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Dear Reader,

First of all I would like to wish you and your family a most Joy-Full, Healthy and Abundant 2012. Remember though - if we Live Each and Every Moment With Joy In Our Heart and Follow Our Heart, whatever 2012 brings is a secondary consideration.

It is particularly appropriate that today is the first day of the year 2012 according to the Gregorian Calendar. 21 December 2012 has entered Human Mind and Consciousness, but in many, if not most cases for entirely erroneous reasons, the most erroneous of which is that this iconic date will see the "end of the World".

Well suffice it to say for now that 21 December 2012 most assuredly not be the date upon which the World "ends", and that there will be no specific event on that day.

This week I am sending you a shorter than usual Newsletter during which we will overview 2012 in absolute terms. Newsletters of this coming year will be largely directed towards the meaning, influences and opportunities presented by the year 2012 general, and iconic, misunderstood 21 December 2012 in particular, that we may better understand, prepare and position for the best possible outcome.

I hope you were able to obtain your copy of my Seasons gift to you offered before Christmas, the exceptional book - Consciously Creating Circumstances.

I would like to thank every one of the thousands of you who sent me an email about the book and for your best wishes. Be absolutely assured that I did read every single email received, as always, in full. Of course I could not reply to everyone, but please do accept this as my grateful thanks for every sentiment in every email received.

If you are receiving the Newsletter for the first time and wish to keep fully informed as to

Now 2012 is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, will provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:

Well here we finally are - 2012.

We have discussed 2012 in many Newsletters over the years, but until we actually see that number on our calendar it still seemed so distant and "unreal".

Consider then the Maya, that Great Culture of several thousands of years ago, who, despite living in the rain forest, were brilliant Architects, Cosmologists, Astrologists and Astronomers, who knew, beyond doubt, that everything in the Universe was Cyclical - i.e. took place in Cycles of different lengths. They also understood the great Truth - "As Above, So Below" and that everything and everyone on Earth - the Microcosm - was a reflection of the Greater Reality - the Macrocosm.

This then formed the basis of all Mayan calendars, of which there were several, used as the basis for how Cosmic Cycles governed their Lives down to every last detail.

One of their most important Mayan Calendars was their "Long Count", which tracks Cycles of Human Evolution and Consciousness, each Cycle being 5125 years in duration, each representing an "Age" of Humanity, or a single Evolutionary Cycle.

Now although each Evolutionary Cycle is absolute in its own right, the Transformational events or influences are unique to each, and on multiples of these Cycles, such as 10250 years ago, Transformational Events may be more profound, culminating in a much more dramatic shift in Evolution and Consciousness.

10250 years ago we know that there were great cataclysmic events, which included the Great Flood and submerging and destruction of Atlantis - part of the same series of events that reduced the global human population to a very small number - possibly a few hundred. We know, conclusively from DNA analysis that every single Human Being living on Earth today is a direct descendant of a few hundred individuals and as few as 6 females. These facts are scientifically beyond dispute.

Now it is important to understand however that this does not imply that each Cycle of Humanity culminates with some form of cataclysmic event. It might be the case of course, but whether this is the case or not is not at all governed by "chance" or "natural events" beyond our control, but is rather the result of Humanity itself.

Every 5125 year Long Count Cycle is an opportunity for Humanity to Evolve to the next Level of Mind and Consciousness through our own Freewill and therefore actions. If Humanity has failed to evolve, or even regressed, as was the case 10250 years ago, then the "Universe" will orchestrate a Purgative, Cleansing Event that Humanity can start over again with a "clean slate" for another 5125 Cycle.

The biblical "Great Flood" as described in Genesis, is actually a much abbreviated and modified version of an actual historical event, recorded by the ancient Sumerians in "The Epic of Gilgamesh", which places The Great Flood into context.
The biblical "religious propaganda " on The Great Flood was that the huge deluge was "sent" by a wrathful "God" to "punish a wicked human race for its sins".

Although this is very much a distortion geared towards the Christian doctrine of so called "sin" and "wickedness", which exist for the purposes of control through fear and guilt, in very broad terms it is also true due to the fact that the event took place due to "original sin" which is the extreme Spiritual disconnection at a conscious level. In other words, people then were not living in Spirit, with Spiritual Awareness, but living to gratify the physical senses through greed, cruelty towards others, and war.

Those familiar with the Bible will know that the only time "Jesus" lost his temper was with the "money changers" at the temple.

Today's "money changers" are the bankers who have, through their own greed, brought the entire world to the brink of financial collapse in the name of money.

So this brings us to today, with the question "how will this 5125 Cycle play out?"

Well to answer that question we must first ask ourselves "how has Humanity fared this time around"? Has Humanity finally "learned our lessons" and ready to Evolve En Masse to the next level of Mind and Consciousness?

This question is of course somewhat rhetorical.

When we look at the World today, we see a World that is almost totally under the control of the self styled "global elite" through the international banking system through which they totally control countries, governments and people, supported by the so called "elected governments" which are absolutely 100% under their control.

Ironically, the countries that are free, and evolving outside of this malign influence are those same countries which, just two decades ago where even more oppressive, the so called "BRICS" countries - Brazil, Russia, India, China and South Africa, all of which demonstrate the truth that, left alone without external interference, the people of any country can prevail, change the "system" and evolve naturally.

I am personally most impressed by Russia who are a shining and dramatic example as to how "the power of the people" can change their own destiny in a previously oppressed country where the Will of the People prevails over political idealism.

So what does this mean in the context of 2012 and rest of the World?

Well unlike 5125 years ago, today we are a global population of 7 billion Souls, which implies that there is vastly more "variables" and opportunities "in the mix".

At the same time we have billions more people who can "make it or not make it".
The Our Ultimate Reality Newsletters

I must of course qualify that statement by reminding ourselves that there is no such concept as "death". Every Human continues and every Human shares the same Ultimate Destiny - Conscious Reunification With Source - The Meaning Of "Life".

In practical terms this means that we must focus on two Fundamentals:

1. Our Own Evolution By The Culmination of This Cycle.
2. The Evolution Of Others By The Culmination Of This Cycle.

These Fundamentals are Inclusive, not exclusive.

Only By Selflessly Serving Others First, Out of Love, May We Serve Ourselves.

We cannot Evolve by Serving Self first, because this is a "self-ish", duality of the Ego. An "Enlightened" Human Being not only knows this at an intellectual level, but in Soul and Spirit, and lives life accordingly, it is never enough to understand the nature of Spiritual Evolution intellectually, we have to Be Our True Spiritual Nature.

There are Infinite opportunities to Serve throughout each 5125 year cycle, and during each 5125 year Cycle numerous opportunities are presented to every Human Being. In fact Higher Self "incarnates" a Personality, a "fractional messenger" of Higher Self, to parents and Life situations most likely to yield required Experience.

Only when Higher Self, Individuality, has "harvested" a "complete package" of Experience necessary to Evolve as a more Complete Spiritual being can Higher Self progress to Infinitely More Glorious Spheres and Vibratory Frequencies where Evolution continues towards Source.

Any Personality may complete the "mission" on Earth - this is Enlightenment.

In 2012 as this Cycle of Human Evolution nears its conclusion, there are millions of Human Beings capable of "completing the mission", and will be presented with Infinite opportunities to do so as we accelerate towards Singularity - that "Defining Moment In Linear Time" that "draws a line" under the current "version" of Humanity.

Every Reader of this Newsletter has this opportunity, otherwise you would not be reading this Newsletter at all. There are no "coincidences" or "chance".

Dear Reader - "Higher Self Of You" Wishes You To "Complete Your Mission".

But will you?

As we accelerate towards Singularity There Continues to be a Convergence of Global Events which will provide Infinite opportunities as well as great challenges.
The Our Ultimate Reality Newsletters

As mentioned previously, 21 December 2012 is symbolic, not absolute, the date where all those who are willing and able to Evolve must be in a position to do so. The "climactic confluence", The Singularity, may take place on or just before 21 December 2012, but most likely in 2013 by which point it will be a mere formality.

So this is Your Year.

There is no need to "do" anything - "doing" is a road to nowhere.

We are Human "Beings" not "Human Doings".

Any Conscious Effort to Evolve, as with any Conscious Effort to "do" anything, will invariably meet with disappointment.

We are All Expressions of The Divine. We Are Here To Express Our Divinity.

2012 Will Present Many Valuable Opportunities To Express Our Divinity.

We Should Always Keep In Mind:

We Are Now Absolutely In The End Game For This Cycle Of Human Evolution And Consciousness.

Our Time Is Now. Let Us Make The Most Of This Year.

Be absolutely certain of this, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During 2012, And Have What It Spiritually Takes Within To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Choice Will You Make?

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

Next Week We Will Discuss Divine Opportunities Available To Us During 2012

I was inspired to write my book, Our Ultimate Reality, Life, The Universe And Destiny Of Mankind, from a Higher Source, as a prelude to The Great Transition.
And So It Is.

Brought to You In Love, Light and Service,

Adrian.
Dear Reader,

I hope that you have enjoyed a most Healthy, Joyful and Abundant beginning to this most iconic year of "2012".

Once again I would like to thank everyone for the many hundreds more of most kind emails I have received this week. Although I do read each and every message in its entirety and answer as many as possible, needless to say I simply cannot answer every message received, much though I would dearly like to. Be absolutely assured that every single thought, sentiment and expression is most gratefully received.

So here we are then, in "2012". Last year we discussed, at length, many of the factors that could exert an influence during the course of 2012 as we converge and Quicken towards Singularity. In writing about all "physical world " subjects there is always a very fine balance between information, education and invocation of fear and anxiety, the latter of course which could be counterproductive to say the least.

This year therefore we will focus our discussions more on the deeper meaning of global events as and when they unfold. Above all we must focus on Greater, Inner Meaning, while approaching the "future" with the right and focused "State of Mind".

Ultimately "external" events are a reflection of our Inner Being over which we have absolute control by virtue of Divine Freewill with which All Humans are Blessed.

We should also be extremely clear: "21 December 2012" Is Pivotal To The Transition Of The Next Cycle Of Mind and Consciousness But Not Absolute. It Is Highly Unlikely That Any Singular Event Will Happen On That Specific Day.

Now 2012 is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:

For further reading I highly recommend my book Our Ultimate Reality:

The title of this Newsletter is "2012 The Beginning" because this week we will review some of the Convergent Factors now "in play" in this "Cosmic Chess Game", as we enter the final year of this latest of many 5125 year Cycle of Human Evolution.

In very broad terms the major "factors in play" then are these:

1. **The Awakening People of Earth, symbolised by The Occupy Movement.**
2. The increasingly desperate fight for "control" by the so called "global elite".
3. Solar and Cosmic "Forces", all with the potential to profoundly Earth Life.

This should never be regarded as a "battle" but rather an "interplay" of events.

When we play a game of Chess on a Chess board, we do not treat our "opponent" like an "enemy" who must be destroyed at all costs in order to "win", but rather an inevitability force to be "outmanoeuvred" until such time as "victory" is assured.

Note: My use of quotation marks represents duality based words and phrases, necessary due to the profound limitations and inherent restrictions of "language".

We should not think in terms of "victory" - . this is also based in duality.

As soon as we see "an enemy to be defeated", we have already lost the game.

Our task in 2012 then is **Self Awareness, Self Awakening and Self Realisation.**

Self Awareness begins with seeing the "external world" for what it really is - an illusion, **A Projection of Our Own Mind** - and to become Aware of Our Inner Reality, Our Inner Source, Our Inner Divinity, Our Only Reality.

Self Awareness thus leads to Awakening, Empowerment and the Self Realisation that No-Thing perceived as External, **but In Truth a Projection Of Our Own Mind, Can Never Influence Us In Any Way, Because We Always Have Power Over Our Own Mind To Project Whatever Experience We Wish To Experience.**

Once these are fully attained then you know that no "external influence" can possibly harm you in any way, and that in reality we always have absolute control over our own Experience, but not the Experience of "others" - there are no "others".

The so called "global elite" by contrast are existing from the perspective of extreme duality based separation consciousness which focused exclusively on power, control, greed and selfishness. This will ultimately be their downfall.
The Our Ultimate Reality Newsletters

This would be an extremely appropriate juncture in this Newsletter in which to remind ourselves of the Symbolism of "Lucifer".

Now Lucifer has been much misunderstood over the millennia, due largely to religions who use "Lucifer" as another word for "Satan" or "The Devil".

Nothing could be further from the truth however.

Lucifer is, in reality, a metaphor representing the Human Ego Mind which, "in the beginning", "fell" and became "separated" from Source, or "God", if you prefer.

In reality every Human Being is actually "Lucifer"

It is the Prime Directive and most Sacred Mission of Ego Mind to Reunite With Source Mind Through The Process of Spiritual Evolution, Through Experience.

As per our introduction to this Newsletter, Over the course of the future Newsletters during the course of we the Gregorian Calendar Year of 2012, will expand greatly on our overview of this and our previous Newsletters, as well as discussing in depth the meaning and significance of global and Cosmic events as they actually unfold.

I will conclude this Newsletter then with an most Beautiful writing by The Baron Eugene Fersen, one of the very greatest Spiritual teachers and authors in recent times. The "The Dream" metaphorically chronicles the fall and rise of "Lucifer".

The Dream - By The Baron Eugene Fersen

Night! The fragrance of a warm summer night suffuses all Nature.

The firmament studded with stars glowing like diamonds, a net of glistening loveliness, through which the dark beauty of night is fading.

Soft, living Light invades the clear atmosphere like golden vapor. It increases steadily, penetrating and covering everything. Bathed in its radiance, there appear glittering diamond peaks, mountains of topaz and amethyst, massive rocks of emerald, gigantic monoliths of sapphire, as steps leading to higher regions.

The Light grows in strength, investing all things with color and warmth. These are no rays of a sun rising from behind the hills, but a glowing radiance emanating from everywhere, embracing everything, and increasing like some strain of music: and indeed, there is music in the air. Gentle melodies are trembling, soft harmonies are vibrating, and mysterious echoes answer them.
Set amidst these precious mountains, surrounded by a grove of gigantic trees so lofty that they appear to be talking with the clouds, stands a Palace, large as a city and of wondrous beauty. The walls of it are streams of Light rising from the ground and playing in all the colors of the rainbow. Its flat roofs, towers and domes are golden clouds upon which the glow of the spreading Light is shedding its morning splendor.

And still the Light grows in strength. Through the golden roof of the Palace rises an innumerable procession of Beings, each one seeming more wonderful than the other.

Of almost similar height and size are they, but how different each one! Some are like fiery lava streaming from the crater of a volcano; some are like moonrays made living beings; some like roaring waterfalls with rainbows playing about their heads; some like precious stones become alive. Their wonderful bodies appear in all their unhidden glory: no covering conceals their Eternal beauty. And eyes, such as when the Spirit Itself looks on the World It has created, full of supreme majesty and power, full of Infinite Love, are shining from under their divine brows!

Two of these Beings rise with the rest from the depths of the Palace, and like twin stars stand tenderly embraced on the top of the highest tower. More radiant, more wonderful than the others are they. Like a brilliant star is the countenance of one. His body, taller and stronger than that of his Mate, is like a phosphorescent opal. Streams of living Light are flowing through his body and making it shine in iridescent hues. His eyes are lightning; a purple cloud his hair; and when he speaks and when he moves, far away thunder is heard Golden and shining is his Companion, his body woven of sun-rays, his hair a glowing flame, his eyes reflecting the glory of Heaven itself; and when he speaks and when he moves, soft harmonies fill the air.

With gestures of adoration they raise their arms in triumphant song—greeting to the Spirit, thanks to the Great Giver. Their brothers follow them in the song; all Nature joins in this hymn of gratitude. Birds and animals, trees and flowers, rocks and clouds, waters and the ground itself, sing the eternal praise of all beings to The One Supreme Being, their Divine Father. Stronger and more wondrous grows the great song, flooding the Universe with praise and love; it rises to a thunder of triumph, and dies away in silence.

Silence—A limpid breeze moves the air, and each one feels within himself the words, "Live and Love." The Great Spirit, The Father, is communing with His children. Infinite bliss fills every being, and pervades the Universe. The Day of Heaven has begun.

But the triumphant band passes out of sight; the roofs are deserted; and the two, the Heavenly Twins, sink back into the Palace. And there they stand within the
great tower in the very midst of it. High, circular walls surround them, but there are no openings in those walls. Deep and mysterious is the material out of which they are built; precious also is it, for its name is Silence. And upon those mighty walls of Silence, towering high up into the free air, are set lofty pillars.

Precious also is the material from which they are made, shining in all the colors of the rainbow; their name is Hope. And through these pillars of Hope stretching their slender shafts into the highest air, are sailing golden clouds. Silent they move through the tower of Silence; but the birds with the rustling of their wings, do not dare to fly through because of the sacred Silence.

Upon these pillars of Hope rests a glorious dome, effulgent as a sun, and Joy is the material out of which the dome is made. And the floor upon which they stand is a transparent crystal, a gigantic lens, and through that lens the whole Universe appears stretched out at their feet. Worlds without number, all stars, sun-systems, chains of planets, all beings, everything, the greatest and the smallest, can be seen through that crystal. Understanding is the material out of which that floor is made. With their feet firmly established on Understanding, with Silence surrounding them, with Hope towering over them and with Joy crowning them, stand the two, keeping watch over the World.

And the one whose voice is like thunder speaks to his Mate.

Thou loved One! Thou, radiant Joy of the World! Once more we stand ready to fulfil our charge, to carry out our duties in the eternal scheme—Thou the Love of the World, I the Mind of it. All knowledge, all power are ours. Why then must we every morning adore, greet as our Master, One Whom none has ever seen? Thou art from Eternity, and I am from Eternity, and so are all our brothers. Yet who has ever seen the One Who claims to be our Father and Who is called God?

True it is that every morning a Voice speaks within us—but there is none can tell whether it comes not from our very selves. Why should we adore any longer One Who remains a mystery to us? Enough that we should be slaves to an unknown master. Let us free ourselves from the bonds by which we are now bound. All powers, all forces are ours; therefore let us rule the World—we two, the greatest powers of this World."

The answer came soft-winged, tender as Love itself.

All! Brother. Why these words of pride, of revolt?

Thou knowest—for thy heart tells thee in spite of all—that there is a God, that we have an invisible Father, Who is also our loving Mother, and Who enfolds us, His children, in His Divine embrace. He thinks continually of us. He plans ceaselessly for our joy. For us He pours out into manifestation the endless beauties, the transplendent wonders, from the unmanifest regions of His Heart. And He asks
nothing from us but our love. Is it so difficult to love Him Who so loves us? Dismiss these thoughts of rebellion, forget these proud words. Sorrow alone can come from them, my Brother."

Like sudden thunder, like the bursting of crashing floods, came the roaring, shattering outcry.

What is this Hidden Power that can compel Mind? Mind, the glittering luminary of all the Worlds, is regent in the Universe. No servant's place shall I be satisfied to take. But if thou, oh my gentle Brother! wilt not rule with me, and share my power, then alone shall I command the World."

And with these words, swift as a streak of lightning, he rises from the ground of Understanding, through Silence, through Hope, through radiant Joy, into the open. Higher and still more high, past the precious mountains, he climbs the lambent air, leaving behind a blazing train of phosphorus, until his feet touch the summit of the most aspiring peak, the pinnacle of glittering diamond. Poised on the shining spire, his goes out to all the World!

"Spirits of Light! Sons of Eternity! The day of freedom, of liberation, has come to us! Free are ye born, free shall ye live! No more adoration, no more praying to a Master, to a God Whom none has ever seen. From now, ye shall be your own masters. Come all, come all to me, and ye shall be free!"

And from the hidden parts of all the World, myriads of Spirits, Sons of Light, are gathering together. They surround the diamond peak where stands the one whose eyes are lightning, whose countenance is like a blazing star. With words of adoration they shout:

"Hail to thee, Lucifer! Son of the Morning! Hail to thee, Liberator! Our Leader, our Master, our God!"

And he who is proclaimed the master of the hour, called the ruler of the World, looks down upon those prostrate at his feet.

"I am your master, I am your god. Follow me, for I alone can give you freedom; new beauties shall ye discover through me, new powers and forces shall ye wield. Ye shall become more piercingly brilliant than ever ye have been, like flaming diamonds, more scintillating than the blazing suns."

But in the sacred grove, hidden amid the giant trees, with sad eyes and a heavy heart, stands one whose name is Love, words of prayer falling from his lips.

