such time as reincarnation takes place once again. The purpose of these outer Astral worlds are not as a form of punishment but rather places of learning, an environment perfectly matched to the character and therefore Energy vibration of the people dwelling there that they may ultimately learn and move on.

Those who believe “death” will release them from their attitudes and actions within the physical world had therefore better think again because “death” is no escape. Everyone will transition to the Astral worlds, to a realm that exactly matches their character and other attributes, and where life continues eternally. Knowing these

important facts, everyone has the opportunity to review their own life, character and ennoblement in the years before physical death, the sooner the better, and to take all necessary actions to transition to a decent life of selflessness and service to others.

It should also be well and truly noted by those who are mostly concerned with, and motivated by their own self-interests, that selfishness is one of the very most serious transgressions against Spiritual progression, and is highly karmic. Notwithstanding the conditions awaiting a persistently selfish person after physical death, all transgressions will have to be balanced sooner or later. Universal laws apply equally to every single person without exception, regardless of perceived status on Earth, a status counting for absolutely nothing in the inner Astral and Spiritual worlds. While the victims of the physical world will likely enjoy a peaceful, harmonious existence after passing on to the Astral worlds, those who transgressed against them will find themselves in an outer, “hell” like Astral world among like-Minded people, with karmic debts to pay in full.

We should all therefore live our lives in a positive manner, in complete peace and harmony with the world, going with the flow of life, always offering selfless service out of Unconditional Love whenever and wherever the need or opportunity arises and it is appropriate to do so. Living a shallow life where token efforts are made to help others, or to be less selfish simply in the knowledge of the life awaiting after passing from the physical world and in the hope of enjoying a better “afterlife” will be completely futile. Relinquishing the habits and characteristics of a lifetime on Earth or “death bed confessions and conciliation” just prior to passing on mean absolutely nothing whatsoever, and will absolutely make no difference at all to the Astral world to which a person will transitioned after physical death and the environment encountered there.

This also equally applies to religious people, many of whom believe that their religion, faith and accepting Jesus as their saviour will

ensure their place in “heaven”. Some even go as far as believing if they “embrace Jesus” on the deathbed then they will be “saved” and go to “heaven”. This of course is a complete delusion, brought about by the most part by the creed, dogma and indoctrination of the church.

True progression includes transcending the ego, ennoblement of Soul and Spirit, respect for all life, Unconditional Love and selfless service. No one knows precisely when their current lifetime on Earth will be completed, and when therefore the transition inwards to the next sphere of life will occur, and accordingly no time should be lost in fully embracing and living life in full knowledge of the true meaning of life.

Chapter 112: The Lessons of Life

Each and every physical life on Earth is can be likened to attending the kindergarten of the Universe, in a learning process that never ends until the end of the path to our Divine Creator is finally reached. Even when the cycle of physical reincarnation on Earth has been transcended and the student progresses to the primary school of life, the path ahead back to our Divine Creator is long, but much more tranquil peaceful and harmonious, with none of the trials and tribulations experienced within the physical Earth life system. It is the destiny, and should be the primary objective of every single person without exception to graduate from the kindergarten of Earth with honours in order to progress to the next phase of Divine education. Always keep in Mind that the true meaning of life is to evolve back to The First Cause, The Source, God, from Where we first came, and of Whom we are all expressions.

We have already discussed in this book many of the factors facilitating true and enduring progress during each physical life. It is also very important to realise however that life is one long learning process from the moment of birth to the moment of transitioning back to the inner spheres of reality where the work and achievements of the past life can finally be reviewed and reconciled.

Every single moment, both awake and asleep, is a valuable opportunity to learn and to progress, and none of these lessons should be disregarded or wasted. During life we all interact with many different people under many different circumstances, encountering many different situations, all of which are valuable opportunities for learning, progression and personal evolution whether they are recognised as such or not at the time. Numerous such opportunities are presented to everyone each and every day, and no such valuable opportunity should be wasted. If such an opportunity is not recognised or is ignored, the same lesson will present itself again in the future, either during the current physical

Earth life or will be carried over into a future physical life where the opportunities will arise once again.