"Father, Beloved One! Beating Heart of all the Universe! Forgive them, for they know not what they do. Him they call God, Lucifer they acknowledge as supreme. Yet he is nothing but Thy child, and all his powers and beauties he has from
Thee. True it is he appears supreme, for his feet touch the ground, his head reaches Heaven, and his glory seems to fill all Space, yet they are as deceived as he is himself. It is Thy glory which is still shining through him, and Thy power is taken for his own. Father, forgive them, for they know not what they do. Forgive my Brother, Lucifer, for he is still the dearest to my heart: he also knows not what he does!"

From his piercing height, Lucifer heard the faithful, praying voice—and smiled on him in contempt. But suddenly another Voice, heavy with destiny, gathering in its might the Unmeasured Energy of all the Worlds:

Lucifer In Heaven all desires are achievement. Thou wouldst be free—thou shalt be free. Go thou, and all those who worship thee, to that further plane to which ye all belong. These Regions of Eternal Light can bear thee no longer. Your bodies cast shadows in the pure skies. From the Spheres of Light to the outer, utmost void—go"

Thus the Voice from the Vaulted Silence: and on the moment, a sudden burden as of great heaviness falls on Lucifer and his followers. They are no longer able to offer resistance against its weight, and with a blast of thunder and terror, they fall from the Realms of Light into the somber void.

As they fall darkness grows denser about them, until no spark of Light, no hope is left to them. Far in the utter gloom, still falling, they perceive a fiery region which draws them swiftly to it with irresistible force. And they are cast into an ocean of fire, of smoke, of molten metal, of boiling stone.

He who was the first to fall, is also the first to rise again. And he sees his brothers, his followers, once Spirits of Light, darkened, disgraced, extinguished, thrown into that abode of fire and suffering. And he calls to them:

"Rise, my brothers! Rise, ye who are still the Sons of Light! True it is that from the highest Spheres of Bliss, we have been cast into this desolation. Yet all knowledge is still mine, and thus all power, and I shall make for you from this hell a new Heaven, and this new Heaven shall be called Earth."

As he speaks the ages pass, the flaming fields contract, the incandescence blazes with a fainter heat, the fumes and vapors gradually disperse, and a lustrous, glowing planet, cradled in fire and beauty, is born. The lovely Earth appears—green hills and gentle slopes and flowery meadows, singing brooks, clear rivers and the blue sea, mountains and chasms and waterfalls. And through enchanted forests birds of a hundred colors are flying, and in the fields animals are roaming. And Lucifer is pleased with his creation and says:

"And now, my Brothers! Ye shall be the inhabitants of this new Heaven and ye shall be called human beings."
And wonderful beings, lofty of stature, strong and comely, appear on the Earth: they propagate and multiply, and rule the Earth. And Lucifer is their king, their god.

So fair a world seemed a true semblance of Heaven. But the canker of revolt which had cast them from Heaven, still lived with them. And the spirit of jealousy, hatred, and pride begins to manifest itself, and grows, and spreads, until the splendid Earth becomes again a hell. But now they are unable to bear any longer the suffering which infests the Earth, and they find no help or relief from Lucifer. In their deep despair, they remember their Father, and turn to Him and pray again to God. And God, their Father, hears the cry of His children, and from His Heart sends down to them His Own Love. And Love comes down from Heaven to Earth, and Love becomes a human being; and Love lives with human beings and teaches human beings how to love.

But Lucifer, incarnate also as a human, being, sees the menace to his power, and in a passion of hate and jealousy rises against his Brother and slays his Brother. And God’s Love shakes off the burden of the Earth, and Earth is without Love again. So sorrow and terror once more prevail, and the suffering becomes intolerable.

Again human beings cry out to God for help. And God, the Father, the loving Mother, hears the cry of His children, and from His Heart sends down to them His Own Love. And Love comes down from Heaven to Earth again and Love becomes a human being; and Love lives with human beings, and teaches them the Law of Love.

But Lucifer, the World’s Mind, again incarnate as a human being, rises against his Mate, his Eternal Twin, and causes Him to die, for he sees in Him the great menace to his power. And once again, God’s Love returns to the Father, and again the Earth is void of Love.

So through the ages, whenever misery and suffering increase upon the Earth so as to make life intolerable, the children of the Earth call out for a Deliverer. And always Love, gentle and tender-hearted; comes to their call and tries to save His brothers. But Lucifer ever rises against Him, kills His body, and destroys His work, for Love is the continual menace to his power.

And when for the last time, God’s Love came down to Earth, and lived the humble life of a simple mortal, giving to Humanity the greatest lesson that Love ever gave, Lucifer, incarnate as a human being, rose once more against his Brother, betrayed Him and brought Him to His death upon the cross. But He, of Whom the World was not worthy, breathing His last breath, dying as a felon upon the accursed tree, prayed for those who had crucified Him:
"Father, forgive them, for they know not what they do. Father, forgive my brother Lucifer, for he knows not what he does."

These burning words of love struck Lucifer like lightning in his heart, and he went out and made an end to his human self. And rising as a spirit, he beheld the greatness of his brother’s Love, and the endless evil of his own age-old sin. He saw the sorrow and the suffering which came through him to all beings; and he felt that cold and stony heart of his melt and soften, and he wept tears of blood, tears of fire. And those tears fell on the Earth and the Earth trembled to its very foundation.

Thus for the first time, after countless ages of revolt, did Lucifer lift up his eyes to God, and words of prayer fell from his lips:

"Father! I know the immensity of my sin, and do not beg for forgiveness for myself. For crimes like mine cannot be atoned. But oh! my Father, forgive them, those who followed me in my fall. Forgive them, for they knew not what they did. No fault was theirs but that they loved me more than Thee, and listened to the magic of my words, the glitter of my Mind, so that Thy Laws were all forgotten. Therefore, I pray Thee, forgive them and take them back to Thee: let them return to those pure Spheres of Light, where Bliss and Harmony and Serenity are. But for myself, if by my eternal damnation I can win their eternal salvation, I am ready to be damned for Eternity."

Then from the Vaulted Silence, a Voice, gathering in its might the Unmeasured Energy of all the Worlds:

"Lucifer, thy sacrifice is accepted—and through thy sacrifice shall the World be saved."

And he, the proud one who had thought himself a god, bent his knees, and with his head touched the dust of the ground.

Like far-off thunder sounded his words: "Father, I thank Thee!"

And once again the Voice:

"Lucifer, thou hast sinned much, but thou hast also loved much. infinite is thy sin, but infinite also is thy sacrifice; therefore, art thou forgiven. Go into the World, live among the children of the World, and carry to them the Light of Knowledge purified by Love. Thus the veils of self-delusion will be withdrawn one by one, limitations will be removed, suffering conquered, sorrow transmuted into Joy. And when the last human fault shall have been destroyed, when all thy brothers will have come back to Me, then only will come thy day of liberation. Thy pinions of inspiration, singed by the fires of hell, will have grown again strong enough to lift thee from this Earth and to bear thee back to Heaven. And there, at
the burnished Gates of Heaven, the Portals of Eternal Harmony, shall Love, thy Brother, thine Eternal Mate, be waiting for thee, to lead thee back to Me!"

And Lucifer went into the World. And Lucifer taught the World. And to the World Lucifer carried the Light of Pure Knowledge, glowing with the flame of Love.

Night! The fragrance of a warm summer night pervades all things.

The firmament blazing with stars, and beyond the stars darkness softly fading away. The radiant Palace, the sacred grove, and above them, the mountains of precious stones. And in the sacred grove whose trees are talking with the clouds, rest in sleep myriads of Beings of Eternal Light. Beneath the loftiest tree, the loftiest king of all the woods, lies one whose countenance is as a God's. He lies in deep slumber; and bending over him, calling him softly with words of Love, stands his Mate, his Twin.

"Brother! Loved one, awake! Arise, my Lucifer! The night is fading fast, and soon the Day of Heaven will begin. Now must we sing again the praises to our Father, and lift our voices in adoration and gratitude to God."

Like far-off thunder came the questioning words from trembling lips, and out of sorrowful eyes a flash of lightning: "Oh! Where am I?"

And the answer: "Thou art in Heaven, Lucifer."

But again the question:

"Where have I been these ages? This fall, this suffering through countless years; and always fighting thee, my loved one, destroying thy work and killing thee. Where have I been?"

"Not for a single moment of time hast thou left Heaven, Lucifer. But with thy brothers in the sacred grove, beneath the great trees, hast thou slept the night, instead of with me in the Palace. Lonely was I, my Brother, for I missed thy presence."

"But these sorrows, these nights of darkness that I saw and lived? This suffering, these crimes, this agony? What were they all—whence came they and where have they gone?"

And the answer—burning words of Love —

"Beloved! It was nothing but a Dream"
Dear Reader, I am sure you will appreciate just how profound "The Dream" Is.

Life Is Indeed A Dream. So Why Take Life So Seriously?

"Time" is an illusion along with "space".

All "Creation" in All Eternity Is But A Fleeting Moment Within Source Mind.

As Human Beings We All Exist As Aspects Of That Single Moment Within Source Mind, As Source Mind, Endowed With The Same Power As Source Mind.

As Human Beings Therefore We May Change Our Share Of That Moment In A Moment When We "Rise Above" The Illusion of "Time" And "Space".

This Dear Reader Is "Self Empowerment", The Nature Of Which Is Unrestricted Except To The Extent We Believe In The Restrictions Of "Mortality".

We are All Expressions of The Divine. We Are Here To Express Our Divinity.

2012 Will Present Many Valuable Opportunities To Express Our Divinity. We Should However Always Keep In Mind:

We Are Now In The End Game For This Cycle Of Human Evolution, Mind And Consciousness.

Our Time Is Now. Let Us Make The Most Of The Opportunities Presented To Us This "Year".

Be absolutely certain of this, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During 2012, And Have What It Spiritually Takes Within To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Choice Will You Make?

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?
The Our Ultimate Reality Newsletters

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

Brought to You In Love, Light and Service,

Adrian.
Dear Reader, I hope that you have enjoyed a Healthy, Joyful and Abundant week.

Once again I would like to thank every one of the hundreds of readers who have sent me a message during this week. I would like to assure you that, as always, I read every single message received in its entirety, without exception, and that I reply to as many messages as I can. As you will no doubt appreciate and understand however, I simply cannot reply to every single message received. If you have sent me a message and not yet received a reply, again, please be absolutely sure that if I have received your message I have most certainly read it.

I would like to add though that my personal email address is targeted by around 10,000 emails every day, the vast majority of which are spam. As I have my own Internet servers I can program the Bayesian filter spam algorithms that endeavour to determine which emails are spam, and which are genuine. However, as fine tuned as they are, a significant number of "false positives" arise, that is to say, genuine emails are filtered due to specific characteristics within the headers or content.

Due to the large number of spam messages directed at my email address - which has been in use since 1996 - 15 years - my spam filters do need to be necessarily very stringent. It may be therefore that even if you have sent me an urgent email, I may not have received it for this reason. I am constantly fine tuning my spam filters in order to minimise false-positives, but due to the ongoing, highly pervasive characteristics of spam generally, this endeavour is always very much ongoing.

This week we will continue our discussions on the "deeper" meaning of 2012 and current global events. We will continue to analyse individual events as appropriate.

For further reading I highly recommend my book Our Ultimate Reality:


During our first two Newsletters of this iconic year of "2012", we have thus far discussed the broad meaning of "2012" and specifically of "21 December 2012".

One of the most important and profound messages to assimilate is that we are never mere "helpless passengers" aboard "doomed ship "2012", like the Titanic cruising towards an iceberg, but rather that every single Human Being on Earth is at the helm of that ship, and whether knowingly or not, contributing towards the final destination.
One of the main issues arising from the seemingly vast number of "2012" websites, videos and TV programs out there, even major movies such as the film entitled "2012", is that the overwhelming emphasis is always on some form of catastrophe.

These "scenarios" are largely based upon the motive to "profit from fear", and on the entirely erroneous belief that the Mayan Calendar "ends" on 21 December 2012, and that the Mayans predicted some great "cataclysm" befalling Humanity on that day.

It is clear that very few of these "media people" have ever actually researched the Mayan culture and Calendar systems in general, or of the Long Count Calendar in particular - that calendar said to end abruptly on "21 December 2012" - "doomsday".

We have discussed these issues previously, but suffice it to say for now that the Mayan culture was predicated upon observation and measurement of Natural Cosmic Cycles, which formed the very basis of their culture. The Long Count Calendar is simply one such Cycle of 5125 years, again based upon Cosmological Observations and Universal Principle "As Above, So Below" which applies at every level so the material world is simply a Reflection of Cosmic Cycles.

The Mayans also knew of course that Natural Cycles, like the Universe in All Spheres of Energy Expression "radiating" from Source, have no "beginning" or "end".

The 5125/5126 year periodicity of the Mayan Long Count Calendar is no exception.

Note: Due to the 1 day per year "normalisation error" in the Gregorian Calendar, the periodicity averages 5125/5126 Gregorian Calendar measured years.

The current Long Count Cycle seamlessly therefore Transitions to the New Cycle on the Gregorian date of 21 December 2012. This date, in the Mayan Long Count Calendar, equates to the Mayan Long Count Date: 13.0.0.0.0 - 4 Ajaw, 8 Kumk'u.

The previous Long Count Cycle ended on 12.0.0.0.0. The next Long Count Cycle will therefore "end" on MLCD Date 14.0.0.0.0. This fact alone should be sufficient to show that The Mayan Long Count Calendar never actually "ends", and will never end, but cycles to the next 5125/6 year Long Count Cycle - Ad-Infinitum.

I will discuss the Mayan Long Count Calendar in great detail in a future Newsletter.

As an aside however, I would like to mention that there is no "Mayan Long Count Calendar" that we can physically "look at" in isolation.

The Mayan Long Count Calendar has been derived by "Mayanists" from existential Mayan records, mostly on standing stones at major Mayan sites, known as "Stele".

I should mention that almost every television program I have seen on the subject of "Mayan" and "2012", erroneously depicts the following as "The Mayan Calendar":

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This artefact is not The Mayan Long Count Calendar. This is in fact an enhanced image of The Aztec Sun Stone, a 24 ton stone artefact honouring the Aztec Sun God "Tonatiuh", discovered during early construction work in Mexico City in 1790, and probably post-dates the Mayan Long Count Calendar by at least 1000 years.

Mexico City was built over the ancient Aztec City Tenochtitlan, on Lake Texcoco, which was previously completely ransacked and destroyed, in the name of the King of Spain and the Pope of the Roman Catholic Church, by the "conquistador" Hernan Cortes in the year 1519, murdering or displacing an estimated 350,000 Aztec's.

So clearly The Aztec Sun Stone is not in any way related to The Mayan Long Count or any other Mayan Calendar, or is intended to be, but nevertheless does go to highlight the almost total lack of knowledge and integrity of so called "experts".

Through the translation of inscriptions discovered on true Mayan Stele at known Mayan sites, Mayanists have been able to derive what is thought to be the chronological equivalent of the Mayan Long Count Calendar.

Before continuing, We should be absolutely clear, in no uncertain terms, that No Mayan Record Ever Discovered Explicitly States Or Implies That "The World Will Come To An Abrupt And Cataclysmic End On 21 December, 2012".

So do we even possess any empirical physical evidence supporting the Gregorian Calendar equivalent date of 21 December 2012 and its contrived meaning?

Well, quite Recently a discovery was made on a stele at a Mayan site called "Tortuguero" which included the following Ancient Mayan glyphs:
A significant section of the inscription on this stele has been effaced through erosion - i.e. worn away - but the remainder of the inscription has been translated to mean:

"The Thirteenth Bak'tun" will be finished (on) Four Ahaw, the Third of K'ank'in. ? will occur. (It will be) the descent(?) of the Nine Support (?) God(s) to the ?.

Due to the incompleteness of this text, we may never know precisely what was being recorded, but clearly the implication is that The Current Cycle Of The Long Count Calendar - The Thirteenth Bak'tun - Concludes On A Date Equivalent To The Gregorian Date 21 December, 2012 - Bak'tun, Bak'tun 14 Will Then "Begin".

The Maya clearly attached great significance to these "Transitional Bak'tuns", which they conceptualised as "Ages of Man", including the Bak'tun in which they lived, and in which we still live today, in accordance with their Cosmic Mythology.

The most likely event depicted in the Tortuguero Stele Glyph depicts the "return" of the Mayan deity called "Bolon Yoke K'u", who may well be the cultural equivalent of the more contemporary Aztec deity "Quetzalcoatl" - the "feathered serpent" - which is well known in Mesoamerican mythology in the context of various forms and names.

But of course such events are often symbolic, and deeply rooted in local mythology as well as Cosmology, with anthropomorphic deities frequently being associated with the ever changing "picture" observed in the night sky over hundreds of years.

So what then does this really mean as Bak'tun 13 makes way for Bak'tun 14?

It is very clear, not only from Classic Mayan artefacts but from contemporary equivalent artefacts of other Mesoamerican cultures, and indeed totally unconnected cultures from
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around the World - the Chinese for example with the Ancient "I-Ching" which we have discussed in a previous Newsletter - that these "Transitional "Gregorian Dates" hold more significance than a "convenient date on the calendar".

The main significance then of "21 December 2012" is in the context of a significant "pivotal date", not only in many ancient cultures, but also in modern mathematics.

For example, a brilliant, and very extensive paper authored by the Russian Mathematician and Cosmologist Dr. Sergey Smelyakov, entitled "The Auric Timescale", mathematically models, in depth, The Mayan Long Count Calendar.

We will not discuss "Auric Time Scale" today - the original containing over 300 pages of highly complex equations and analysis, but may be broadly summarised thus:

"The Auric Time Scale (ATS) is the series G of the Golden section powers (infinite to both ends), which is accompanied by the series G* = 2G of its doubled values; for its unity, phi^0 = 1 the average Solar cycle length T0=11.07 year, or Tropical year is taken.

In the broad sense, the ATS is a theory suggesting that for both principal aspects of time (periods and chronology) these series, T and T* describe the length of the bulk of the basic periods in nature and society, and a major part of the most important historical and natural events in the evolutionary context, respectively.

This theory is supported by a consistent statistics and a series of Theosophical statements pertaining to time. In application to the Mayan calendar this scale describes the compressing of evolulational time. In proportions this scale is also reflected in the artefacts of Egypt."

This "ATS" paper, broadly speaking, incorporates major historic events occurring over the last few thousand years, with the potential to change the course of human evolution to some extent, then extrapolates the frequency of these events to the "end point" of "21 December 012", the date at which the Mayan Long Count Calendar "resets" and the next "age" of Human Consciousness commences. Empirical historic events support the Auric Time Scale hypothesis as whole very well indeed.

So then, what we are Now Collectively Experiencing as the "Human Race", both individually and collectively, is conceptually a "compression of evolutionary linear time", within the context of the Space-Time Continuum, centred around Experiential Frequently Occurring Events of Increasing Frequency, called "Bifurcation Points" within the context of the Auric Time Scale. The distance between these "Bifurcation Points" becomes exponentially "compressed", with
decreasing periodicity, throughout this Current Cycle, becoming infinitely frequent, converging on the Singularity during 2012.

Consider then the following ATS tables illustrating "Bifurcation" over Linear Time:

Table 1: Gregorian Calendar Bifurcation Points By Year:

<table>
<thead>
<tr>
<th>Year</th>
<th>11407 BC</th>
<th>6282 BC</th>
<th>3114 BC</th>
<th>1156 BC</th>
<th>55 AD</th>
<th>803 AD</th>
<th>1265 AD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1550 AD</td>
<td>11407 BC</td>
<td>6282 BC</td>
<td>3114 BC</td>
<td>1156 BC</td>
<td>55 AD</td>
<td>803 AD</td>
<td>1265 AD</td>
</tr>
<tr>
<td>1997 AD</td>
<td>11407 BC</td>
<td>6282 BC</td>
<td>3114 BC</td>
<td>1156 BC</td>
<td>55 AD</td>
<td>803 AD</td>
<td>1265 AD</td>
</tr>
<tr>
<td>2012 AD</td>
<td>11407 BC</td>
<td>6282 BC</td>
<td>3114 BC</td>
<td>1156 BC</td>
<td>55 AD</td>
<td>803 AD</td>
<td>1265 AD</td>
</tr>
</tbody>
</table>

Point of convergence: 12:00 GMT Dec 21, 2012

Table 2: Mapping Of First Order Bifurcation Points Pertaining To Significant Historic, "Humanity Driven" Physical Events:

<table>
<thead>
<tr>
<th>Bifurcation point</th>
<th>Date (Gregorian)</th>
<th>Historic era</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP -2</td>
<td>-11407 BC</td>
<td>End of glacial era, biblical Deluge, geomagnetic inversion</td>
</tr>
<tr>
<td>BP -1</td>
<td>-6282 BC</td>
<td>Second ruin of Atlantis, geomagnetic inversion</td>
</tr>
<tr>
<td>BP 0</td>
<td>3114 BC</td>
<td>Start of Maya Long Count calendar</td>
</tr>
<tr>
<td>BP 1</td>
<td>1155 BC</td>
<td>Beginning of the Iron Age</td>
</tr>
<tr>
<td>BP 2</td>
<td>55 AD</td>
<td>Time of Christ, start of Christianity</td>
</tr>
<tr>
<td>BP 3</td>
<td>803 AD</td>
<td>Middle Ages</td>
</tr>
<tr>
<td>BP 4</td>
<td>1265</td>
<td>Late Middle Ages</td>
</tr>
<tr>
<td>BP 5</td>
<td>1550</td>
<td>Colonialism and imperialism</td>
</tr>
<tr>
<td>BP 6</td>
<td>1727</td>
<td>Newton, foundation of science</td>
</tr>
<tr>
<td>BP 7</td>
<td>1836</td>
<td>Industrial revolution</td>
</tr>
<tr>
<td>BP 8</td>
<td>1903</td>
<td>World War I</td>
</tr>
<tr>
<td>BP 9</td>
<td>1945</td>
<td>World War II</td>
</tr>
<tr>
<td>BP 10</td>
<td>1971</td>
<td>Start of the space age</td>
</tr>
<tr>
<td>BP 11</td>
<td>1987</td>
<td>Year of the Maya Harmonic Convergence</td>
</tr>
<tr>
<td>BP 12</td>
<td>1997</td>
<td>New Age movement</td>
</tr>
<tr>
<td>BP 13</td>
<td>2003</td>
<td>War on Terror, Iraq, Afghanistan</td>
</tr>
<tr>
<td>BP 14</td>
<td>2006</td>
<td>Nuclear cold war with Iran and North Korea</td>
</tr>
</tbody>
</table>

Table 3: Correspondences Within Recent Human History. Note: BP 13 And BP 14 Resonate With The Most Significant Global Events Subsequent To "911".

<table>
<thead>
<tr>
<th>Bifurcation point</th>
<th>Date (Gregorian)</th>
<th>Diff</th>
<th>Historic event</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP 6,1,0,2,8</td>
<td>2/07 1776</td>
<td>-2</td>
<td>4th July Declaration of Independence United States of America</td>
</tr>
<tr>
<td>BP 8,0,2,0,7</td>
<td>27/07 1914</td>
<td>-1</td>
<td>Start of World War I</td>
</tr>
<tr>
<td>BP 8,4,0,0,2</td>
<td>4/09 1939</td>
<td>+3</td>
<td>Invasion of Poland, start of WWII</td>
</tr>
<tr>
<td>BP 8, 18</td>
<td>16/07 1945</td>
<td>+3</td>
<td>Explosion of the first atomic bomb by Los Alamos Labs at Trinity New Mexico</td>
</tr>
<tr>
<td>BP 9,2,0,5,3</td>
<td>22/10 1962</td>
<td></td>
<td>Cuba Crisis</td>
</tr>
<tr>
<td>BP 11</td>
<td>21/03 1987</td>
<td></td>
<td>Harmonic Convergence on the vernal equinox</td>
</tr>
</tbody>
</table>
To reiterate - each "Bifurcation Point" represents, broadly, an event with the latent potential to change, or has changed, the course of humanity. So, these "Bifurcation Points" may be thought of as "Pivotal Human Consciousness Points".

Although this table has only been compiled to 2006 - when it was constructed - it is clear that between 2006 and 2011 to today that significant global events are indeed accelerating exponentially, any one of which could change the course of humanity.

Under the Auric Timescale Model, the frequency of such pivotal events continues to accelerate exponentially until, by 21 December 2012, these events are occurring at "Infinite events every second", ultimately converging as a Singularity. It is this Singularity that will represent the Conclusion of the Current "Age of Consciousness" and the Beginning of the Next Age of Human Consciousness.

So then here is the substantive point in this discussion:.

**Human Evolution, As Human Consciousness Is A Continuum Inclusive Of The Entire Universe in All Spheres, Not Simply A Series Of Contrived "dates" Within Linear "Time" And The Context Of The Human Gregorian Calendar.**

As discussed in recent Newsletters, Humanity is Experiencing a Quickening towards a Singularity, historically known as "Armageddon", but which, contrary to popular associations with "Armageddon", may not necessarily be "cataclysmic" in nature.

"Armageddon" is a Singularity In The Space-Time Continuum, A Transition of Human Evolution and Consciousness from one Cycle to the next Cycle.

Note: Words such as "current" and "next" are duality based - the reference point being similarly duality based in linear Space-Time. From a Universal Perspective there is no "current" or "next" or other language based duality, because, as discussed in our Newsletter of last week, All That Is, In All Spheres Of Life and Energy, Is "Taking Place" Within The Only Singular, Seamless Moment of Now.
So in reality, "calendars", "dates" and so on are purely Human Constructs existing only in the context of understanding and convenience, but otherwise meaningless.

The next Evolution of Human Being will not be restricted to such artificial constructs as "space", "time" and "matter", but as Fully Source Realised Spiritual Beings, free of illusions and delusions of the current "version" of Human Being.

So again, for the avoidance of doubt, 21 December 2012 is largely symbolic and not absolute as we have discussed in previous Newsletters, and it would be erroneous to expect some sort of "event" to take place on that precise "day" and "date".

The current iteration of the Mayan Long Count Calendar "resets" on 21 December 2012, based in Cosmic Correspondences, but not "prophecy" or "pre-knowledge".

21 December 2012 should be viewed for what it is - a symbolic "pivotal" date in Linear Space-Time At Which Moment The Nature Of The Great Transition To The Next Evolution Of Human Mind And Consciousness Will Be Defined.

Now 2012 is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader, I hope that you have enjoyed a Healthy, Joyful and Abundant week.

My most unusual hiatus from publishing your Newsletter last Sunday, has allowed me to reply to several hundreds of messages that I have received recently, and which I simply have not been able to reply to previously in the details they truly deserve, even though I assure you that I do read every single message received.

I have to say that there are still quite a number of messages I still have not been able to reply to thus far, but will do my best to do so over the next few days. I have to express my deepest Gratitude once again for the numerous messages of support and Gratitude that I have received and continue to receive.

Although I never feel the need for such Gratitude as a motivation to continue my Services to you, I do feel Great Joy that so many Newsletter Readers from such a great and diverse range of countries, cultures and situations who feel these Newsletters have touched, and in many cases transformed their lives so profoundly.

This week we will continue our series on "2012" by looking at an aspect of our lives which will become increasingly crucial as we approach Singularity together. The aspect I speak of is "Community".

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally:


During our first three Newsletters of this iconic year of "2012", we have thus far discussed the broad meaning of "2012" and specifically of "21 December 2012".

Now I know from numerous messages received, that many people, in particular family, friends and acquaintances of Newsletter Readers who, alas are more influenced by the distortions, propaganda and quite frankly lies of the so called "mainstream media", as well as the numerous "apocalyptic" websites, TV documentaries etc.

While this is understandable, it is also a "dangerous", at least negative situation.

All Humanity Vibrates at a Higher Level a "Singular Consciousness" upon the Vibratory Frequency of the Energy Sphere of The Mental Plane Of The Human Mind.
Now this is crucially relevant to the ultimate outcome of this Era of Human Evolution and Consciousness, and how Humans seamlessly merge with the New Great Cycle.

Of course what we say to others, and indeed what we discuss in this Newsletter contributes to the Wholeness and State of Human Consciousness, but the "popular media" has a profound effect also, and in particular the TV.

When people watch the TV they, more so than any other media, becoming totally "absorbed" in whatever they are watching. This "mental absorption".

This "mental absorption" however is akin to a semi-trance state, where Brainwave Frequencies lower from the usual waking "Beta Frequency" in the 12Hz to 40Hz range, to an "Alpha Frequency" in the 8Hz to 12Hz range.

Now in this "Alpha State" the Subconscious Mind is considerably more open to "Suggestion", which means TV programs can Subliminally "embed" ideas and even instructions in to the Subconscious Mind State of the viewer. "Subliminal" means "below the human threshold for Conscious Perception".

TV advertising of course takes advantage of this, whether understanding the fundamentals or not, to sell their products to people who might not otherwise have chosen to purchase those products, all things being equal.

Much more insidiously, Subliminal Programming is uses by mainstream news, under the control of their globalist masters, to embed thoughts, ideas and perceptions in to the subjective, susceptible Minds of billions of people, who then, unknowingly accept these thoughts, ideas and perceptions as fact, regardless of what they believed before, and regardless of any prior knowledge or beliefs they may have held.

President Obama, in his speeches, often employs NLP - "Neuro Linguistic Programming" to really drive thoughts, ideas and perceptions in to the Minds of the people who watch his speeches. Of course, since he is reading from a teleprompter and his speeches are written for him, he is probably not aware of this, but nevertheless NLP has to be delivered in a certain way, and he has been clearly trained in "speech delivery" even though he may not actually know he is using NLP.

One of the most insidious cases of Subliminal Programming - not NLP - was just adrer "9/11". When politicians where interviewed for weeks after the event, the three word phrase "war on terror" was used very frequently, often several times in the same sentence even. This relentless barrage, on TV, of those words "war on terror" - which of course is totally contrived as an instrument of control and totally fictitious, was designed to invoke mass fear, uncertainty and doubt, to pave the way for highly oppressive new legislation such as the "Patriot Act" and "Homeland Security Act".

These strategies are now "par for the course" by those "who believe that they in control behind the scenes" when one of their "politicians" is speaking on e.g. TV.
Alright then - how does all this relate to the main subject of our Newsletter this week - "2012 The Community".

Given that every single thought, feeling and emotion of every Human Being influences every single one of 7 billion people on Earth at some level, it is clear that we must get our own "Mind" straight before true progress can be made at any level.

The good news is that positive thoughts, feelings and emotions are of a much higher and Vibratory Frequency than negative ones, so that it only requires a minority of people on Earth to "Awaken", and for their Mind to "function" at a much higher Vibratory Frequency, thereby contributing to the overall "Consciousness" and "Awakening" of Human Spirit as A Whole. So just a few hundreds of thousands or millions of people can make that crucial "difference" to the "destiny" of Humanity as we approach Singularity.

So the "hidden war" is not through the "military " but rather for the Human Mind.

Many "globalists" know this very well, and are actively fighting that "covert war" for control of the Human Mind, in parallel with the overt war of the "military machine".

So then Dear Reader, I hope that it is apparent by now that in Awakening our Family and "Local Community", we are actually contributing to the Awakening of Humanity as we approach Singularity.

The outcome of Singularity will mean the "difference" between entering a Truly Glorious New Cycle of Human Freedom, Joy and Evolution, or a new "dark age".

However - never for a Moment think that you cannot make a difference by yourself.

However, unless you, Dear Reader, and others actually "Change Your Mind" and "Change Your Life", that Higher Vibratory Frequency can only be Transient. In terms of the Community As A Whole - it has never been more important than Now to reach out to and Involve Your Local Community On Every Level you are able.

You do not have to go out there like a so called "missionary", "preaching" and "evangelising", but you can Guide Community Members in a more positive direction.

For example - if you know people who watch TV "news", then you can be sure that are they are being programmed by the likes of Fox, CNN, Sky. I express this as an opinion, but never as "fact". we ultimately determine our own Reality.

I would like to conclude be repeating this message of a few months ago:
A Message From The Hopi Nation

You have been telling the people that this is the Eleventh Hour.
Now you must go back and tell the people that this is The Hour.
And there are things to be considered:
Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.
This could be a good time!
There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel they are being torn apart, and they will suffer greatly.
Know the river has its destination.
The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.
See who is in there with you and celebrate.
At this time in history, we are to take nothing personally.

Least of all, ourselves.

For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over.

Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We Are The Ones We've Been Waiting For.

The Elders, The Hopi Nation, Oraibi, Arizona.

The Hopi are the ancient record keepers for all "Native American" Tribes, who have been living on the sacred and ancient land which was later forcefully occupied and became the "USA", for at least 22,000 years – two cycles of Human Consciousness.

The words of The Hopi are not mere "prophecy", but rather based upon Their Own Experience, Knowledge and Wisdom of Cycles past. Like the Maya, Aztecs and many other Great, Ancient, Noble, Wise and Spiritual cultures around the World, The Hopi Know, Beyond Doubt, the True Meaning of Cycles of Human Consciousness and Events Encompassing The Transitional Times.

So, that said, here is my commentary on the Hopi Message.

"You have been telling the people that this is the Eleventh Hour".

We have been saying that The Great Transition and Pivotal Moment - Singularity - marking the Transition of this Cycle of Human Consciousness is very nearly upon us.

Now you must go back and tell the people that this is The Hour.

Now we must proclaim that This Great Transition of Human Consciousness is Now.

And there are things to be considered:

The World is about to change completely, and therefore we must be prepared.
Where are you living?

Do you live in, or can reach a location that is safe, secure, and with the abundant natural resources by which you may always sustain yourself and your family?

What are you doing?

Are you still going about your day to day "routine" as if everything is completely "normal", or are you Living in Harmony with The Infinite, Eternal, Divine Stream of Human Consciousness, with Joy in Your Heart, and in preparation for that which is very nearly upon us?

What are your relationships?

Are you on good terms with ALL People? Your family, neighbours, friends, "bosses", "co-workers", - Everyone. Now is not a time to harbour any form of Negativity for duality based experiences of the "past". Forgive if you must, forget, and Love All?

Are you in right relation?

Are you in Harmony with Source, All Life, and All People in Your Life?

Where is your water?

Where is your nearest supply of clean, natural fresh water? Do you even know? If not then you should most assuredly find out. You may do this using an Ordnance Survey Map in the UK, US Geological Survey Map in the USA or equivalent in other countries. You may also for now use Google Earth - a free download from Google.

Do you also have, if necessary, water purification equipment or tablets? Do you have containers to transport your water. You will need plenty of water for your garden.

Know your garden.

This is extremely important. Your garden is your personal patch of Mother Earth, provided with Divine Love to sustain you and your family. If you have an ornamental lawn, be prepared to plough up your lawn when necessary for growing your food.

Understand and bring yourself in to Harmony With Nature, your garden and Spirit of your Garden, for your Garden has Life as an Expression of Source and of Yourself.

Learn how to grow the right varieties of high yield, highly nutritious foods all Seasons. Ensure you have nutrients for your garden, always ensuring they are organic, not chemical. Start a "compost heap" to create your own natural fertilizer.

Know where to obtain your initial stock of seeds. Be prepared to obtain them.
And remember - if you are not "Vegan" now, the natural self-sustaining Way of Life only provides a natural food harvest in accordance with True bodily needs. It would be good to investigate adopting a Vegan diet now if you have not already done so.

Your "garden" includes All Planet, Mother Earth and All of the abundant harvest we are Blessed with my Source and Mother Earth. Know your accessible vast expanses of Nature and foods you may harvest there. This time of the year in the Northern Hemisphere there is an abundance of nuts, berries and fungi such as mushrooms. Nuts may be stored for prolonged periods of time - we may learn from the Squirrel. Purchase some books on Natural Foods of Nature so you may identify your harvest, and avoid any nuts, berries or fungi that may be harmful to the Human Being.

*It is time to speak your Truth.*

If you are an Awakened or Awakening Human Being - and you are, otherwise you surely would not be reading this - there is no longer time to keep these Glorious Truths and the Joy of your own Awakening to yourself, for fear of what "people might think". If I "cared what people think" you would not be reading this Newsletter now, and neither would hundreds of thousands of others fellow Human Beings since 2005 either. My own brother thinks I am a "crank" and over the years I have received countless threatening and abusive messages from a wide range of people, particularly religious extremists, and have even received death threats.

Yet, Dear, Valued and Much Loved Reader, such messages mean nothing compared to the many thousands of Joyful and Heart-Felt messages I have received and continue to receive from people who have valued my weekly messages.

So yes - **Now Is The Time To Speak Your Truth Clearly and Joyfully.**

Every single Human Being on Earth is so Very Blessed to be here during these Transitional Times. What we are Experiencing and Participating In is Truly Glorious.

**But Every Single Man, Woman and Child Can Make A Crucial Difference.**

I receive many emails from people, every week in fact, from those who "only wish they could do more". Well the Truth Is - Every Single Person Is An Integral "player" in these Great Events, even though it may now not be clear. Have Faith That It Is So.

For most, it is not until a person "passes" from this Earth Plane to the next phase of Life, that they are "shown" their entire life on Earth from birth to passing in its full context, at which Moment the Meaning of that Life on Earth becomes clear, and Above All, how well the intended Lessons and Objectives were completed.
For many, in these oppressed and controlled times, they see that they became so lost in the Illusion and Delusion of "being part of the system", the focus often being a constant quest for money, material possessions and social status, that they completely shut out their Inner Divinity, Power and Reason For Being.

In these cases the person lives on in their new home, eventually making it back to the Individuality of Higher Self, and Unconditional Love.

Higher Self will "send" another Personality to Earth, which is Experienced as Self, as "before" but in a "new body", less the memory of other "incarnations" of Higher Self.

Now is a Wonderful Opportunity To Complete Your Current Mission.

Reconnect with your Inner Self and Source, Joyfully and Lovingly Share Your Truth With All, With Love In Your Heart.

This Is How Human Consciousness Collectively Evolves, whether apparent or not.

Send this Newsletter to All You Know - it could make All the difference.

Create your community. Be good to each other. And do not look outside yourself for the leader.

This Dear Reader is a Crucially important message.

Now is the time to "be on good terms with your neighbour".

Strong Community Spirit is Crucial in the Times Ahead. No person can "go it alone".

ALL Great Cultures Past and Present Survived And Prospered Only By Being In Complete Harmony With Each Other, Mother Earth, And All Life On Earth.

This Way Dear Reader Is The Only Way. There is no other. This is It.

All Other paths Lead To Misery and Suffering, paths That Always Leads Nowhere.

This is a lesson that Humanity as a whole has yet to learn.

This is why The Hopi remind us to be "good to each other”.

We should never, ever look outside ourselves for a "leader". This is to be weak.

All Leadership and Strength We Could Ever Need Can Be Found Within.

This is a Great Strength of Occupy Wall Street and the entire Occupy Movement.
Dear Reader, The "Occupy Movement" is a Shining Example of Hundreds of Thousands or People of all ages, cultures and backgrounds, coming together, under very difficult conditions indeed, Creating a Harmonious Community, Being Good To Each Other, Not Looking Outside Of Themselves For A Leader.

**Occupy Wall Street Is Truly Being The Change They Wish To See**

*This could be a good time!*

Yes indeed this could be a Very good time. But Humanity Still Must Make It So.

*There is a river flowing now very fast.*

This is The "Quickening". Before The Singularity.

For many months and years I have brought to you the Glorious News of the coming Transition of Consciousness, yet I know it was not easy for most of you to grasp.

A few months ago however, the Great Awakening of Human Consciousness became a ripple in Human Consciousness, and **The Awakening is a Raging River** which more and more are becoming aware of. Now the Raging River is Undisputable.

This river is still gaining momentum and strength, and soon will be a Mighty Force.

*It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and they will suffer greatly.*

Yes, there are many who have not yet "learned to swim" and will feel intimidated by this raging torrent, just as many cannot yet comprehend Occupy Wall Street.

Many people will try to cling on to "life as they know it", afraid of change from the "norm", however miserable or oppressed. At least they feel that they can relate to it.

Many people will cling desperately to anything they can grasp, determined not to be swept away from all they know and hold dear, lest they drown or be submerged.

All those clinging to the shore will indeed suffer greatly. As the River Flows Ever Faster, sweeping all before it with its Relentless Power and Energy, continuing to cling to the river bank will become increasingly painful and tortuous for their Soul.

*Know the river has its destination.*

This is the meaning of True Faith.
To Allow The Raging Current of Rising Consciousness to Carry Us Along, knowing That At The End Of The River Is A Glorious Destination, and All Fellow Human Beings Who Also Let Go In Joy And Faith Have Been Carried To The Same Place.

*The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.*

So The Awakened and Joyful among us will not simply let go of the river bank in a timid, anxious and uncertain manner, but will use all our strength to give ourselves an almighty shove, come what may, right into the very strongest current, with Mind, Body and Spirit, in Full Joy, Knowledge and Faith that we have done the right thing.