It is most important therefore to consider each and every situation, and to understand it's true meaning, learn the lessons and to take any necessary actions associated with that lesson. Situations, Spirit guides, your Higher-Self and others living within the inner spheres of life will all assist your learning process by creating situations and symbols for ongoing evolution. For example, if you suddenly find blocked sinks, blocked drains, blocked pipes and other blockages appearing in your life that never happened before, they might well be symbolic representations of a more fundamental blockage in your life involving your Soul or Spirit. It is as well to take time to identify where this blockage might be arising and to accordingly take the appropriate steps to resolve it. You might well for example be putting off something that could be important in your life such as moving to a different a different location. Whatever it is the blockage must be identified and remedied.

There are many other such situations in life, a common one of which is conflict with others. Frequently, situations will arise that you feel are unjust, unfair or quite simply completely wrong. Most people would react strongly to these situations, perhaps by engaging in arguments with others, complaining, or simply by experiencing emotions of anger, or worse, hate. When these situations occur they are valuable opportunities for learning, growth and progression. When faced with such a situation, before reacting, stop yourself, take a very deep breath, count to five, and take the time to consider the situation from all perspectives. Ask yourself; "maybe it is I who is wrong in this situation after all". Consider the situation from the perspective of the other person or people involved and ask yourself what you would do in these same circumstances. The ego is a very powerful adversary as we have previously discussed, and will always cause you to insist that you are right and everyone else must therefore be wrong, if allowed to do so. This is just one reason why it is so exceptionally important to

transcend the influence of ego and to assume full control over your own Mind and actions at all times.

The ego will revel in causing trouble whenever and wherever it possibly can, and must never be allowed to do so. If the uncontrolled ego is allowed to exert its influence in this way, life lessons will not be learned, karma will not be equilibrated and progress in this and future physical lives will be adversely affected. There is quite simply no avoiding the lessons needing to be learned. Accumulated karma also needs to be balanced, and therefore must be faced and addressed as soon as possible while further negative karma is avoided, all by means of vigilance and self-control at all times. Those who continuously fail in these objectives will need return to Earth time and again for another physical life, never making further progress on the path, thus missing the glories, splendours, tranquillity, peace and harmony of the inner spheres of life; the next stages of learning and progression awaiting everyone without exception. If every human being knew the glories that await them further along the path, beyond the cycle of reincarnation into physical lives on Earth, no person would delay for a moment. It would become a passionate desire to learn the physical lessons of the kindergarten of Earth, and to progress to the glories, splendours and magnificence of the next phase of life.

Each situation you are presented with should be faced with complete confidence, always knowing beyond any doubts whatsoever that you are an immortal Spiritual being, a Son or Daughter of God made in the true Spiritual image of God, and nothing can ever harm you. Never miss an opportunity to help others or to provide selfless service; opportunities presented each and every day if only you are vigilant for them. Always give thanks for every single such opportunity arising in your life; thank the Universe, The Source, God, as well as your Higher-Self and all of those many unseen beings of the inner spheres of life who dedicate themselves to your well-being and progression out of Pure Unconditional Love.

Chapter 113: Pure Unconditional Love

Pure Unconditional Love is the most powerful vibration, force, Energy, in the entire Universe, in all spheres of life and reality. Without the all-pervading power of Unconditional Love the entire Universe could not and would not exist. If Unconditional Love where to be withdrawn, the entire Universe would collapse in an instant.

Unconditional Love should never be confused simply with sentimental love, attraction between two people, sexual love or lust, love of family or friends, or where the word “love” is used very loosely as a sign of friendship, affection or simply as an expression of endearment. Unconditional Love is best described as a state of Energy, vibration, a powerful force, ultimately the very highest expression of Energy and vibration of all emanating as it does from the very highest, purest, most perfect and most Divine Energy of The Source, The First Cause, of God, a vibration sustaining all creation within the entire Universe without which there would be nothing.

In order to live in complete harmony with the Universe and become an open channel of expression of God, it is necessary to attune to a personal state of Unconditional Love in order that our body, Soul and Spirit can resonate in harmony with this same Divine vibration of Energy. In order to maximise our abilities of manifestation, healing, and other inner abilities, and to truly live in Spirit, Unconditional Love is not something we should simply be aware of, or claim to practice, but rather something we should actually feel and become as an integral part of our very being.

Many people might claim to practice Unconditional Love, but very often this is very far indeed from reality. True, Unconditional Love is not merely about feeling good towards yourself or others, romantic love, showering everyone with affection or other such sentimental behaviour, although of course these are perfectly harmless and even good things to do when appropriate, it is rather a much higher

and ongoing state of being rather than mere words or a temporary or notional display of emotion, or affection.

True, Pure Unconditional Love is the very Energy behind all creation from the very beginning; it was out of Pure Unconditional Love that God created and sustains the entire Universe in all spheres of life and reality; Pure Unconditional Love is therefore the very highest and most Divine expression of God.

Those who wish total peace and complete harmony with the Universe, and wish to maximise the practice, effectiveness and benefits of those abilities discussed earlier in this book, should strive to become the individual epitome of Pure Unconditional Love; Pure Unconditional Love must become an integral part of your very being. Unconditional Love really does mean “unconditional” in every possible sense, that is to say without any conditions of any sort attached. Of course it is not possible to become Unconditional Love overnight, it is rather a process commencing with a total and sincere resolve, integrated into daily life, and practiced increasingly with genuine and complete dedication, until Pure Unconditional Love is fully realised in every aspect of your life and being; body, Soul and Spirit.

Before setting a date in which to commence practicing and becoming at one with Unconditional Love, it is first necessary to contemplate and meditate deeply about exactly what Unconditional Love really means and how you will proceed with, and ultimately achieve your objective. It is necessary to fully understand the true nature of Unconditional Love to the point where it is not something you ever need to consciously think about, but is rather an integral aspect of your very being.

To practice Unconditional Love is to see and love the Divine essence of absolutely everyone and everything without any exceptions, not only the superficial shell that is the temporal physical vehicle by which to experience earthly matter, but in particular the immortal Spirit within, the true image of God. You

must know beyond any doubts in your very heart and Soul that everyone without exception, regardless of race, creed, culture, personality, individuality, characteristics and earthly status is an integral and equal aspect of God, our Divine creator who has given us all the precious gift of immortal life.

You cannot be selective about “Unconditional” Love. You must radiate and be Pure Unconditional Love to everyone and everything including those who you might have previously perceived of not being worthy of such love, including but not limited to terrorists, murders, bank robbers, difficult neighbours, annoying co-workers, and all of those with whom you might have had or are still having major disagreements, or generally have simply not got along with in the past for whatever reason that might be; the reason simply does not matter. Every single one of these people without exception is also an equal aspect of God, an expression of God, and to hate them is also to hate God, yourself and the entire Universe in all of its magnificent spheres and dimensions of life and reality. Every single one of these people without exception has the same ultimate destiny, and one day even the people considered to be the most evil of humans on Earth will ascend back to our Divine Creator.

God never, ever discriminates against his children anymore than any human being would discriminate against their own children, and therefore as true sons and daughters of God no human being should ever discriminate against any other human being. Many might say, “but we are only human after all”. Yes, but therein is an extremely important point; people might well believe and think as if they are “only human”, however in reality, we are God and God is us, and one day upon attaining such a level of perfection everyone will realise the opportunity to assist in the harmonious operation of the entire Universe in all dimensions, spheres and realms as “God people”.

When you begin to practice being Unconditional Love, you must pour the high Energy vibration of genuine Pure Unconditional Love into everything and everyone, your entire surroundings without any

hesitation or condition. You will very quickly discover that Unconditional Love is very expansive and pervasive due to being an integral aspect of the group human Mind, and very soon people around you will begin to receive and to assimilate the vibrations of the Energy of Unconditional Love they are receiving from you, and will respond accordingly. People will seem to become much happier and more peaceful around you, smiling more, and being generally more relaxed.