*See who is in there with you and celebrate.*

Once we are being swept along in the Raging Current of Human Evolving Consciousness, and our eyes are open and our head above water, we can then take a Moment to look around us and Celebrate With Joy with All Those Around Us Who Are Riding The Stream of Human Awakening and Consciousness As One Spirit.

*At this time in history, we are to take nothing personally. Least of all, ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.*

We should never take anything people may say or do personally, or be offended or opinionated by it. These are all artefacts of the Ego Mind. Simply enjoy Being Who You Are Which Is Already Perfect, with therefore nothing to prove to anyone else.

*The time of the lone wolf is over.*

The Ego, the "Me", Personal Identity Aspect of Mind is Over, it is Finished.

*Gather yourselves!*

Let Us Now Joyfully Unite As One In Joy And Spirit.

*Banish the word struggle from your attitude and your vocabulary.*

Do not allow any Limiting, Duality Based Thoughts or Feelings, wherever heard or witnessed, In To the Divinity and Purity of Your Mind and Consciousness.

The "old version" of humanity defined its "reality" through misery, strife and suffering.


*All that we do now must be done in a sacred manner and in celebration.*
This is Crucial.

We Must Always Live, Think and Act With Humility and Joy, Allowing The River To Naturally Run Its Course When The Next Age Of Humanity Begins.

We May Then Celebrate Joyfully With All Those Who The Raging River With Us, And Are As One As The Next Evolution of Human Being.

The final Truth From The Hopi Nation Is Self Evident:

*We Are The Ones We've Been Waiting For.*

21 December 2012 should be viewed for what it is - a symbolic "pivotal" date in Linear Space-Time At Which Moment The Nature Of The Great Transition To The Next Evolution Of Human Mind And Consciousness Will Be Defined.


Be absolutely certain of this though, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Choice Will You Make?

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

Now 2012 is here, my 576 page paperback book, *Our Ultimate Reality, Life, The Universe And Destiny of Mankind*, can provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:
And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader, I hope that you have enjoyed a Healthy, Joyful and Abundant week.

I would like as always to first of all thank everyone who has sent me a message this week. I have read every single message received, but once again been unable to reply to every message as yet. I will endeavour to do so during this week or so.

I very much appreciate every message received and for your kind sentiments.

This week your Newsletter will be somewhat shorter than usual.

Our main OurUltimateReality.com website experienced a major technical issue that prevented any of the content from displaying at all.

I created the Our Ultimate Reality website in 2004 - 8 years ago - and of course technology has advanced dramatically since then. With a range of websites on my Internet server, including one under development, there is an ongoing fine technical balance between deploying the technology required for the new, "state of the art" site, while not "breaking" the much older sites. This is actually what happened.

I have now found the technical balance for all sites on the server, but this has taken some considerable time. I would like to update the Our Ultimate Reality website to the latest technology, but doing so retrospectively is a complex and lengthy process.

This week then we will continue our series on the broad subject of "2012" by looking at an aspect of our lives which will become increasingly crucial as we approach Singularity together. Today then we will discuss "preparing for 2012", although of course this suggests some event will take place soon, which may not be the case.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

The Our Ultimate Reality Newsletters

During our first four Newsletters of this iconic year of "2012", we have thus far discussed the broad meaning of "2012" and specifically of "21 December 2012".

I receive many emails from genuine and concerned people including such questions as "is the world really is going to end on 21 December 2012", and, if so, what they should best do for themselves, family and loved ones beforehand.

Before continuing then, let us first be absolutely crystal clear about this:

The World Will Not "End" On, Before, or After 21 December 2012.

The Maya, who created The Long Count Calendar which resets on the Gregorian date 21 December 2012, never, ever, anywhere stated or even implied "the world would end" or that there would be any sort of "apocalypse".

As we have discussed before, The Maya observed and recorded "cosmic cycles" relating to Cosmological and Astronomical observations, in the knowledge that every aspect of the Universe, in all Spheres of Vibratory Frequency, are a reflection and integral part of all other cycles, in this case Earth Cycles that the Maya Experienced.

As Above, So Below, To Form The Miracles Of The One Thing.
-- Master Hermes Trismegistus

Although the Mayan’s may never have been aware of Master Hermes, they certainly knew of this Immutable Fundamental Principle, because it is a Universal Truth.

So then, what may we expect, and what should we actually "prepare for" in 2012?

Well we can we say with reasonable certainty is that:

1. By 2013 and beyond, "Planet Earth" will still be here and will still be inhabitable.

2. That we are approaching a "convergence", a "Singularity", the pivotal date for which is 21 December 2012, but may occur before or after that date in linear "time".

3. By 21 December 2012 it will be apparent to All, that Life on Earth is "changing" and that the Human Race has entered a "point of no return". This is why it is crucial, regardless of actual events which are still converging and unfolding, that as many Human Beings as possible Awaken and fully embrace the changes that are ahead.

Yes, in temporal terms, there is a so called "super power" which may be planning a "nuclear confrontation" to save their dying perceived "empire", and to prevent other perceived "super powers" from becoming new "super powers". But they will fail.

The rising "super power", The Russian Federation, has no hegemonic or empirical ambitions whatsoever, but have rather simply learned from their own long, painful
history, wishing only peace and prosperity for their people and to respect the right of other countries to enjoy the same, regardless of culture, traditions and religions.

This is why, for example Russia, is consistently currently vetoing at the UN Security Council, the US/ NATO resolutions that would provide for "military intervention" followed by "regime change" in Syria, following the similar "campaign" in Libya. Libya is now in a state of chaos and anarchy with a totally destroyed infrastructure, while the US and their allies have gained their oil and military strategic position - so far.

How then is this relevant to today’s Newsletter?

Well it is relevant to the extent that most of the convergent factors in "2012" as we approach Singularity - most likely this year or next - can be condensed to these:

1. The Global Financial Meltdown - which is very much ongoing and inevitable.

2. The ongoing objectives of the "global elite" and "bankers" to "control the world".

3. The ongoing hegemonic objectives of the USA to "conquer and control the world".

Of course while being separate issues, these are also broadly connected, the irony being that none of the perpetrators will ultimately become subservient to the others.

Virtually every major issue facing the people of the world today, whether it be poverty, starvation or "austerity" is connected to one or more of the above factors.

The three driving forces for these factors are:

1. Power
2. Control
3. Wealth

Of course in reality the perpetrators really are a very tiny minority, numbering in to the thousands at most, while the "rest" number many billions.

While the majority have so far trusted the few, thanks in no small part to "mental programming and conditioning " through "main stream media", a Human Being can only "take so much" before "breaking". Humanity is rapidly reaching "breaking point.

So how then may we best prepare for the "breaking point"?

Well last week I shared with you once again the most wise message from the Hopi.

In coming Newsletters we will discuss the "finer points" of the Hopi Message - the message is profound - but in general terms the message is one of "Preparation".

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But in what broad form then might this Preparation actually take?

In very broad terms there are two forms of Preparation we may consider:

1. Inner Preparation

2. Outer Preparation.

What do we mean by this?

Well let us then take a closer look.

**Inner Preparation**

Inner Preparation is by far the most fundamental and crucial of the two.

Inner Preparation is to be at Peace and As One "mentally" with Source.

Inner Preparation is to Know, Beyond All possible "doubt", that not only are we an aspect of Source, and All That Is - **We Are Source And All That Is**.

The religious and Spiritual traditions of the World are in total agreement. Here are some quotes:

The person known as "Jesus" said: "**The kingdom of heaven is within you**"

And: "**On that day, you will know that I am in my Father, and you in me, and I in you**".

Islam says: "**Those who know themselves know their God**"

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

Vedanta, an aspect of Hinduism says: "**Atman and Brahman Are One**"

Note: Atman is "Individual Consciousness" "Brahman" is Universal Consciousness

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

True Yoga, an aspect of Hinduism says: "**God dwells within you as you**"

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

How much clearer can it be - regardless of your religious "faith"?
We are Source, "God" and Source, "God" is us.

We have All The Divine and Creative "Power" of the "Universe - Within Us.

We Are The Creative Power Of The Universe. We Are The Universe.

So, Dear Reader - all we need ever do is to Focus Within To Realise and Express Our Divinity, and we will know, beyond doubt, that All Is Possible, and that Nothing Can "harm us" - unless we Feel, Think and Believe otherwise.

**Outer Preparation**

In many ways the concept of "outer preparation" is somewhat of a paradox.

If we are Truly Prepared Within, Then We Are Truly Prepared Without.

When we Realise our Inner Source, No-Thing is "insurmountable" or concerns us.

In practical terms there are several steps we may take.

We must know, beyond all doubt, that we are not dependant on "the system". "The system" of course wants and needs us to believe that we are dependent on them.

Once we realise that all we really require to enjoy Joy, Health and true Abundance we already have, then our preparations are Natural and effort-less.

All Humans really "needed" in general terms are:

1. **Adequate Nutritional Food.**

2. **Adequate Shelter including warmth in Winter.**

3. **Adequate practical and necessary clothing to wear.**

We are not "dependant" on the "system" for any of these things, although "the system" will always endeavour to make us believe that we are so dependant.

Almost none of the "trinkets" people cherish so much to adorn body and home have any true value as Human Beings. Such trinkets are often gathered to make people feel comfortable, "normal" by the standards of "society" and as "status symbols".

In short - such trinkets are of the Ego, and have no true relevance to existence.

Yet despite this, millions, if not billions of people "sell their soul to the devil" just to have them, through "work", "money" and most insidiously - through "debt".
It is clear therefore that Outer Preparation includes All of Mind Body and Spirit, and excludes All of The Ego.

All have the Divine Ability to Express that of Mind, Body and Spirit, and to reject those "things" of The Ego.

This is key.

If we are to fulfil our "destiny" and "purpose" we should embrace that which matter, and reject that which is superfluous, of the Ego.
Providing for our own food, shelter and clothing is the way forward, totally independent of those who would seek to control us for their own purposes.

This then Dear Reader Is True Freedom And Our True meaning.

Do You Wish To Be free?

We will discuss these crucial factors in Newsletters this year.

Be absolutely certain of this though, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Choice Will You Make?

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Now 2012 is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

Here where I live, the East Coast of England, we are experiencing particular cold weather with plenty of snow.

I hear many complain of the "long cold nights" and so on, wishing for better, but like Human Evolution, Winter is simply part of a Greater Complete Cycle of Life, without which the Cycle would not be complete and would in fact be broken.

I love all the Seasons we are blessed to Experience in our Human form. One of the best aspects of Winter is that Winter is a Prelude to Spring - a most glorious Season representing birth, renewal, reinvigoration and a New Cycle of Life.

And so it is with the Great Human Cycle. Humanity is deep in to the Winter of this current Cycle of Divine Human Evolution, but be assured of this Dear Reader.

No matter how bleak the world around you might look right now, a new Spring will surely follow with immutable, Divine certainty, and a New Cycle of Human Evolution, renewed, reinvigorated and with Great Anticipation will emerge. While the Cycle of The Seasons may be measured over one Gregorian year, a Great Cycle of Humanity may be measured over many thousands of years, as has been the case from the very beginning. We are the "current version of Humanity", the New Version of Humanity is preparing to emerge with immutable, Divine, Certainty and Perfection.

This we then we will discuss the proper Mindset as these events unfold.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

As discussed in our introduction this week, Humanity is currently deep in to the Winter of this current Cycle of Human Evolution, before the Dawn of The New Cycle.

As the saying goes "It Always Seems The Darkest Before The Dawn".

To many of course the World seems like a very dark place indeed right now, with various "factions" endeavouring to "take over the world" at all costs - both for money, at the expense of the majority, and sadly in human lives.

The hegemonic "powers" - led by the USA and Israel and supported by the UK and Europe- spare no cost in terms of money or human life and suffering to achieve their Geo-Economic gains while preventing genuine, rising powers, with no hegemonic interests, for example Russia, from becoming, in hegemonic thinking minds, the new so called "global superpower". Russia of course do not think in those terms anymore.

Behind this we have the "pyramidal banking structure" which funds these hegemonies at the expense of the vast majority of citizens and people of the World.

As we know from previous Newsletters, this "power play" is ultimately the result of a global zionist agenda, the ultimate "control centre" of which is in the City of London.

So in the face of these challenges, our Individual and Collective Mindset is crucially important as we conclude this Cycle Of Human Evolution, and enter the next.

As in Winter - we may bemoan our situation, or we can look forward to the Spring.

We can "complain" about the Natural Season of Winter all we wish, but we can never prevent the snow from falling, the water from freezing or the long, cold, dark nights followed by short bleak, often dull days with bare trees and little sign of life.

Winter is a Divine, Natural and Necessary Cycle to purge Glory, and sometimes excesses of previous Seasons to make way for New, Strong Life and Growth.

Humanity, being deep in to the Winter of this Evolutionary Cycle, entered a "purgative phase" around 1987, and which has Exponentially gained momentum, ultimately concluding with a Singularity, known in ancient times as “Armageddon”.

Now we must remind ourselves, although I wrote a whole Newsletter on this subject - which newer Readers may not have read - that "Armageddon" does not necessarily mean "apocalypse" or "the end of the World" - this entirely erroneous.

The word "Armageddon" is derived from a place located in the Jezreel Valley in the land now known as "Israel", although of course Israel is a very recent occurrence, called "Har Megiddo" which in Hebrew means "Mount Megiddo".
Har Megiddo is the Biblical location where the Great Battle between The Forces of Light, and The Forces of Dark took place during the "end times"

"And he shall gather them to the place called, in Hebrew, "Megiddo", And the seventh Angel poured his vessel into the air, and a great voice went out from The Temple from before the throne, which said, “It is done.” Revelation 16:16-17

So you see, "Armageddon" is symbolic, representing the final act by the "Seventh Angel".

**Note: 7 is a Divine number**, so "The Seventh Angel" was the Seventh and Final Act during the "end times" of the previous Cycle of Human Evolution.

This event depicts "The Return of Christ".

However, "Christ" does not specifically mean "Jesus".

Christ Is Divine Love, which was once overtly embodied in the person known as Jesus, but has also been embodied in other "Divine Messengers", "Avatars" etc.

Of course, we should always be mindful of the Greatest Truth that every single Human Being and Life Form on Earth and All Creation is an Expression Of Source, The Divine, and therefore every Human Being has the potential to fully Express Divine Love and be a "Living Christ".

This indeed is the Ultimate Objective of every Higher Self - "Jesus" is therefore best considered as a "role model" rather than some sort of "prophet".

How Glorious is it then that Every Human has the Potential to Become Christ.

So then, as we approach the end of the current Cycle of Humanity and those still on Earth becoming the **Genesis** of the next Evolution of Humanity our "**Mindset**" is crucially important.

Just as we never "fear" Winter, no matter how "bleak" or "miserable" it may seem, we should not fear the culmination of the Winter of this Evolution of Humanity.

Even during the bleakest depths of Winter, we know that we can look forward to a Glorious Spring.

This then should be our Mindset during these concluding months of the Human Winter, during which we can remain Joyful knowing Spring is just around the corner.

I must at this point reiterate my caution of many previous Newsletters.

**21 December 2012, like Armageddon, is entirely symbolic.**
The World will not "end" on 21 December 2012, or ever.

21 December 2012 was chosen by the Maya in their long Count Calendar, not because they expected an "apocalyptic event", but because is coincided with Cosmological Convergences, which they observed for many hundreds of years.

The Maya knew of course, from the Toltec before them, and as did the Hopi, that Humanity Evolves in Cycles that correspond closely to these Cosmic Convergences.

So 21 December 2012 is a "marker and reference point" in linear space-time.

The Maya and many of the "Ancients" knew this, but also knew that this marker represented a "turning point", a "pivotal point" signifying the final changes.

They also knew that the very nature of this "transitional epoch" would ultimately be determined by Humanity itself, and not by a "higher power" beyond human control.

So is 21 December 2012 represents this "pivotal moment", when will the actual pivotal event or events take place?

Well of course they are taking place and playing out right now - today.

To provide a couple of possibilities as examples only:

There could be a catastrophic event which Humanity brings upon itself before 21 December 2012, but it is only on 21 December 2012 that this will be translated in to the "beginning" - to the extent that "beginning" means anything - of the Next Evolutional Cycle of Humanity.

It is equally possible that while there will have been no such final event or events whatsoever on or before 21 December 2012, this date will still contain the "pivotal moment" upon which the events that eventually do determine the Nature of The Next Evolution of Humanity will be determined - although it may or may not be immediately clear to most, but the "world as we know it" will still be here.

In the case of this second example scenario, although, by 21 December 2012 the "mode accompli" will be "in place", it may not be "enacted" until 2013 or 2016 or even 2032 for example.

Keeping in Mind that a couple of decades is nothing in the context of a Cycle that encompasses many thousands of years.

There are no hard and fast "rules" except for one:

**Humanity alone is and will continue to be the "master of its own destiny".**
The Our Ultimate Reality Newsletters

It will be clear to most who follow true Word events - I mean those you will see on RT, not the hegemony controlled "psyops" who are the "main stream news media", that there is a Convergence taking place between the "powers" and factors previously discussed at length in this and previous Newsletters, which will ultimately determine the Singular Event which will Transform Humanity.

But there are always choices.

Collectively, Humanity as a Whole has two broad choices?

1. To sit back and allow current events to unfold and reach a conclusion.

2. To Awaken and act to change the current course for a Glorious outcome.
   It is far from clear which of these possibilities will emerge.

There is a Great Awakening taking place, A "Quickening", driven on by the Internet and various forms of "Free Media", but at the same time the Hegemony, knowing this, is drastically accelerating their global Zionist agenda on all fronts.

This then is where the 2012 Mindset is of Vital Importance.

Do you simply feel hopeless, sit back and just "let it happen" or perhaps hope others will "sort it out for you", or do you reclaim your Divinity and act to change the course of events towards a Glorious Transition?

The choice is still ours, but by 21 December 2012 that choice will no longer be available - this again is the True meaning of 21 December 2012.

A "worst case scenario" might be that if the Hegemony prevails by 21 December 2012, then Humanity may be facing a very uncertain and dark few decades.

So 2012 The Mindset must be an Awakened, Empowered Mindset, focused totally on a Glorious Transition For All Humanity capable of participating.

All thoughts, feelings and emotions embracing fear, uncertainty, doubt, hopelessness, passive acceptance and so on are not only Self Defeating" but also impart the thoughts, feelings and emotions to the Collective Human Consciousness, thereby lowering the Vibratory Frequency of Human Consciousness at a moment when the only way forward is to raise the Vibratory Frequency of Human Consciousness.

How might this Mindset be attained?

Well Dear Reader it is very simple.

If we Awaken "allow" only High Vibration thoughts of Love, Peace, Harmony, Service, Oneness, Joy, Bliss and so on, not only are we positioning ourselves for the Great
Transition, but we are also, in a very powerful way, raising the Vibratory Frequency of The Collective Human Mind and Consciousness.

As discussed in previous Newsletters, Thoughts, Feelings and Emotions of a High Vibratory Frequency are orders of magnitude more powerful than those of a Low Vibratory Frequency.

So it only takes 10% or so of the 7 billion Human Beings incarnate on Planet Earth to Live Life only in Divine love and High Vibratory Thoughts, Feelings and Emotions to reach that "Critical Mass of Consciousness that will ensure a Glorious Transition to the next, equally Glorious Evolution of Humanity.

We should never "leave it to others" - the future of Humanity is at stake.

Of course, current convergent events "work" both ways.

The more Humanity is pushed to the limits of endurance by the hegemonic and globalist "forces" the more people are reaching the point where they know they must either change in some way, or face possible destruction.

Humanity has consistently shown, over thousands of years, that anything can be achieved, and is achieved, if the circumstances are dire or extreme enough.

Many look within to "find" and "connect" with Source, God if you prefer, others simply take action and help others to so the same.

As the saying goes "it isn't over until it is over".

Let me assure you dear Reader that Humanity is far from "over" right Now, and that The Human Race still has absolutely Everything to "play for".

Be absolutely certain of this though, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Choice Will You Make?

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?
The Our Ultimate Reality Newsletters

Now 2012 is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a very broad and detailed perspective on the meaning of 2012, and of Life and Meaning of Life generally. There has never been a more appropriate time to read the book, and to send copies to everyone you Love and care about as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

Well here we are, approaching the month of March, and very soon the glorious Season of Rebirth, Rejuvenation and Regeneration that is Spring, will upon us.

In view of the global situation generally, with all convergent factors "still in play", we simply cannot predict, as in previous years, how the World will "look" in 2013. Again however, this is not to say the world will be actually a different one in 2013, but rather by then the course of humanity will be clear, as well as who may participate.

Human Beings have really very, very basic real needs - food and water, adequate shelter, and clothing suitable for the prevailing climate. All else is superfluous.

Even today, access to fresh, nutritious food, that has not already been contaminated with all manner of toxins, chemicals and poisons is increasingly challenging to find. Even water is polluted by the "water providers" with various substances, the most toxic of which if Fluoride. Where I live we actually have to pay for the water that comes out of our taps, even though water, even fresh, pristine water, is abundant.

Notwithstanding these considerations, there are several possible scenarios which could well exert an influence, probably without warning, which would mean empty supermarkets and untreated water flowing from our taps. This could happen certainly in the USA, UK and much of Europe. Again though - nothing is certain at this point.

This week then we will discuss growing complete, nutritious, abundant food.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

Let us first remind ourselves once again of the most timely and wise message from one of the most ancient races Earth, a race with a very long history going back over at least 22,000 years - two major cycles of Human Consciousness.

A Message From The Hopi Nation

You have been telling the people that this is the Eleventh Hour. Now you must go back and tell the people that this is The Hour. And there are things to be considered:
Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.
This could be a good time!
There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel they are being torn apart, and they will suffer greatly.
Know the river has its destination.
The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.
See who is in there with you and celebrate.
At this time in history, we are to take nothing personally.
Least of all, ourselves.
For the moment that we do, our spiritual growth and journey comes to a halt.
The time of the lone wolf is over.
Gather yourselves!
Banish the word struggle from your attitude and your vocabulary.
All that we do now must be done in a sacred manner and in celebration.

We Are The Ones We've Been Waiting For.

The Elders, The Hopi Nation, Oraibi, Arizona.

Now in our Newsletter of 29 January 2012, we discussed 2012 The Community.
The Hopi and many other ancient and Spiritual races, cultures and traditions around the World, stress the importance of the Community - and I totally agree in every way.

The Hopi message wisely, and for good reason shares with us:

**Know your garden.**

This Dear Reader is profoundly important, and will become increasingly so.

When I was young, most of the food we obtained was grown locally, without any form of chemicals or fertilizers, and purchased from local stores - the "greengrocer". Likewise we purchased freshly baked bread from the local bakers shop and so on.

One of my favourite trips was to the local outdoor market, where a vast array of fresh, local produce was on offer by market stall owners who really cared about food.

As a teenager I worked on farms, and have great respect for farmers to this day.

As an aside, I now live very near to the ancient Market Town of Beverley, in the East Riding of Yorkshire, which has a very long history, especially as a market town.

Beverley literally means "Beaver Stream" - named after the local Beavers that proliferated here due to the abundance of water and natural perfect habitat.

Beverley was originally founded in the 7th century CE, by a "Beaver stream".

When frequently driving in to Beverley I still pass through the remaining narrow fortress gate - North Bar - which was built as part of the towns defences in 1409 CE.

Should you be interested in where I am blessed to live, here is a good Wiki page:

http://en.wikipedia.org/wiki/Beverley

But getting back to our main subject, Beverley has a famous outdoor market which I love visiting, which sells a variety of fresh foods, bakery, handmade items and so on.

I have included a photograph of my local Beverley Market on the following page.

Beverley Market may be a continuation of a tradition of the past, but I personally see Beverley Market as well as other local specialist shops as very much of the future.

Supermarkets have no Life or Soul and are cynically created only as mass outlets for artificially grown "foods" which have been treated with a vast array of chemicals as so called "pesticides" and "preservatives" so they can remain on the "shelf" longer.
One of my favourite foods is Broccoli. Supermarket Broccoli tastes like the chemicals it has no doubt absorbed. "Organic Broccoli" is better, but still not "natural". "Organic Food" has become more of a marketing tool than providing for any genuine choice.

Speaking for myself - I would love to see the demise of the so called modern "supermarket", but will it happen? Well that remains to be seen - I really hope so.

Beverley Market - My Own Local "Real" Food Source

So what of our food then, both now and in the future?

Well at least two factors are clear:

1. The future of the so called "supermarket" is by no means certain - at least not in the present form, size or scope.

2. The quality of "food" sold at supermarkets is appallingly low, and even dangerous.

This then brings us back then to the words of The Ancient and Wise Hopi:
Together with The Community, "Know Your Garden" is of crucial importance, regardless of what may or may not transpire in the near future.

Aside from the profound adverse health issues arising from consistently eating almost any supermarket purchased food - especially the long term consequences, there is absolutely no guarantee that the food supply will always be available.

Many supermarkets normally operate on a 3 day re-stocking cycle. If there is any form of "emergency" there are several ways supermarkets could close. For example - a break in the "supply chain due to e.g. a shortage of lorry diesel fuel or panic buying - and there is no shortage of potential for that scenario - I have seen it before.

The dramatic rise in an array nutrition related disorders we see today, e.g. obesity, diabetes, colon and other cancers, many that are slow and degenerative - i.e. attack your health and longevity over a longer timescale - are carcinogenic - cancer causing - and directly attributed to "supermarket food" in general. Of course, "fast food" is also very seriously compromising the health of an entire generation.

Even the packaging of such "foods" contains a wide array of chemicals, many poisonous, that "leach out" of the packaging and in to the food before consumption.

And then of course there is the abomination called "GMO" - Genetically Modified Organism - which are never actually modified for nutrition or yield, but rather that large international cabal "Agro-Chem" companies can own and enforce the "patent" on a wide array of food seeds, controlling "supply" under their own dubious terms.

So supermarkets are really the consumer link in an international corporate chain that ultimately care nothing about human health or needs, and everything about profit.

In early 2012 then we are faced with one broad choice for the "future":

**Self Sufficiency**

Especially in the basic needs of survival such as food and water as well as clothing.

Of course Energy is another major need - because humanity has become dependent on it. Energy is not crucial for survival, but will be the subject of another Newsletter.

As we move forward with the Quickening, Converging on Singularity, there has never been a time this time around where Self Sufficiency has been more important.

Anyone relying on the "system" for "provisions" may not make it - sooner or later.

**The Moment To Strive Towards Self Sufficiency Is Now.**
In the Northern Hemisphere we have a full "growing season" ahead.

Regardless of "what the future may bring", growing food for yourself and family will be a **True Blessing**, in so many ways. Above all you will feel and be much healthier.

Once you start growing your own food, you will never look back, and will have gained a natural ability going back to the dawn of man - agriculture - in harmony with Mother Earth, other Human Beings, other forms of life and the "environment" generally.

Now many believe that in order to grow your own vegetables and other foods, you will need a "small holding", large garden etc, but this is simply not the case at all.

If you have an ornamental lawn, you may wish to consider the fact that the space it occupies would much more productive if it was used for growing your own food. However, even if you do not have much "garden space", or perhaps do not even have a garden at all, there are many ways to grow large quantities of nutritious food.

In my view - and I do not profess to be an expert - the best choices are based on:

1. **Highest nutrition by weight**
2. **Balanced diet - different foods have unique nutritional benefits.**
3. **Highest yields.**
4. **Smallest/densest "footprint" - can grow many plants in close proximity.**
5. **Most "hardy" relative to climatic conditions - temperature, rainfall etc.**

Of course, different plants have different combinations of these characteristics.

Root and seed crops are highly nutritious, e.g. Sweet Corn, Onion, Garlic, Potatoes - not overly nutritious, but excellent for carbohydrates etc.

Garlic is a true "Super-Food" with incredibly array of nutrients with the addition of very powerful healing properties as both anti-bacterial and anti-viral. I will often eat a whole raw bulb of Garlic.

I also strongly recommend raw root ginger for similar reasons, although my local climate will not support the growing of this nutritionally valuable plant.

Of course, if you live in more "tropical climes" you will have a larger selection of plants you can grow. Black Olives are a "Super-Food" but take a long time to grow.

If you have a dark place such as an attic, garage, cupboard etc, you can also grow your own fungi such as mushrooms, but also the many other fungi varieties that can be cultivated. Fungi are, nutritious, consistent croppers and convenient to grow.
Note on Preparation: Never cook these valuable foods - you will destroy the nutritional benefits. We eat for nutrition, - not to gratify the sense of taste. Potatoes are the exception of course, but the nutritional benefits of potatoes will be retained.

All of these plants are rich in the enzymes the human body needs for optimum health. Enzymes are destroyed at around 70 Celsius, well below boiling point.

If you must eat these foods warm, then you may microwave them for a few seconds.

Sprouting Seeds

Now here is a real "secret" for you. Sprouting seeds - e.g. seeds beans and pulses are massively nutritious - true Super-Foods including the following great benefits:

1. Extremely High Nutritional Density.
2. Wide Variety Encompassing All Human Nutritional Needs.
3. Can be grown indoors in your home in a few days for a constant supply.

I consider Sprouting Seeds, Beans and Pulses to be the ultimate "Survival Food".

Sprouting Seeds can be purchased in large sacks which will remain viable for years.

Due to the short sprouting cycle, a constant supply of sprouted foods can be maintained upon which to live ad-infinitum. One Sprouting Seed alone - Alfalfa - can provide almost all the nutritional needs of the Human body.

Humans can live indefinitely on sprouted Alfalfa alone. Balance is always preferable.

Wheat grains for example, can be sprouted and eaten as extremely nutritious sprouts, be grown on to "Wheat Grass" a few days later - another natural powerhouse "Super-Food" - or grown to seed for flour, bread making and so on.

The choice of sprouting seeds available can be, understandably confusing, particularly for those new to this form of growing for nutrition and sustenance.

These then are the seeds I would personally suggest- to start with at least:

Alfalfa
Broccoli
Wheat
Lentils
Garlic
Clover
Mung Beans
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Trust me Dear Reader, if you purchase appropriate "sprouting kits" - which are inexpensive" - and a good supply of chosen sprouting seeds, assuming you have water available - which is crucial anyway - you are prepared for "every eventuality".

Aside from the "survival" issue, seed sprouts are absolute nutrition powerhouses. If you eat your own home-grown seed sprouts for a week or so, you may well be amazed at just how healthier and energetic you feel - physically and mentally.

Anyone can grow Seed Sprouts - even without any form of garden or real space.

Again though: Never cook seed sprouts - or any other natural growing food.

Of course you can cold marinade Sprouts, add them to salad etc - just do not cook.

Well this concludes what has been a rather unusual Newsletter.

If you make simple, natural preparations, without the need to spend much money, and also have access to fresh water, even if you need to purify the water first - what you have read today is a true practical key to survival for you and your loved ones.

As always however - you must take action now. It may be too late by the time you "get around to it".

Let me assure you dear Reader that this Evolution of Humanity is far from "over", and that The Human Race still has absolutely Everything to "play for".

Also be absolutely certain of this truth though, beyond all possible doubt: Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

The Questions to ask yourself is this:

What Choice Will You Make?

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

Remember: The Human Race Is Collectively Writing The Script For The Conclusion Of This "Age" Of Humanity. One Person Could Make All The Difference.
Please Do Whatever You Personally Can To Potentially Make That Difference By Sharing This Newsletter With Everyone You Know, And Ask That They Do The Same.

Now that "2012" is here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

First of all I must apologise to those who generously Donated to Our Ultimate Reality last Sunday, but received tracks for Nature Voyage instead of the Awakened Mind.

This was entirely my fault. This issue has now been corrected and I am also repeating The Awakened Mind as your Donation Gratitude gift for the benefit of all those who I know wished to Donate, but realised the MP3 error before doing so.

I have sent the correct MP3 tracks to all those contacting me after receiving the incorrect ones, but if you for some reason donated last week and still do not have The Awakened Mind MP3 tracks, please do contact me and I will send them to you.

Since the beginning of 2012, we have focused our discussions on "2012" related matters, and we will continue to do so during this pivotal year for the Human Race.

Last week we discussed "2012 The Garden". I would like to thank everyone who sent me a message regarding that Newsletter, for which I am Most Grateful.

This week then we will discussing the subject of Energy - the Energy that we are most familiar with and so many depend on during the course of "daily lives.

Many might say that the Human Race is "dependent" on Energy for "modern living". Whether this is true or not, Energy will certainly feature strongly in the future.

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For further reading I highly recommend my book Our Ultimate Reality:

Those who have read the Our Ultimate Reality book, and/or these Newsletters for any length of time will be very familiar with the word Energy, not in terms of the more "mundane" familiar forms of Energy that we utilise in so many areas of our "daily lives", but Universal Divine Energy which forms the basis of the Entire Universe in All Spheres of Vibration, Source Energy which Flows Through All and Is All.

The Energy we will discuss today however is most familiar as a source of light, heat and power, often originating as Electrical Energy, but sometimes as Heat, Light or Mechanical Energy as well as Kinetic Energy, Chemical Energy and so on. There are other forms of Energy, but these are the forms that most people are familiar with.

Rockets engines derive thrust by converting Chemical Energy to Kinetic Energy.

Electrical Energy needs no introduction - it literally "drives" modern society. Homes have many electric plug sockets into which any electrical appliance can be plugged.

Other "raw" source of Energy is Oil, which is used to make fuels for vehicles through fractional distillation, e.g. diesel, petrol, aviation fuel, kerosene etc, and for heating fuel as an alternative to "natural gas", often used to heat our homes.

Of course these sources of energy are also interdependent on each other, in that "fossil fuels" are the precursor to power generating facilities that may use for example diesel fuel or natural gas to drive turbines that in turn generates electricity.

Exceptions of course are "nuclear reactors" and "Renewable Energy" sources.

Nuclear reactors may seem safe, but only until some form of "disaster" strikes such as took place at Chernobyl and more recently Fukushima. While these are "high profile" cases, many others have been suppressed, so we may never know the truth.

The most abundant form of Uranium used in nuclear reactors is "Uranium 238" which has a decay half life of nearly 4.5 billion years. It is clear therefore that is a significant cataclysm struck Earth, or a region of Earth where there is a high concentration of nuclear reactors, e.g. the East Coast of America, there is a potential to contaminate the whole planet to the level where life cannot be sustained for billions of years.

One such "nuclear disaster" could easily therefore end life on Earth as we know it, and life on Earth would take billions of years to recover, and when it did so, assuming climatic conditions are life-supporting, such life would be unrecognisable.

So nuclear based electricity generation is clearly not a wise way forward, and indeed many countries are now cancelling their "nuclear programs" in recognition of this.

It will also be clear to Readers of this Newsletter that "fossil fuels" have no future.
Aside from the extreme and unsustainable pollution and environmental devastation arising from the extraction and use of all fossil fuels, reserves of oil and gas are rapidly being exhausted, and based on current consumption, will be insufficient soon.

So this brings us on to the main subject of our Newsletter today:

Infinite, Clean, Environmentally Sound, Sustainable Energy Sources.

The Future Of Earth and Life In 2012 And Beyond Depends On Such Sources.

What then are the options?

Well most will be familiar with so called "Renewable Energy", which is actually somewhat of a misnomer - Sustainable Energy would be more appropriate.

The best known examples of Sustainable Energy include:

1. Solar. While "Solar Panels" based upon Photovoltaic cells certainly meet environmental and sustainability requirements, and are a valuable asset, it is highly doubtful whether they would ever be efficient enough or installed in sufficient quantity to be much more than a supplementary, rather than primary source of electricity.

2. Wind. While Wind Turbines have more potential to viable generate volumes of Electrical Energy, and are doing so in many parts of the World, they are not as environmentally friendly, and even if sufficient Wind Turbines could be produced, finding more and more suitable locations would be a challenge to say the very least. Wind Turbines also rely on numerous mechanical components that can, and do wear out, so from the perspective of sustainability alone Wind Turbines are not viable.

3. Water. With many countries bordering on coastlines there is an opportunity to generate Electrical Energy utilising the motion of the waves. While this would certainly be more environmentally friendly than Wind Turbines, deploying and maintaining this type of technology on a large scale could be impractical. Hydroelectric power has been used for decades, but this often involves damming and/or altering the course of rivers which can and does cause catastrophic environmental devastation in every way. Hydroelectric facilities are also very costly to maintain. There is no future therefore in Hydroelectric based Electrical Energy.

So then, what other options may there be to produce Electrical Energy?

The Fundamental Requirements Must Be:

1. Infinite
2. Sustainable
3. Local
Let us then take a look at these requirements more closely:

1. **Infinite**: such an Energy source would be truly Infinite, or near-Infinite in Nature with the ability to serve the entire needs humanity for as long as required.

2. **Sustainable**: Such an Energy source must be environmentally friendly, highly efficient, and require minimum or no ongoing repairs, parts and maintenance.

3. **Local**: The production of such an Energy source must be available to individual homes and other buildings as opposed to being received from a central location as now. Current centralised power distribution exists only for power and profit in that energy companies can switch our power on or off at will, and can charge whatever they like. A Local Energy source would actually be part of a home or other structure and would provide Infinite Energy At Zero Cost.

So does such an Energy source sound like a dream?

It may do to many, but only because the big corporate cabals controlling our energy supply have such a grip over distribution, supported by the governments, that people are led to believe that "traditional" forms of energy and supply are the only option.

If each home, office and other building owned its own Infinite Energy source associated with the structure like any other home appliance, then the big energy cabals would lose their control and be out of business overnight, and they know it.

This is why, for at least 100 years, energy cabals have protected their costly, polluting, environmentally damaging and grossly inefficient energy generation and distribution at literally any cost, and will continue to do so if they possibly can, largely by controlling or "paying off" governments and regulatory agencies.

So all forms of energy we use in our homes is the result of converting one form of energy in to another.

For example. When we use oil or gas to heat our homes, chemical energy is converted in to heat energy through combustion - with polluting by-products.

In a power generation facility, fossil fuel chemical energy is converted in to heat energy, which then heats water to produce steam under high pressure, which is converted to mechanical energy in the turbine, and finally the mechanical energy produces electrical energy - a very wasteful, polluting and inefficient process.

Of course there are other ways of driving turbines - hydro power for example.

In a nuclear power plant the heat of the nuclear fission process of enriched Uranium is used to heat water to create high pressure steam which in turn drives the turbines.
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With a Wind Turbine - it is wind that drives the turbine instead of steam. But wind is converted to mechanical energy and then to electrical energy.

All of these contemporary forms of electricity generation have one thing in common. The final stage involves the conversion of mechanical energy in to electrical energy.

Again - this is an archaic, costly, crude, inefficient, labour intensive and often environmentally damaging, and, due to the complexity of these turbines and number of moving parts that break and wear out, thus requiring considerable maintenance.

So what then is the solution?

Zero Point Energy

Now, all forms of electrical energy production involve converting other forms of energy, e.g. chemical, heat, mechanical, and even light - in the case of photovoltaic cells, or solar panels - to electrical energy to be inefficiently distributed centrally.

However Dear Reader - as we know, the Entire Universe, In All Spheres of Life and Reality has One Basis - Energy. All Is Energy.

I am Energy, you are Energy, All Around Us Is Energy - Source Energy - Which Flows Through Every-Thing, and Is Every-Thing In All Spheres of Vibration.

Divine Universal Energy, Emanating From Source, Is Truly Infinite and Infinitely Abundant in every possible sense. Universal Energy Is All There Is.

We know already that all sources of electrical energy have been converted from another form, or forms of energy. Energy can be transformed, but never destroyed.

So, Zero Point Energy is the conversion of Infinite Universal Energy to Infinite Localised Electrical Energy, without mechanical energy involved in the process.

Imagine your home with a truly Infinite Supply Of Electrical Energy for everything you need, including heating and cooling, all at no cost, and all of which you control at will.

This, Dear Reader is the future - and should be the present.

As many Readers know, I research Quantum Mechanics among other subjects, and I know, beyond doubt, not only at a theoretical level, but at an Inner Level, that Zero Point Energy is more than possible - it is and must be the future.

Now you may ask - if Zero Point Energy is so powerful, why has it not been made available yet?
Well the answer is as always the big international energy cabals who will go to any lengths and costs, including controlling governments, to ensure that such technology can never be made available in order to maintain and increase profits and control.

There have, over the last hundred years or so, been several brilliant scientists who have invented working variations of "harnessing" Zero Point Energy. All of these have thus far been totally suppressed, ridiculed and event threatened with their life.

Perhaps the most famous such scientist is the brilliant Nicola Tesla, who said:

"Ere many generations pass, our machinery will be driven by power obtainable at any point in the universe. It is a mere question of time when men will succeed in attaching their machinery to the very wheelwork of nature."