As the people around you respond in this way, they will in turn radiate much more peaceful, harmonious feelings, again which will in turn be absorbed by people around them, and very soon your being Unconditional Love will directly or indirectly touch the hearts of many people. In this way it does not take too many people being Unconditional Love to raise the entire world to this most Divine vibration, with profoundly positive consequences. While practicing Unconditional Love, be vigilant for and reject all negative or unloving thoughts immediately they occur. Remember; a very important aspect of Unconditional Love is also unconditional forgiveness. Always unconditionally forgive those who have wronged you, however bitter or resentful you might feel, and project Unconditional Love in place of any anger or resentment while also remembering to learn any lessons you can from the situation.

It is very important to remember and to know that Unconditional Love is much more than a sentiment or something you might say to yourself, such as “I practice Unconditional Love”; it must radiate from the Heart and be an absolute knowing without thought or effort. Unconditional Love must literally be a state of being, inseparable from your Soul, Spirit and your Higher-Self, your Divine self, connected directly with the most Divine vibration of Energy of The Source, The First Cause, of God.

Always know that Unconditional Love is projected by God through your Higher-Self, through your immortal Spirit, through your Soul and finally to your physical body, through which you send the vibrations to everyone and everything. Very soon your vibration and

very Being will be raised to a new level, and you will begin to instinctively understand how to overcome limitations in your life. The door will open for many more possibilities you would ever have considered or thought possible before. Your abilities of creating your own reality, healing and many other powers of the Mind will open wide to you without effort. Not only will you be positively affecting other people, you will also be raising the vibration and therefore Energy within your own life, experiencing a new level of happiness, peace and harmony with the world, Universe and all those around you.

The first few days of practicing Pure Unconditional Love might prove to be difficult, but as you persevere over the course of weeks and months it will become a way of life, and you will never want to return to the lower Energy vibration of your previous state ever again. While relaxing or meditating, focus on your heart chakra, the centre of Unconditional Love in your Etheric or Energy Body, and see it glowing, sending out its rays to the world. Take every opportunity to perform the Twin Hearts meditation as detailed earlier in this book, sending Pure Unconditional Love to the entire world. The more you become the epitome of Pure Unconditional Love and perform the Twin Hearts meditation, the more your heart chakra will expand and glow brightly; you will very clearly feel the warmth and the peace as your heart chakra vibrates to the highest Energy vibration of all, the Divine vibration of God.

After some time you will feel and know beyond any doubt you are connected directly to this ultimate, Divine source of the vibration, of Unconditional Love, and know beyond any doubt whatsoever you are an integral aspect of this source; such a level of realisation is extremely important to the development of many positive abilities and for ongoing growth and evolution along the sacred path back to God, the very source of Pure Unconditional Love.

In time you will become a much calmer, happier, peaceful person, which will be reflected in your life. You will feel and know you are in tune with the Divine Source of the very highest vibration of all,

which will in turn manifest into your life in many positive ways. You will sleep more peacefully and soundly, and your dreams might well be much more vivid, harmonious and intense, opening you to a fuller understanding of your true purpose. Your raised vibrations might well also open you to many higher-level abilities such as Astral Projection, clairvoyance and psychic abilities, although these should never be a primary motivation. Remember, unconditional means truly unconditional, whether it relates to yourself or others.

During the first few days and weeks maintaining Pure Unconditional Love might well prove to be a variable experience, especially for those who are still working on transcending the ego. The ego will protest at every turn and will demand getting its own way. Perseverance is the key; acknowledge the protests and efforts of your ego to upset your equilibrium of Unconditional Love, but without ever giving into to it. In the fullness of time your ego will have to accept your desires and cease to protest and place obstacles in your way.

Above all, never become disheartened or give up altogether. Always know it is your Divine right as a true Son or Daughter of God, made in the true Spiritual image of God to be Pure Unconditional Love at all times, and thereby doing your part in keeping the fabric of the Universe intact. Also, always remember the love God has for you is Pure Unconditional Love; God never, ever, ever judges anyone, no matter where a person is on the path, or however “bad” or “evil” they are perceived to be by judgemental people on Earth.