Nicola Tesla had already created various "free energy" technologies, including "Radiant Energy. At the time, his laboratory was being funded by infamous bankers J.P. Morgan. However, when J.P. Morgan realised that he and his cronies could not profit in any way from "free energy", he promptly withdrew the funding, and Tesla's laboratory soon mysteriously burned to the ground, along with all his work.

And so it has been throughout recent history.

Notwithstanding however, "free energy" is becoming more and more talked about.

NASA Astronaut and Physics Professor Brian O'Leary recently stated:

"If these new energy technologies were to be set free world-wide, the change would be profound; it would effect everybody: it would be applicable everywhere. These technologies are absolutely the most important thing that has happened in the history of the world."

So international energy cabals and governments are finding it increasingly difficult to suppress these "New Energy Technologies" lest they lose profit as well as power and control of the population. They still do all they can to suppress, and are not beyond murdering scientists and others who have developed "free energy" devices.

My own research in Quantum Mechanics and Zero Point Energy leave me personally in no doubt that these technologies are not only possible, but they will prevail, and every home will have its own Infinite Energy Source, beyond the control of others.

So how do these technologies work?

Well this will need to be the subject of a whole future Newsletter - which I will be.

Zero Point Energy while inherently simple conceptually, is inherently complex in its structure, but once developed, it will truly provide Infinite Electrical Energy.
Very briefly though, this technology involves "stepping down" Amplitude Of Waves of Infinite Universal Energy to "Zero Point" Equivalent Frequency - that of Earth.

Such a "device" will have no moving parts, need zero maintenance and provide an Infinite personal source of Electrical Energy - anywhere in the World. Even the remotest tribes and cultures around the World can enjoy **Infinite Zero Point Energy**.

This Newsletter then has been a brief overview of "2012 The Energy".

This year, humanity must abandon its current destructive, controlling and money oriented existence, which us unsustainable, to embark on a future based upon Love, Service and Equality, in a World that offers Infinite Abundance For All.

Be absolutely certain of this truth though, beyond all possible doubt: Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

The Questions to ask yourself is this:

**What Choice Will You Make?**

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

**Remember: The Human Race Is Collectively Writing The Script For The Conclusion Of This "Age" Of Humanity. One Person Could Make All The Difference.**

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And So It Is.

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Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

While many people are certainly Feeling The Quickening, there is also a paradox in that many human oriented global events also seem to be happening in slow motion.

It is for us collectively to know the absolute Truth, and to move forward accordingly.

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Since the beginning of this iconic and pivotal 2012 we have been discussing in our Newsletters the ongoing implications and aspects of "2012", as we inexorably Quicken towards Singularity, the basis for the next Evolution of the Human Being.

I will first reiterate these facts:

**The World Will Not "End" on 21 December 2012.**

**There Will Not Be A World Changing "Event" On 21 December 2012.**

**21 December 2012 Is A Symbolic, Pivotal, Evolutionary Point For Humanity.**

It is of course possible that an event or events may take place on 21 December 2012, but if this transpires it will be simply because the Collective Human Mind Believes that "something will happen" on 21 December 2012. We Create our Own Reality. If enough people focus on an "event", it simply becomes self-fulfilling.

This, Dear Reader, is why it is crucial not only to understand the facts, but most importantly to proceed accordingly.

This is the emphasis of our Newsletters during 2012.

Evolutionary Events are already taking place, globally, and Quickening right Now.

Singularity could be reached before or months or years after 21 December 2012.
The Our Ultimate Reality Newsletters

We are, Collectively, as the Human Race, still writing the final chapter in the "Book of Humanity". The final storyline for this chapter will not be known until the final Singular, Pivotal Moment. There is no room for complacency.

There are no "goodies" or "baddies" in this drama - these are concepts based in Duality - we are all participants, actors and playwrights in this Never Ending Story - a Story which in which we are All Divine, Infinite, Immortal participants.

Last week we discussed "2012 The Energy".

This week we will discuss an equally important subject - if not more so - Food.

Now while we can survive without Energy - our ancient ancestors survived several "ice ages" without Energy - Human Beings and Animal Life generally must have food and in particular water to survive, being the very basis for "complex" Organic Life.

When I was young, and growing up in the beautiful and natural British countryside in the heart of England, a small rural village called "Rearsby" in Leicestershire, there were no "supermarkets" - only a "village stores. In the towns, cities and larger populated areas there were "multi-product stores" with "checkouts" and so on, but they cannot be compared to the "supermarkets" of today.

Food today, as with all other products offered in supermarkets, are based upon the tried and tested business model - "stack it high, and sell it cheap".

Food and products generally are rarely grown or made in the country in which the supermarket is located, but which are rather imported from abroad, very often in countries and regions by people being paid poverty level wages, including children.

When I was young, we knew that much of the food we purchased and valued so much was grown by British, and very often local farmers.

We enjoyed access to village so small, family owned, "high street" or village shops - greengrocers, bakers etc - which offered only fresh, natural produce, sold by traditional shopkeepers who truly cared about the customer - not their money.

In stark, and sad contrast, the foods to be found in today's so called "supermarkets" are grown in massive volume, and heavily contaminated with a chemical cocktail to artificially increase growth density and size - yield - and to ward off or kill insects and plant diseases - none of which are remotely natural.

The traditional specialist store has become extinct, to the detriment of humanity.

Even foods labelled as "organic" - which is really no more than a marketing ploy - are not entirely natural, just more natural than today's "mass produced" products.
Not only are such mass produced foods lacking in nutrition, especially compared to the truly naturally grown counterparts, but also the chemical cocktail that permeates through this food can be not only toxic, but also "systemic" - spread throughout the body, including brain - and cumulative - the body cannot remove them - so they increase in concentration and deadly toxic effects throughout the course of a life.

These foods are allowed to be grown and sold only due to the fact that the large, multinational agro-chemical cabals such as Monsanto, control governments and other agencies who "bend the rules" without any regard for human life or wellbeing.

An even more insidious trend by these same multinational "agricultural-chemical" cabals are "GMO" - "Genetically Modified Organisms".

Seeds are genetically modified, not for human health or positive reasons - of which there are none - but as a cynical and potentially disastrous attempts to actually control the seeds of life - which are even legally patented and owned.

Such "GMO" seeds are "engineered" in the laboratory to be sterile so that although they can be eaten, as wheat and other food crops, the farmer can no longer, as has been the case from the very beginning of agriculture, retain a portion of the seeds from the annual harvest to sow as the basis for the following years crop.

There have indeed been numerous cases where the seeds from fields containing GMO crops have been blown by the wind to the adjacent fields of farmers growing natural crops, and the natural, traditional farmers have been prosecuted.

Monsanto and other agro-chemical cabals know this very well - and planned it to be so - and have teams of "inspectors" travelling the country looking for fields of natural crops but which have "patented GMO crops" growing among them naturally - this is after all how seeds are dispersed in nature and have from the very beginning.

When these "inspectors" find such a field - and they are looking very hard - they immediately prosecute the farmer for "theft", always succeeding because they control the judiciary. The victim traditional, natural farmers then have to pay large fines - or go to prison - which very often shuts them down - which is the main objective. The farmer also has to then guarantee that no patented GMO crops will appear in their fields again, which is impossible due to the natural forces of nature.

So the international agro-chemical cabals, have, with the complicity of the governments, courts and other "regulatory agencies" succeeded in patenting and controlling life itself as it relates to the natural human need for food.

Aside from the fact that interfering with nature and the Divine in this way could lead to a major catastrophe, GMO crops have never been really tested for toxicity and other harmful effects on people, which again could be systemic and cumulative. As always,
the agro-chemical cabals have governments, food and other agencies under control so they never have to answer for the effects of their actions.

And it does not even stop there - not by any means.

Monsanto and other agro-chemical cabals are forcing farmers in developing countries - who often depend exclusively on food crops for their very daily survival - to take these patented GMO crops, by "buying off" susceptible members of the foreign government. One of the largest victims is India, but it will not be long before farmers across the world are controlled by GMO patents, money and force of law.

The range of food crops being subject to GMO is also very rapidly expanding, and increasingly and aggressively enforced, which could ultimately be catastrophic.

Another dangerous and extremely insidious development in by the GMO seed cabals is to artificially create plant diseases that kill natural crops, but to which diseases the GMO crops are resistant, because they have been genetically modified to be resistant to the very crop diseases that the agro-chemical cabals are creating.

Again, it is easy to see how such laboratory created plant diseases could get out of control with devastating consequences to the food chain and global ecosystem.

So it should be clear Dear Reader that these are very significant factors in the Convergence towards Singularity, that must either be resolved by humanity as a whole, or by the Universe. But resolved it will be because the Universe, Nature, will always restore Natural Divine Balance and the Perpetuation and Evolution of Life.

In all of these factors we must always consider that those multi-national cabals, banks and governments who would seek to control humanity for their own purposes, are in a very, very tiny minority compared to the 7 billion people living on this planet. Those directly behind all these atrocities in fact most likely number in the thousands. However - we must all accept equal responsibility.

While people use and encourage supermarket chains, banks, credit and so on, and continue to elect the very governments who perpetuate, encourage and accept payment from those who would seek to control the Human race, then everyone is equally responsible, and everyone must accept the potentially dire consequences.

There can be no finger pointing or apportionment of blame. The cabals, banks and governments only get away with what they are getting away with because they are supported by the population as a whole through implicit and willing participation.

A further insidious and highly dangerous trend over the last few decades in particular is the rise and spread of so called "fast food".
Now fast food does not only include McDonalds and other fast food outlets, but also so called "ready meals" sold by the supermarkets.

It is a fact that nutritional diseases such as obesity, diabetes, colon and other cancers, heart diseases, liver and kidney diseases, allergies etc are not only accelerating at an alarming rate, but also afflicting people of ever younger age. Child obesity is rife. An increasingly higher percentage of the population is now classified as "clinically" or "morbidly" obese.

Fast food generally is largely responsible, along with unhealthy lifestyles generally.

Fast food may not be too toxic, in an of itself, but fast food lacks any useful nutrition and is also full of saturated fats.

Pre-prepared, often ready cooked and packaged supermarket foods are a different matter, and perhaps one of the most insidious trends.

Notwithstanding how and where these "meals" are prepared, in order to render them suitable for supermarket shelves, they are heavily adulterated with preservatives, artificial colours, artificial flavours, artificial preservatives and other toxic chemicals.

Up until 37 years ago, after I left school, I began life as a scientist - an organic chemist - doing a degree course in Chemistry - I was employed by Bayer - so I personally know only too well just how toxic many of these "food substances" are.

The nutritional value of such "ready meals" is low to zero, yet at the same time the toxicity is potentially harmful of lethal.

Again, humanity is collectively responsible. If people did not purchase and eat these "products" there would be no market for them, and they would no longer exist.

So how is humanity to move forward during this pivotal year?

Well Dear Reader it is very simple, and one of our greatest "tests" over which humanity must prevail before Human Beings can evolve to the next Evolutionary level - keeping in Mind that 2012 is a pivotal year.

Humanity must take the lead by initially no longer supporting the international cabals, banks and other "special interests" and become self-empowered.

If we refuse to support these entities, they will die - plain and simple.

If we continue to support these entities, then the "future" of humanity is uncertain at best, catastrophic at worst, and any situation in between.
Human Beings are not "designed" to eat meat and dairy products. the Human body and digestive system is actually "designed" to eat natural plant foods - this is a fact.

Meat and dairy products are the cause behind countless debilitating diseases.

How natural is it to drink milk designed for a young baby calf until it is fourth months old? Cattle have a totally different anatomy and digestive system compared to that of Humans and the mother's milk is "designed" by nature accordingly.

The same applies to "dairy cow" milk derivatives including cheeses, yoghurts etc.

We have already discussed "2012 the Garden" in a recent Newsletter - this, Dear Reader, is where we need to be in preparation for the Great Transition.

If you cannot grow your own crops, you can definitely grow your own seed sprouts, which can be grown in the home, with very limited space, and in just a few days.

Seed Sprouts are super-foods, and natural foods, containing all the nutrients the Human Body requires to remain fit and healthy in every way.

Again - our recent Newsletter - "2012 the Garden" discusses this in full.

**Humanity is fully empowered to make all these changes.**

Depending on what Humanity chooses, collectively and individually, The Great Transition could either Be glorious or catastrophic as has been the case in countless previous "versions" of Humanity including the previous one.

Which then would you prefer?

If you prefer Glorious Evolution then you must be prepared to participate.

There is no waiting for "others" to "do it for you" - this is why the governments have so much control and the world is in this situation.

Remember - Higher Self has sent you here personally to participate in an Evolutionary Opportunity only presented to Humans every ten thousand years.

Do you wish to accept this Divinely orchestrated opportunity through participation or prefer to decline this Divine Opportunity through apathy?

We are All Blessed With Divine Freewill that we may make and Live our own Choices and to fully accept the consequences of the Choices we make.

Every Single Human Being On Earth Can And Does Make A Difference.

**The Our Ultimate Reality Newsletters**

**Volume 8 – 2012**
The Our Ultimate Reality Newsletters

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Adrian.
Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

Here in England we are enjoying a most beautiful, mild, glorious Spring day.

the arrival of Spring in this iconic year of 2012 is particularly symbolic.

Just as Spring always heralds renewal, regeneration and rebirth, the next Spring of 2013 could herald the dawning of a renewed, regenerated Human Race.

It is now for Humanity individually and collectively to "make it so".

I will now include my usual caveat. Nothing about "2012 is "set in stone". Source, The Universe, does not "operate" in that way, only to Immutable Universal Principles.

Just as all Life on Earth is presented with the potential every Spring to begin anew, it still must emerge from the Winter slumber in order to begin again to help Its-Self.

There is a saying: "It is always the darkest before the dawn". Humanity is now in the deepest and darkest depths of the Winter of the current Evolution of The Human Being, but a Glorious New Spring is about to unfold before us if we allow it to do so.

However - just as even the Winter can continue for a month or two later, or begin a month or two earlier, so too does the Spring of the Next Evolution of Humanity arrive only when it is ready to arrive. This is for All Humanity to collectively determine and make a Reality. As we have fixed dates for the Seasons, 21 December is a fixed but symbolic date for the dawning of the Spring of the next Evolution of Humanity. When that Spring will finally arrive is for the Collective Mind and Spirit of the Human Race.

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For further reading I highly recommend my book Our Ultimate Reality:

During the course of our Newsletters since 2005, we have focussed for the most part on the Spiritual and Mental aspects of the Human Being.

We must always be mindful however of the fact however that the Human Body is an inseparable Triune Being and Divine Expression of **Spirit, Mind and Body**.

If we neglect any aspect of our Triune Being then the other aspects of our Triune Being will be compromised and there will be no "completeness" or progression.

So what then are the fundamental factors necessary to maintain the Health aspect of our Triune Being?

They are these:

1. **Breathing**
2. **Nutrition**
3. **Exercise**

We have already discussed Nutrition in recent 2012 Newsletters.

The need for ample exercise is self-evident and well documented generally.

If we do not engage in sufficient regular exercise there can be many ramifications. As well as not "burning" and converting energy, and the muscles becoming progressively weaker, one of the most important life-sustaining organs in the body - the heart - also becomes weak leading to heart disease, respiratory issues and other consequences that can profoundly impact Heath.

**Breathing** however is also an absolutely crucial, life-sustaining bodily function.

This may, to most, be self-evident, after all, if we do not breathe, then we "die".

Now, the primary role of breathing for the physical body is to allow Oxygen to enter the lungs which in turn oxygenates the blood, ensuring that all every vital organ and cell in our body is supplied with Oxygen, which is crucial for Life - almost All Life.

If the brain is starved of Oxygen, for even a few minutes, the brain will first become damaged, and will then cease to function altogether. The same for the Heart.

When we exercise or engage in "physical exertion", we breathe harder and faster than is the norm, causing the heart rate to increase so that sufficient oxygen enters the body to supply the vital organs which are working hard and burning energy.

Now most people perceive breathing as self-evident - a natural, automatic process.

While this may be true, breathing varies considerably in both quality and effect.
There are various "types" of breathing:

1. **Neck and Throat Breathing:** This is the type of breathing that most people have become accustomed to, yet is the most unhealthy.

Although Breathing is an automatic process under the control of the Subconscious Mind, the Subconscious Mind, as we know, never makes decisions as to how best to do anything. The Subconscious Mind will accept the quality of breathing that the Conscious Mind - The Ego - is most used to, which becomes "normal".

In Zen it is said: **"Breath is the coming and going of Life and Death."**

This is why in Zen, and most other Spiritual and Metaphysical practices, such a high and central focus is placed upon "right breathing" among other disciplines.

Breath also brings Universal Life Energy in to the body.

Shallow breathing, of the sort that many people are accustomed to, therefore only brings a fraction of possible Universal Life Energy in to the body in any one breath.

2. **Chest Breathing:** Chest breathing is a more healthy way to breath. In chest breathing the rib cage is visibly moving in and out, resulting in more oxygen and Universal Life Energy coming in to the body, and being more widely distributed.

3. **Solar Plexus Breathing:** This final type of breathing is not only the most healthy physically, it is also the most powerful Spiritually.

This is the type of breathing in fact that all Zen practitioners and most Spiritual and Metaphysical practitioners engage in.

The Solar Plexus Chakra is the "Spiritual Centre" of the Human Body, and corresponds to the "Centre of The Universe" - from a Spiritual, not literal perspective.

The physical Solar Plexus corresponds to the Spiritual **Solar Plexus Chakra** - Energy Centre - and most crucially our **Spiritual Connection To Source**.

This then is why Spirituality and Metaphysics place so much emphasis on breathing.

From the perspective of the physical Human Body, Solar Plexus Breathing brings the maximum amount of Oxygen in to the body.

This not only sustains all vital organs to the maximum extent, but also brings about Deep Physical Relaxation and Expansion of Consciousness, which, together with the Solar Plexus Chakra, vastly increases our Spiritual and Higher "connectiveness".
While breathing is fundamental to all Meditation and Metaphysical practices, in Zen Meditation - Zazen - as well as Zen martial practices such as Kyudo - The Way of The Bow - right breathing is the first discipline to master before progressing. This also applies to most martial arts and can also be applied to contemporary "sports".

It is almost impossible to achieve "great feats" in any martial art, or indeed sport generally - without first learning right breathing and the Mental aspect.

Before moving on I would like to mention a fourth type of breathing - Full Body Breathing.

Many might believe that all breathing takes place through the nose or mouth.

However, due to the porosity of skin, and the fact that what people think of as "skin", like all physical matter, does not actually exist as such, we can breathe in through any part of our body or the whole body, by focusing breath on that part of the body.

In this way we can breathe Energy directly in to a major organ for example and focus it within that bodily organ. This is a very powerful form of self-healing.

There is no disease whatsoever, known or yet to be known, than cannot be completed, permanently healed through Power of Mind and Right Breathing.

We may discuss this in more depth in a future Newsletter, but for now we will continue to focus on our main subject of more "conventional" breathing.

Dear Reader, it should be clear by now then that "Right Breathing" should be one of the most important, crucial and vital aspects of Living, Health and Spirituality.

There are fundamentally two circumstances for Right Breathing:

1. Meditation, Spiritual and Metaphysical.
2. Daily Life

These are however, as Life It-Self, inseparable.

Daily Life Could Be Thought Of As Active Meditation.

While Meditation - particularly Zen meditation - Zazen - is a most valuable daily practice - the greatest value of Meditation is Experienced when it becomes an integral aspect of our daily Life. From a practical perspective, this does not mean meditating wherever you are.

Active Meditation includes:

1. Breathing - The Fundamental Basis Of Meditation and Life
2. Living In The Moment

3. Following Our Inner Guidance, Our Heart

Many Life Transforming qualities and abilities spring from these, all directly relevant to these pivotal, Transitional times and Life generally.

These are also fundamentals for "Enlightenment", the ultimate objective of every incarnation of Higher Self, leading to Spiritual Evolution and Progression.

No Higher Self is free of the incarnational cycle until It is absolutely complete.

Now it is not for me to "tell" you how to accomplish this.

I can, and will show you the Path, but Only You May Walk The Path.

If you are reading this Newsletter, you can most assuredly walk the Path.

I will say no more on this subject.

We commenced our Newsletter by discussing the Dawn of Spring and the Dawn of the new Evolution of the Divine Human Being.

I would like to conclude this week with this most Beautiful, profound passage:

Look to this Day.
For it is Life, The very Life of Life.
In its brief course lie all the Varieties And Realities of your Existence;
The Bliss of Growth,
The Glory of Action,
The Splendour of Beauty;
For Yesterday is but a Dream,
And Tomorrow is only a Vision;
But To-day well lived
Makes every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day.
Such is the Salutation of the Dawn.