God always embraces Pure Unconditional Love for all of His/Her Children and creations within the entire multi-dimensional Universe. Unconditional Love has been recognised throughout the millennia as one of the ultimate mysteries of life and of the Universe, and yet most people in this stage of their evolution do not recognise or attempt to become as one with Unconditional Love. Those who do recognise Unconditional Love and live their lives as Unconditional Love will realise these profound truths; it can shake you free from

the influence of the ego and allow you to enjoy a new freedom and state of being which most people might find unimaginable. Only those who become Pure Unconditional Love will know the absolute truth of this reality.

To conclude this section, here is a passage contained within Corinthians of the Christian bible. While this is text is contained within religious source, it is nevertheless extremely appropriate.

"*And now I will show you the most excellent way.*

If I speak in the tongues of men and of Angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self seeking, it is not easily angered, it keeps no record of wrong. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophesies they will cease, where there are tongues they will be stilled, where there is knowledge, it will pass away. For we know in part and we prophesy in part. But when perfection comes, the imperfect disappears.

When I was a child I talked like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror, then we shall see face to face. Now I know in part, then I shall know fully, even as I am fully known.

And now these three remain; faith, hope and love. And the greatest of these is Love.

Chapter 114: Our Ultimate Reality

During the course of this book we have discussed the true nature of the magnificent infinite multi-dimensional Universe also known as God, The All, Spirit, and by numerous other names in accordance with the many and diverse traditions and cultures of the world. We have discussed the true nature of the inner realms of life and reality beyond the physical planet Earth through which we will all journey sooner or later on the way to realisation of our ultimate and most sacred destiny. We have also observed how each and every person without exception creates their own reality, thereby each managing our own individual evolution and our own ultimate destiny, all by virtue of the freewill granted by our Divine creator to Whom it is the most sacred task for each and every person to return.

It will be apparent to everyone by now that hitherto it has been due to a lack of true knowledge that the current course of mankind has been leading inexorably and increasingly leading away from God, away from the Light, away from the glories and the splendours of the inner spheres of reality, the true destination of mankind, and instead towards the darkness, an insidious darkness fuelled by creed, dogma, indoctrination, unchecked rampant materialism, the uncontrolled ego and many other dark human traits, all of which continue to blight mankind.

Only when true knowledge and true reality of the Universe, and therefore the ultimate destiny of mankind becomes known to all can mankind finally and permanently turn away from the darkness of the past and back towards the Light, thus continuing to fulfil our true and rightful destiny as immortal, Spiritual beings made in the true image of the Divine. Then and only then can the physical world, God’s kindergarten of the Universe to which people return time and again, eventually become the “kingdom of Heaven on Earth”, the place of health, harmony, happiness, peace and plenty for all, the heritage with which all mankind has been entrusted, but upon which heritage mankind has hitherto for the most part turned its back.

It is the most sacred duty and destiny of every single individual without any exception to travel the sacred path back to The First Cause, The Source, back to God, our Divine Creator, while always selflessly assisting others further behind on the path, in the Spirit of Pure Unconditional Love, the most powerful force in the entire Universe.

Everyone should be absolutely clear that without any exceptions whatsoever, every single person who has been born into the physical world, has ever been born or ever will be born will, sooner or later, set foot firmly and confidently on the Divine path and embark on the most sacred journey of all; such is the ultimate destiny of all mankind and that of our Brothers and Sisters throughout the Universe, and such is the ultimate and true meaning of life.

No time on Earth should ever be wasted. The sooner true and permanent progress can be made, the sooner the cycle of physical reincarnation will be transcended forever as the sacred journey continues in the inner reality; worlds, planes, spheres, realms and conditions of Pure Unconditional Love, Light and bliss far, far beyond even the remotest comprehension of people still living on Earth. Those focussed within the outer spheres of life quite simply cannot comprehend the sheer magnificence and splendours of the inner sphere of life and reality until arriving there as a result of ever increasing individual perfection, in turn raising the Energy vibrations of our Spiritual bodies, always matching the vibrations and density of the inner spheres of life and reality equivalent to level of perfection.

As more and more people on Earth begin to awaken to these inner realities of true purpose, destiny and of the true and ultimate meaning of life, an expansion of Consciousness of the group human Mind will progressively occur, which in turn will continue to be the catalyst for yet more and more people awakening to these Universal realities and individual destiny. Eventually, in the fullness

of time, everyone on the planet will become fully aware and conscious of individual true purpose, nature and destiny, and will not waste any Earth time arranging their own lives accordingly.

This process has already begun and is one of the reasons why today we are witnessing increasingly more “phenomena” such as psychic abilities, clairvoyance and Astral Projection arising in people who might otherwise have not even believed in, or even been aware of such possibilities. This process is always being assisted by advanced Beings of the inner spheres of life, including evolved humans and other intelligences who have chosen of their own freewill to assist human beings in this Divine process.

It has often been said that the timing of this expansion of Consciousness might be due to a prophesied event affecting the entire planet Earth, the Cause and Effects of which are the subject of much speculation and debate. Many believe for example this will coincide with the end of the Mayan calendar in the year 2012, others believe the process has started even now and is very much ongoing. If such an event were to occur it is prophesied to involve an “Etherealisation” of the physical world, thereby causing the entire physical planet Earth to increase its Energy vibrations thus becoming less dense, moving towards vibration and density of the Astral worlds. If this situation were to occur as prophesied only those human beings who are sufficiently Spiritually evolved, with vibrations of the subtle bodies being equal to or greater than the higher vibrations of the physical world would continue to survive on the planet Earth. This would result in the end of the physical lives of everyone else on Earth and a transitioning to the Astral worlds where further progress would be much more difficult.

Of course, although the subject of several independent prophesies, the likelihood of this situation occurring is still very much unknown, and is likely to remain so until and if such time it begins to occur. Whether such a prophesied event occurs or not, everyone without exception should strive to evolve in this lifetime, because, as has been said time and again, even assuming the Earth does indeed

remain stable in its current three physical dimensions and time, whatever progress along the path a human being has failed to achieve in this lifetime on Earth will most assuredly have to be made in a future lifetime, or lifetimes, where unlearned lessons will need to be learned, remaining karma equilibrated and individual ennoblement and perfection of the Soul and Spirit continued. It really is quite impossible to over-emphasise the importance of these matters involving every single person of the past, present and future of Earth, and indeed of every other planet in the physical Universe and beyond.

It is the true meaning of life, destiny and the ultimate reality of every single person without exception to evolve back to The First Cause, The Source, God, an ongoing process that should never be delayed, but rather embraced with passion, joy and Unconditional Love.

Epilogue

It is my sincerest hope that this book has succeeded in showing you the way forward in this life, future lives and beyond, and that your current life can become much more joyful, peaceful and harmonious as a result. Although this book sets out in great detail the knowledge required in order to achieve these objectives, it is at the final analysis for you, the reader, to understand and above all to resolve to manage your own life and therefore your own true destiny. No amount of reading or theoretical knowledge alone will, in and of itself, enable you to gain abilities, achieve your objectives and to fulfil your own glorious destiny; only a totally conscious decision to fully accept our ultimate reality and to progress accordingly with knowledge, joy and complete confidence can achieve that.

Finally, please always remember that you are not merely a physical person experiencing a single life in the physical world, housed within a physical body of matter; you are, always have been and always will be an immortal Spiritual being of the infinite Universe in all spheres of life and reality, an integral and inseparable aspect of the Divine; The First Cause, The Great Spirit, The All, The Source, our Prime Creator and all of His/Her other names, mostly often known simply as God.

Finally, I personally wish you every possible success in Light, truth, peace, harmony and Unconditional Love on your own individual onward journey through this and any future lives on Earth, and onwards through the magnificence, glories and splendours of the inner spheres of life as you fulfil the ultimate reality, your own ultimate destiny, your individual return along the sacred path back to the Divine of Whom you are an inseparable, integral aspect, and in Who’s image you are truly made as an immortal Spiritual being.