-- Kalidasa. Translated from Sanskrit
Remember Dear Reader.

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Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

Today our Newsletter will be shorter than usual. Today is Mother's Day here in Britain - and many other parts of the world - and as usual I dedicate this weekend to visiting my mother who lives 120 miles from my home.

Next week we will return to a Newsletter of the usual length.

It has been, and is, my sad observation that as the "global situation" escalates, people I meet, communicate with and generally, are feeling increasingly affected in every area of their lives, and consequently also often isolated and often helpless.

The British in particular have always been characterised by a "stiff upper lip" mindset originating from pride, often preferring to "suffer in silence" instead of seeking help from family, friends and community, believing that they too "are in the same boat".

From a Spiritual perspective, this mindset, and "global situation" generally, is serving to reinforce the illusions of "separation" and "duality", Religious people increasingly believe that they may have been "let down" or "abandoned" by their God.

If more people only knew the Truth that there is not only no separation, but rather that we are All One and equal Expressions of Divine Source Who Sees All, Knows All and Loves All, and we create our own reality Through Source - all would different.

This week then we will discuss the intrinsic Oneness Of All.

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The planet Earth and other planets in the physical Universe may be likened to a "Spiritual Kindergarten".

**Our True "identity" is A Complete Self-Realized Spiritual Being of Infinite Power and Ability, beyond "form"**. Once we attain that level of Spiritual Evolution we Experience "self" as a single "point" of Energy with Consciousness and State of Being far, far beyond comprehension, with no "point of comparison" or words in the hopelessly inadequate human language to even begin to describe such a state.

Our Higher Self however does know, which is why Higher Self strives to attain that Spiritual level, regardless of what it "takes" including "number of incarnations" on Earth and the nature of potential experience in the context of those incarnations.

This is also why Higher Self always nurtures and guides every one of its earthly incarnations towards completing the "mission" on Earth that Higher Self may move on the experience the greater Spiritual Reality - the beginning of the Great Journey.

Let us consider then Higher Self in the context of incarnation in the context of a wooden cart wheel:

- **Hub** - represents Higher Self
- **Spokes** - represents linear, temporal "time lines" relative to Earth
- **Rim** - represents Earth

The hub, the Higher Self, is the total of all physical lives and "future" lives relative to Earth. It can be likened to the facets of a glittering rough diamond which becomes a perfect diamond once all of the facets have been polished - each physical life adds a bit more polish to the diamond as a whole.

Each spoke represents an individual experience which commences at the Higher Self Who sends a Personality along a "timeline" to a planet, for example Earth, the rim, before evolving back up each spoke, returning to Higher Self - the hub.

This is also a Perfect reflection on a Universal scale of Life as a Whole, each Higher Self ultimately Being a "messenger" or Expression of Source.

Now - before sending another personality down a spoke to arrive on Earth for another life, the Higher Self first needs to understand exactly what "package" of Experience is required for a certain aspect of evolution and therefore perfection.

The Higher Self - Individuality - then sends a New Personality down that spoke.

As you will remember, the rim represents the planet Earth and the rim is also circular - this means that the Higher Self can send a Personality down any spoke to arrive at any "time-line" in the "history" of Earth or any other planet in the physical Universe.
The Higher Self also chooses which country, location and parents would best present the opportunities and experiences required for this particular "incarnation". So the Higher Self could for example send a personality as a female in one incarnation, who will be born to a family of bakers living in London, England in the year 1862.

Another personality of the Higher Self might be a male born to a doctor and his wife living in India in 1999.

Another personality might be a son born to a Saxon noble family of land owners in early medieval times and so on.

It is important to understand that these personalities are not sent by the Higher Self sequentially, i.e. one at a time. All incarnations of a human being take place concurrently, i.e. simultaneously relative to the Higher Self - Humans only experience the illusions called of "time" and "space" while here on Earth.

So those who Experience "hardship" in this timeline, another Personality of You may be enjoying a life of great wealth in another timeline. There is always Balance and Harmony - no Higher Self can avoid any necessary type or means of Experience.

It is therefore possible for hundreds or even thousands of "you" to be living in the Astral all at the same time, having departed Earth-life, although you might not know it. This is why the Astral is populated with countless trillions of people and Beings from other planets living in the infinite Astral planes all at the same time. This is also the origin of the concept of "previous lives" - they are actually simply "other lives" Experienced by Higher Self concurrently, conceptualised as a "previous life".

The Astral planes are transient however, having been created by the Minds of Beings such as humans based upon experiences on Earth or other planets, believing it to be "reality" due to still being focused on, and believing in materialistic duality.

The Astral worlds are not "home" or "heaven", they are simply a necessary environment created by, and for Humans and other Beings for "familiarity" and comfort. if a Human Being - other than those for another purpose than to gain Experience for Higher Self - were to transition directly from Earth to a Spiritual Sphere beyond material form - which is impossible - they could not handle it.

People transitioning from Earth after "passing", Earth experience over, they expect to find a familiar Earth-like environment and people they knew and loved on Earth - which is exactly what actually happens. The mid-Astral has all of the "positive" aspects of Earth and much more, while none of the "negative" aspects. All illness, disease or disability experienced on Earth are gone, and most people there appear as an idealised version of how they looked at their best on Earth - usually between 25 and 35 years of age". This is "residual self-image", and why the "Afterlife" is conceptualised as "Heaven" - compared to Earth it is. But even this is transient.
I should mention that there is no "positive" and "negative", "good" and "bad" etc - these are used to conceptualise situations - there is only Experience and Harmony.

Now, not every Higher Self chooses to evolve to the next glorious level through the "hard" process of physical incarnation. Indeed many if most may not. So why does Higher Self choose to "put itself through this''.

The answer is that the route of incarnation is a "fast track" to Spiritual Evolution. Only in the physical Universe do we meet countless different people and challenges of all types and magnitudes, across countless timelines as both genders, that must be overcome by an incarnation towards the Spiritual Completeness of Higher Self.

Within the Higher Levels of Vibratory Frequency these challenges and therefore opportunities to Evolve simply do not exist, and for these Higher Selves Evolution may take an Eternity compared to the Higher Selves who chooses the "tough route''. The challenges are great, but the ultimate achievement is Truly Great.

So you see Dear Reader - "hard'' though Life may seem - each person regardless of life situation facing different challenges - it is not only necessary but also the very nature of Human life as a whole.

Life is not intended to be "a walk in the park''. If it was, necessary experience and lessons would not be learned. Once Higher Self commits to this "fast track'' path to Spiritual Evolution, there is no "turning back'', no matter how many incarnations it takes to achieve the level of Spiritual Wholeness necessary to progress.

Now, when we are here on Earth we are never alone for two reasons:

1. All Humans and Life Are One. Every Human Being is Experiencing on Earth both for It-Self and for the Collective Consciousness of the Human Race Collectively

2. Our Higher Self always strives to nurture and guide each "aspect'' - incarnation - of It-Self, but only if it can "get through''. As Humanity has become increasingly materially focused, and "struggles'' to live, Higher Self finds it increasingly challenging to guide the incarnation, and even when Higher Self does, at some level "make contact'', the Conscious, Ego mind very often chooses to completely ignore it, thinking the guidance is not "real'', makes no sense or often just too difficult.


The challenge therefore is not only recognise the Existence and Guidance of Higher Self, but also proceed, without question or doubt, irrespective of the "message".
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Higher Self guides, nurture and inspire us. Ultimately, Higher Self, as All Life, is an Expression of Source. Therefore All "Power" and "Wisdom" of Higher Self Originates With and From Source - Our Divine Connection and Being.

Dear Reader, to discuss these crucial matters in the depth necessary would necessitate

Remember Dear Reader, Higher Self has sent you here personally to participate in an Evolutionary Opportunity only presented to Humans every ten thousand years.

Do you wish to accept this Divinely orchestrated opportunity through participation or prefer to decline this Divine Opportunity through apathy?

We are All Blessed With Divine Freewill that we may make and Live our own Choices and to fully accept the consequences of the Choices we make. Every Single Human Being On Earth Can And Does Make A Difference.

You Were Sent Here, During This Evolutionary Epoch, By Your Higher Self, And Read This Newsletter, Because You Are Able To Make A Difference.

Be absolutely certain of this truth though, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

I have written these weekly Newsletters since 2005 that you may at least be aware of these Choices - millions are not.

Always Remember: The Human Race Is Collectively Writing The Script For The Conclusion Of This "Age" Of Humanity. One Person Could Make All The Difference.

Please Do Whatever You Personally Can To Potentially Make That Difference By Sharing This Newsletter With Everyone You Know, And Ask That They Do The Same.
Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
The Our Ultimate Reality Newsletters

25 March 2012. 2012 The Animals

Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

March 20 marked a most joyous and symbolic day in the Gregorian Calendar - the first day of Spring, also known as the Spring Equinox or Vernal Equinox. The Vernal Equinox is symbolically significant in so many different ways, but most importantly because this is the day that marks the beginning of a new cycle of Life, growth and birth, after the long, cold, dark days of Winter where much Life is "sleeping".

Just as 20 March symbolizes a new Cycle of Life, so 21 December 2012 a new cycle of Human Evolution. Neither date is to be taken literally - there are no absolutes - but only to signify that the completion of one Cycle and the beginning of the next is nigh.

The Vernal Equinox is significant to many ancient cultures, both living and historical such as the Maya and other Mesoamerican cultures, and the pagans of several thousands of years ago, for example the Druids.

Over the last 2000 years or so, Christianity has supplanted most of the ancient occasions and festivals with "religious events" such as Easter and Christmas.

One of the most overt such retained symbolisms is the cross with a circle around the middle, mounted on top of many churches and headstones. This cross is actually The Cross Of The Vernal Equinox which represents the crossing of the equinoxes and solstices, with the circle through the centre, often depicted with rays emanating from it, represents the Sun as it rises and crossed through the celestial equator.

This week, in recognition of the Truth that we share Planet Earth with countless other Expressions of Source - All One and Equal, we will discuss "2012 The Wildlife"

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

Hundreds of thousands of years ago - millions even - our ancient ancestors were simple primates living in trees and caves alongside every other animals and forms of wildlife, all with one simple objective in common - basic survival.

"Man and Beast" were equal - not only living as neighbours, but also as a source of food for each other.

As man has "morphed" numerous times in to the "species" we are today, human beings have progressively, and often destructively, changed their attitude towards the animals, environment and other forms of life we share our small planet with due to one factor - the Ego which believes that everything on Earth exists exclusively for the benefit and pleasure of the Human Race.

Now this may seem somewhat of a paradox. While the Ego can be, and very often is, extremely destructive - as witnessed by ongoing wars, conflict, greed and thirst for power and control - the Ego is also a necessary "dimension" of the Human Being - limited by the delusions of "time" and "space", in order to accomplish the main reason the Higher Self sends people to Earth - to Subjugate the Ego.

Those who have attained "Enlightenment" and thus subjugated the Ego, revere all animals, wildlife and other Divine Expression of Source, and would therefore never, ever knowingly harm any other Life form or participate, either directly or indirectly in doing so, including eating them as food or hunting them for their bodies or pleasure.

An Enlightened, Ego-less Human Being Lives, Breathes, Feels and Is The Oneness of All, where there is no separation, duality, ambition or "differences" in any-thing. There are of course many stages in this process, which cannot usually be achieved in a single "incarnation" on Earth, which is the very reason Higher Self sends numerous Personalities across every timeline and situation as both genders.

Humanity generally has made massive progress over the last 100 years as we approach Singularity and Evolution for those who are ready, while at the same time also often moving even further from Realised Oneness With Source.

For example - when people go to Africa on safari, whereas 100 years or less ago they would have shot wildlife with a gun, today people "shoot" wildlife with a camera.

Over the last 100 years, large scale highly destructive wars have been replaced largely by local tribal conflicts, the obvious exception being the untold misery and destruction currently being afflicted by the Hegemon, that failing self-styled "global super power" who in its military and printed money driven drive to control the world and its natural resources kills, maims and destroys all in its way under any pretext.

Another insidious form of destruction is that afflicted on Earth Her-Self as countries continue to plunder oil and other natural resources, from any region that contains them, regardless of the devastating damage to the environment, animals and nature.
This may seem like a paradox, but in the "scheme of things" 2012 is the year of polarisation between the positive and negative, the Life-Giving and the Life-Taking.

Only those who Give Life and Give To Love, Unconditionally, may Evolve to the next level. This is not because any individual is judged "from above" - we only judge ourselves through our Thoughts, Actions, Attitude and Service and Above All - Divine Love towards All Expressions of Form regardless of individual characteristics.

This the Nature of Harmony and Balance which Is Immutable Universal Principle.

So what then of "animals"?

Unlike Human Beings, Animals have no Ego - they act instinctively, always in harmony with their environment, and know Only Unconditional Love in their own way. When an animal kills another species there is no motive other than the instinct for survival which is entirely natural in accordance with Divine Balance and Order.

Many people believe that animals have been "placed" on Earth exclusively for the food and pleasure of Human Beings. Of course this view is entirely from the Ego.

If animals are here for the benefit of humans, it is not for food or pleasure but rather to maintain natural balance, serve as an excellent example and teachers to humans and to indirectly participate in the overall process of Human Evolution and the Evolution of their own species and of Earth and Life on Earth generally.

It should be evident therefore that every animal and Life form on Earth has a unique role, none more or less "important than the next.

All Life Is, Without Exception, One Divine, Unified Expression of Source.

By now I can feel the question in the Mind of many readers - "what about pets?".

The answer is dependent on how the "pet" is regarded and above all treated.

Our family is blessed to have two beautiful Maine Coon cats living with us - Max and Tammy.

Both Max and Tammy are unconditionally a part of our family in every possible way and much Loved by myself and three sons. We put the needs of Max and Tammy before ourselves always, without exception.

We would never for example place Max and Tammy in a boarding cattery - even though some are very good and loving - if we wanted to take a break from home. We either go where they can come with us, or we do not go at all.
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The Ancient Egyptians worshipped cats and placed them above themselves, elevating them to God status - the Egyptians were highly Spiritually aware people.

If a Cat who is Unconditionally Loved, and Unconditionally Love in return, are removed from their family, even temporarily, they never rationalise their situation in human terms, or experience human emotions, but very much feel being separated from that Love which, in the case of a Cat who is regarded as a Human Equal, affects them very deeply - they feel a sense of loss and bewilderment.

If Max and Tammy could speak to us in Human language, they would. As it is they "speak" to us in their own way and we always know their needs. They show their Love and Appreciation in their own unique way.

There are many Great People who fully recognised the role of animals on Earth.

"The greatness of a nation and its moral progress can be judged by the way its animals are treated" -- Gandhi

My youngest son dedicates his life In Service to both of people and animals.

Declan cycles 32 miles to offer these services to animals with no thought of reward. In June, Declan is cycling the entire length of Britain - Lands End to John O' Groats - nearly 1000 miles - to raise funds for the Animal Sanctuary and a Monkey Sanctuary.

During his service at the Animal Sanctuary Declan sees both side of human nature and attitude towards animals. Animals that arrive are very often delivered by their "owners" who no longer want them or wish to care for them like a sack of potatoes and left without regret, compassion or Love.

On the other side, numerous people are arriving at the Animal Sanctuary to offer Loving, Caring homes for the previously abandoned animals - which is Beautiful.

The previously abandoned animals however intuitively know what has "happened" to them, and, especially if they were previously neglected or abused, often require many months to regain Harmony and a trust for Human Beings.

Attitude towards animals extends far beyond pets.

When people shop for their "Sunday roast" or "meat" for any meal, all they see is a lump of nicely packaged "red meat" which will "taste good", without ever stopping to consider that what they are about to enjoy on the table was recently an alive, sentient animal with a life and a Path to Source, just the same as a Human Being.
Many "meat and dairy products" began life as animals and birds that would only ever know the truly, unspeakable horrific conditions and abuse of "factory farms" which exist only to supply the supermarkets that Humans can gratify the sense of taste.

Likewise, many vanity products and pharmaceuticals only exist due to the use and horrific abuse of "laboratory test animals."

Now, while many people will know and understand this - even if they continue anyway - think even less about creatures who enter the home and are considered to be "inconvenient" or "vermin". These too are sentient creatures and Divine Expressions of Source, with no motives, premeditation or malicious intent. They are simply instinctively seeking food and shelter for them-selves and their offspring.

If a person destroys a spiders web because it "looks unsightly", then that person is in reality knowingly destroying the home and food supply of a spider, which is akin to a bulldozer arriving at the persons home, and destroying the home and family car.

If a person "sets a mouse trap" with food which results in the painful and often long death of that mouse, it is akin to that same person being killed simply because another person found it "inconvenient" for them to be in the same location.

If a person uses "bug spray" in their garden, or a farmer sprays "insecticide" on their fields, thus killing a whole range of wildlife, the same scenario applies Spiritually.

Dear Reader, in this Symbolic, Transitional, Evolutionary year of 2012, there can be no excuses. Every Human Being has the Divine Freewill to do as they please, but with this Blessed responsibility every Human Being must accept the consequences.

**As We Sow, So Shall We Reap**

There can be no excuses including ignorance and material convenience.

Of course many people fear the reaction and rejection of family, friends and society if they change their attitude towards other forms of life or eating habits.

I am a strict vegan, as is my youngest son, and believe me, when eating at a restaurant of similar, where I send the waiter or waitress back to the chef numerous times to check each ingredient, it is not easy. Few understand and rationalise it as being "awkward" or a "difficult customer" Most of my own extended family simply cannot understand this attitude towards "food", but of course I remain undaunted.

I choose to accept, with Love, that these people cannot and will not change by example, and neither do I expect them to, or endeavour to persuade them otherwise.

But the Universe is as Perfect in the Spiritual Cycle as in the Earthly cycles.
Exponentially more people are now choosing to become vegetarians and vegans, as well as ensuring that no form of life, of whatever size, shape or habits is affected by the consequences of their own choices and actions.

Dear Reader, I know that many of you will not wish to hear all this no more than I expect you to change as a result of hearing it.

All Spiritual change must come from within, the Heart and Spirit, rather than any forced choice and action with the expectation of Evolving Spiritually as a reward.

I am here to offer to you every week that which I Personally Know, Beyond Doubt, Is True, because I know Where that Truth Originates. I am simply a servant, messenger and a guide, but never, ever a "teacher", that you may at least have the opportunity to know, understand and realise - the rest is entirely up to you.

No form of life, whatever size, shape, colour, location or abilities is less "equal" than others in any way - including the race of animals called the "Human Being".

Only when a Human Being Unconditionally Accepts, Respects and Above All Loves All Forms of Life Equally Divine and Perfect Expressions of The One Source, Who All Share this planet together in Perfect Harmony, can there be True Spiritual Evolution, both at an Individual and a Collective Level.

Source, in Divine Love For All Expressions Of It-Self, never, ever intervenes, influences or make exceptions.

Every Human Being On Earth Is Here To Evolve Through Awakening To The Truth, Assimilating The Truth and Following the Heart and Inner Guidance.

This, Dear Reader, is the very Nature of Spiritual Evolution Which Is Perfect.

I will conclude this week from this most appropriate and True quotation:

"A human being is a part of the whole, called by us ' Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest. A kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us."
Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

Albert Einstein
A Great Human Being and a Great Spirit

Should you feel concerned about Expressing your True Spiritual Self And Divinity before what you may feel are "others", then please also keep in Mind this quotation:

"Great Spirits have always encountered violent opposition from mediocre minds. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly"

Albert Einstein

So Dear Reader - Always Be True To Yourself, Never To "Others" or Society.

Please remember, Higher Self Of You has sent you here personally as a trusted and capable representative to contribute towards the Completeness of Higher Self and Human Consciousness, and to participate in an Evolutionary Opportunity presented to Human Beings every ten thousand years or so.

Ask your-Self this - do you wish to accept this Divinely orchestrated opportunity through participation or prefer to decline this Divine Opportunity through fear?

We are, each and every One of us, Blessed With Divine Freewill that we may make and Live our own Choices and to fully accept the consequences of the Choices we make. Every Single Human Being On Earth Can And Does Make A Difference.

Be absolutely certain of this truth though, beyond all possible doubt:

Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?
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Always Remember: The Human Race Is Both Individually And Collectively Writing The Spiritual Script For The Conclusion Of This Unique "Age" Of Humanity. One Person Could Make All The Difference.

Please Do Whatever You Personally Can To Potentially Make That Difference By Sharing This Newsletter With Everyone You Know, And Ask That They Do The Same.

Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

Well here we are entering the fourth month of this iconic year of 2012, and All Is Unfolding As It Should. The whys and the wherefores matter not - All Is Perfect.

Every Cycle of Life is totally Relative, But Perfect, in the context of that Cycle. As we discussed last week, 20 March symbolizes the arrival of Spring, yet nature begins preparing well before that symbolic date and is doing so well after. Nature, Spirit, Source never just "flicks a switch" on 20 March and Spring just "happens". Nevertheless renewal and rebirth always arrives with Immutable Cyclic Perfection.

As 21 December 2012 is a convenient, symbolic date, so too is 20 March 2012, but due to the relative timescales, while the latter is apparent, the former may not be.

And so it is then that 21 December 2012, is relative to a much greater timescale as related to the temporality of the linear space-time continuum. The four seasons manifest over one year, whereas a Cycle of Human Evolution manifests over 10,000 years or more. This Transition began decades ago, and may only conclude in decades to come. Yet conclude it will, possibly on 21 December 2012 but most likely not. It is not for us to "second guess" this or any other cycle, but only to know it is happening Right Now and must reach a Singularity to the Next Human Cycle.

Over the years we have discussed the unseen Universe of Spirit. This week we will discuss another unseen aspect of the Universe, The All - The Quantum Universe.

Understanding the Quantum Universe is useful to understanding the Universe, The All as a Whole, and of the Infinite Nature of Mind, Spirit and Consciousness.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

The Quantum World may be conceptualised as a "bridge" between what people think of as the "physical" or "material" world and the World of Mind And Spirit.

Before continuing, let us remind ourselves of the wise quotation from that Great Human Being, Mind and Spirit - Albert Einstein:

"A human being is a part of the whole, called by us ' Universe,' a part limited in time and space.

He experiences himself, his thoughts and feelings as something separated from the rest. A kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

Albert Einstein

Let us now then take a further look at what he means.

Look around you right now.

What do you see?

Your "PC", the "computer display" upon which you are currently reading this document, the "desk" upon which the display rests, the "chair" upon which sit, the "doors", "walls" and "ceiling" of the room for example?

These objects may seem very "real" to you from your own personal perspective, because, after all, your physical senses insist they are "real" or "solid", but are these familiar everyday objects "real" in absolute terms?

Is Earth Herself even "real"? How about the Universe? The "instruments" used to sample everything that people generally accept as "reality"?

The first question we must ask then is "what is really "real"?"
Are the things around you really "real"?

To begin to understand the true nature of the experience that most humans regard as "reality", experience or "life", we must first take a completely dispassionate look at how your perception of "reality", from the perspective of a human "living" on Earth - your personal experience - is collated and ultimately perceived and recognised from your perspective.

So let us first briefly summarise how we "sample" what we believe to be "reality":

1. **The five physical senses** - sight, hearing, smell, taste and touch - continuously send data in the form of millions of tiny "packets" of electrical charges, collectively "sensory inputs" representing a "best guess" impression of your surroundings, every second to your organic brain.

   **Note:** The organic brain is not the Mind and neither is the organic brain the so called "seat of consciousness". The organic brain is best likened to an immensely powerful "supercomputer", but which still relies completely upon its programmer and systems analyst - the Subconscious Sphere of activity of the Mind - most often considered to be the "Subconscious Mind". This process can be thought of as taking place at a quantum level, with the brain being a receiver and processor like a computer CPU, which takes "machine code" and displays it in a form that can be seen and interacted with.

2. The organic brain continuously collates and assembles the stream of sensory inputs received from the sensory organs, from which it compiles an ongoing composite image or impression as a "best guess scenario". This composite "image", which encompasses all available sensory information, is then sent as a stream of data to the Subconscious sphere of Mind Principle - Subconsiousness - the "Subconscious Mind".

   **Note:** This is an entirely mechanical, programmed process with no inherent intelligence applied or present, in and of itself

3. **Subconscious Sphere of Mind - Subconsciousness** - then applies a range of learned "filters", acquired over the duration of the physical life experience to that moment, based upon ongoing ideas, feelings, emotions, fears, self esteem, prejudices, beliefs and belief systems, religions, expectations of family, friends, society, perceptions on "money" and sense of security, concerns for family and much, much more, all received from the Conscious Sphere of Mind Principle - the "Conscious Mind" - during the ongoing space-time bound experience which it accepts as "life".

   **Note:** Subconscious Mind Principle is sublime, and simply accepts these messages from the Conscious Sphere of Mind activity as "preferences", without question, as your own preferred "self-image", your "idealised self" - how you prefer to "see yourself".

The Subconscious Mind then applies these "preferences" to the composite image it has received from the organic brain, and then forwards it to the Conscious Mind. Conscious
Mind duly accepts the image without question as your own particular impression of your current "experience" in that moment. Keep in Mind that this is a continuous process.

This impression or image is always accepted by the Conscious Mind as "real" because the Subconscious Mind has already processed the image to ensure that it is in exact alignment with how you already perceive your own situation and "life experience", and therefore there are no contradictions, and you have no reason to Consciously doubt it.

So the "Subconscious Mind" is simply and only showing you only that which you already expect to see based upon your own perceptions, positive, negative or neutral of your own personal experience.

Subconscious Mind is always "humouring" you, but not because it makes any sort of decision to do so. The Subconscious Sphere of Mind activity is sublime, and only ensures that the wishes, rational or not, of the Conscious Mind, the Ego, are satisfied.

I have named this "process" "The Experiential Loop".

Note: It is erroneous to speak in terms of "Conscious Mind" or "Subconscious Mind" because they are both spheres of activity of the One Ultimate and Only Mind, of which humans are but one sphere of activity. We should always therefore refer to these as Consciousness and Subconsciousness. However, in the interests of familiarity of terms, I will continue to use both as appropriate. There is also Superconsciousness.

Now the important point to note at this stage is that our personal experience is constantly being shaped only by our Conscious sensory observations, experiences and associated thought processes including feelings and emotions, simply reacting to, and engaging in, what you sincerely believe to be your "real" experience, your "life" but for most with little or no control, or even remote awareness of this process.

It is a very common human trait to focus much more upon the "negative" aspects of perceived experience, with all the corresponding worries, fears and negative expectations thus arising, which are being constantly received by, and impressed upon the sublime Subconscious Mind, thereby constantly reinforced through feelings, moods and emotions, whether of a positive or negative perceived nature.

So again, Subconscious Mind is dutifully and immutably ensuring that our own unique perception of your own unique experience accurately reflects our own perception of your experience and expectations, thereby perpetually satisfying our own learned and programmed self-reinforcing perceptions, prejudices and beliefs.

It should be apparent then, that Mind "shapes" our "reality".

However, this is the apparent paradox:
If Mind "shapes our reality", then why is it that our Personal sphere of Mind - often, but erroneously, regarded as the "Subconscious Mind" shape a "reality" that few people are entirely satisfied with - Mind Is Perfect after all?

Well Human Beings also have a sphere of Mind activity which we call the Conscious Mind, or the Ego.

While the "Subconscious Mind" manages all necessary Life processes in the physical body - breathing, digestion, elimination etc - which the Conscious Mind would not think of over-riding, the Subconscious Mind is still subservient to the Freewill of the Conscious Mind, the Ego.

The Subconscious Sphere of Mind never argues, disagrees, or acts of its own accord, but rather simply "follows the instructions" of the Ego, without question.

Now since we cannot "tell the Subconscious what to do" or how to do it, how then does the Subconscious Mind "follow the wishes" of the Conscious Mind, the Ego?

Well, the Subconscious Mind only accepts feelings, beliefs, intent etc, to the extent that a person has sublime Faith and Belief in whatever they are believing, feeling etc.

It is an unfortunate human "trait" to focus on the negative aspects of a situation - due in part of the pressures of surviving, and wanting to conform to "societal norms" - and in part to a lack of understanding of precisely why and how this actually occurs.

People explain this away with such superstitious notions as "luck", "chance", "fortune", inevitability and tacit acceptance of their "lot in life".

What such people do not understand that every Human Being has the Freewill and therefore Choice to "Express" absolutely any Experience desired, without "limit".

Now let us go back to the Quantum "layer" to see how Mind relates.

"Quanta" may be thought of as the "basic unit of Energy" which responds only to the influence of the Mind in proportion to the "power" of a Thought, Feeling or Emotion.

The "native state" of Quanta is in the form of a Wave - like a radio or light wave.

However, when Quanta are influenced by Mind, in the context of the "physical world", Quanta notionally "collapse" from a Waves to Particles, which is how the illusion of "matter" arises to the physical senses, organic brain and Conscious Mind, the Ego. In reality, Quanta only exist as a continuous wave but appear to "collapse into particles under the influence of Mind so that the Conscious Mind can then "perceive" and rationalise what appears to be the "physical world.

This however nothing but an illusion, or as Einstein aptly would say - a "delusion".
So how can this illusion be further explained?

In Quantum Mechanics, this mechanism is known as "Superposition".

Superposition holds that Quanta can not only "change state", but can also influence other Quanta, regardless of illusions of linear, temporal space-time, to do the same.

So Quanta appear not only to "communicate", but also independently of space-time.

Superposition further holds that Quanta also exhibit multiple "states" concurrently. Quantum scientists have themselves - these are their words, not mine - conceptualised Superposition thus:

"The intermediate character of the state formed by superposition thus expresses itself through the probability of a particular result for an observation being intermediate between the corresponding probabilities for the original states, not through the result itself being intermediate between the corresponding results for the original states".

So what then does this all mean in practical terms relating to Human Experience?

Well let us think of it this way. Quanta, which are "units of Universal Source Energy", and therefore extend from Source to what people think of as the "physical world", exist normally as a Wave of Infinite Potential which apparently "changes" under the influence of Mind.

This is true both at a "local" temporal level as well as a Universal level.

Quanta therefore exist as a Superposition of "possibilities" of Infinite Potential, but in their native form Quanta are "Every-thing and No-thing".

Under the influence of Mind, Quanta cease to be infinite "possibility" and start to become apparently "localised" Probability relative to the activity of Mind.

Now for the most part, the influence of Mind is either not powerful enough, or persistent enough for Quanta to move beyond the latent, transient Probability state.

If however the influence of Mind is powerful and persistent enough, for example a persistent, strongly held Thought, Feeling or Emotion, then Quanta continue state-change from Probability in the form of a Wave, to observable Experience in the form of Particles which have the potential to be observed or detected by the Conscious Mind through the five physical senses communicating with the Human organic brain.

Again, this process is what I have called "The Experiential Loop".

In the Astral Spheres - the "afterlife" - this process is immediately apparent as a thought, feeling or emotion immediately "manifests" in to "some-thing" observable and tangible - although in reality nothing is ever "tangible" - that is duality concept.
The Our Ultimate Reality Newsletters

This is true in the Astral and beyond due to the fact that Souls and Spirits there "reside" at a massively higher Vibratory Frequency of Energy, without the additional layer of the physical body and organic brain interfering in the process.

The same Principle applies in the physical world, but due to the massively lower Vibratory Frequency of Energy, and the interference of body, brain and Ego as well as the illusory influence of temporal, linear space-time, this process cannot be immediately observed and therefore Experienced.

However, be certain of this Dear Reader. Every last aspect of your own Earthly Experience is the product of your own Mind, thoughts, feelings and emotions, including, but not limited to Faith and Belief, although due to the additional influences of linear, temporal space-time this process is not apparent, and other factors are attributed by the conscious, rational, Ego Mind.

However, if the Conscious Mind is taken out of the process altogether, and thus thoughts, feelings and emotions are Subconsciously directed - without "trying" - then it is indeed possible to change Experience, "reality" or a so called "object" instantly.

This then is the basis for Telekinesis, "spoon bending" and other such "abilities".

The reason that most people cannot "move an object with the Mind" or "bend a spoon with the Mind" is precisely because they are "trying" to do so.

**We can never achieve anything true by "trying" - Only By Being and Oneness.**

So when "we" move an "object" or "bend a spoon" with the Mind alone, we do not recognise the duality of that object, but rather that the object is actually part of us.

This is as true at the "physical" level as it is at the Quantum level.

Every-"thing" in All Creation - the extent it really "exists" - has been "thought in to Being". The Ultimate and Most Divine Example of this is The Universe - The All - Its-Self.

**Source, God if you prefer, Supreme Mind, "Thought" the Universe in to Being.**

Now - some may understandably believe that this "act of Creation" has taken billions or trillions of years - but this is simply not so. We experience temporal linear space-time in our physical bodies and organic brain. In truth, there is no "space" or "time" and therefore there is no locality or duality.

This also means that none of the "physical sciences" - chemistry, physics, biology etc - have any real basis in fact. In experiments, as in Life, we only Experience the "results" which we Believe and Feel are "correct", never those the Ego "desires".
There is only the space-less, time-less Eternal Only Moment of Now where some-
"thing" is only as "real" as we Feel, Believe and Know it to be "real".

Every Human Being, The Universe and All That Is, exists only as a transient
"idea" in the Infinite Mind Of Source, God, all Being an Aspect of that Idea.

However, Spiritually we are not only "Made In The Image Of Source", but we Are
Source with identical, infinite "power", "abilities" and potential.

And this Dear Reader is why Higher Selves of Humans send "messengers" -
"incarnations" - to Earth. With all that Divine Potential upon "graduation" from Earth, 
each Higher Self must first learn, through Experience, how to "manage" such power.

Well I Feel I should conclude this Newsletter at this point. There is quite enough to
consider for Now. In a future Newsletter we will take a further look at this subject in
greater depth, and in particular look at just how Mind, Energy and Quanta shape our
Experience.

Please remember, Higher Self Of You has sent you here personally as a trusted
and capable representative to contribute towards the Completeness of Higher
Self and Human Consciousness, and to participate in an Evolutionary
Opportunity presented to Human Beings every ten thousand years or so.

Ask your-Self this - do you wish to accept this Divinely orchestrated opportunity
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There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

Regardless of the "sort" of week you have experienced, or of your perceptions of global events, we should always keep in Mind, that above all, the Universe is "unfolding" as it should, and all is Perfect. Only the details differ on every level.

We should also remember that, as we have discussed, that which we believe to be "experience" is simply a projection of the Mind, and never "real" in absolute terms, except to the extent that each perceived experience is an opportunity to grow Spiritually towards fulfilling our purpose here, and should be accepted with Joy.

This week I am delighted to participate in the launch of a new members site that is the "brainchild" of a person who I regard as the most experienced and accomplished in the areas of Astral Projection and Out of Body Experiences - The Astral Academy.

I would not usually involve myself in a specific project such as this, but I have known the creator of the site content - David Warner - for many years, and know that he is totally sincere and fully able in helping people reliably gain these valuable abilities.

David has decades of experience, almost on a daily basis, with Astral Projection, is an exceptional teacher, and has appeared on many radio shows in the USA.

As David does not have the technical resources to create this service, or his own PayPal account, I agreed to help him to make his dream of service become a reality.

I will discuss The Astral Academy in detail, at the beginning of this Newsletter.

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One of the main "fears" of the Human Being is the fear of "death". For many, the fear of "death" is so extensive, that it can actually "paralyse" the Mind of the person to such an extent that such fear affects the life of the person in many ways, thus preventing the person from achieving the very Reason For Being here on Earth.

Now while much of this fear arises from natural "survival instinct" which extends back to our ancient ancestors who relied on this instinct for survival, such a fear of death has, to a large extent, become irrational, based upon a lack of knowledge and the doctrines of religions and other such organisations.

The most effective way of dispelling such fear of depth, in a way that is undeniable and incontrovertible is to actually visit "The Beyond" to see it at "first hand" and experiencing "Life in the Afterlife".

Those who have actually been to The Afterlife - The Astral - not only know, beyond doubt, what to expect, but also totally lose any fear of "death", knowing that "death" has no basis in fact whatsoever, being simply an Extension and next phase of Life.

Millions of people have "visited" "The Beyond" through so called "Near Death Experiences" following accident, illness etc, which is a life-transforming event.

Such a person not only completely loses all fear of "death", but also has the opportunity to see Life and the true meaning of Life from a Higher Perspective.

A person with such Experience often transforms Spiritually with a totally new perspective on nature and meaning of Life and "death" and the role every Human Being as well as other forms of Life have in the context of the "bigger picture".

Of course, it is not necessary to go the extent of "dying" to gain this experience.

This then is where Astral Projection comes in.

For the remainder of this Newsletter then, I will offer a brief overview of the Astral - often known as "The Astral Planes" or "The Astral Spheres".

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.

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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, space-less 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 whose 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 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.
The Ultimate Reality Newsletters

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 also considered to be forms of “inner exploration”.

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Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

well here we are just 8 months from that iconic date that people have been talking and speculating about for decades.

From my own casual perspective the world today seems like a paradox. "Time" subjectively seems to be accelerating while objectively taking place in slow motion.

There is a huge amount of activity "behind the scenes" with governments, banks and so on all seeing and feeling the hopelessness of that which is unfolding before their eyes, while portraying a totally different picture through propaganda, distorted statistics and converse computerised manipulation of the Gold and stock markets.

So what then should we do? Well clearly we should totally disregard all of the above factors and focus Mind on the only factor that matters - The Moment of Now - In Which Moment All Is Perpetually Perfect. If we allow the conscious Mind - the Ego - to intervene, then we will create the very reality we believe to be true - it never is.

The reality is, and I have said this before:

**Whatever We Feel Is True - Is True.** How do you Feel Now?

Only ever Feel that which you would wish to Experience - and so shall it Be.

This week then we will discuss The Eternal Moment of Now.

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As we have discussed during several previous Newsletters, “time” is an illusion, a purely human construct, designed only for convenience and understanding in order to measure a perceived “past”, “present” and “future” to live by.

The illusion of “time” on Earth is arbitrarily measured through the relative positions of the Earth and the Sun in the context of the temporal three dimensions of "space".

In the Astral Spheres, The "Afterlife", the residents have no concept of "time" or "space" whatsoever and cannot comprehend "time" - or even wish to. Only when those who have previously "passed over" lower their Vibration to close to that of the physical world, e.g. to visit physically living relatives, do they once again sense time and space - they find the experience totally alien to them.

**In reality there is only Now, the Eternal Moment of 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 apply.

In fact, "time" does not even apply on Earth, except as a construct, but since the conscious Mind insists on having a "reference point" and the need to believe in the concept of "past", "present" and "future", the Ego makes it a self-fulfilling reality.

We can Express any Experience instantly if we wish, but for most the conscious Mind, the Ego, rebels, insisting that everything takes "time" and "effort".

The entire Universe from Source, First Cause, God is Energy Vibrating at a Frequency relative to the Highest Frequency of Source, Being the very "epicentre" of the Universe of All Energy with the physical world being the outermost "shell".

The physical Universe of matter then represents only a tiny fraction of the Whole Universe of Energy and Vibration as a narrow band of Energy.

The Ultimate act of Creation by First Cause, 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 Source. 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 the concept of "time", thereby always thinking in terms of "past", "present" and "future" rather than **The Eternal and Only Moment of Now**.

If someone thinks, says or behaves in a manner that implies the present tense, for example “I want”, then that person is effectively placing themselves into a perpetual state of “wanting” but of never actually receiving.
The Our Ultimate Reality Newsletters

The vast majority of the human race today exists to some extent in a state of such wanting, while never in a state of Mind to actually receive that which they “want”.

Mind is Immutable, Perfect in Every possible respect, and will accordingly always respond to a thought in its absolute terms rather than a time-space human concept.

“I want” literally creates a state of “wanting” perpetually until whatever is associated with that thought is shifted to a state of “having” in Now, which will then allow the object of that thought to manifest from a perpetual want into the actual Now at which point the Thought Becomes Experience. It is therefore "possible" to Experience anything Instantly - without ever "waiting".

The importance of the Eternal Now simply cannot be over-emphasised. It is one of the most fundamental influences on the ability to Experience any-thing instantly, rather than perpetually being frozen in a state of wanting but never receiving, a state that many find themselves in today. Always remember, there is nothing that we cannot be, do or have - Now.

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, Joy, Well-Being and Spiritual Evolution as well as Enlightenment - Source Realisation beyond the delusion of "space-time". Remember these words from recent previous Newsletters:

"A human being is a part of the whole, called by us ' Universe,' a part limited in time and space.

He experiences himself, his thoughts and feelings as something separated from the rest. A kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

-- Albert Einstein
How we "think" and "Feel has the most profound effect over Experience.

It is not sufficient to simply recognize these Fundamental Universal Principles when it suits us, for example only when we desire some-thing or when there is a situation that demands it, every Thought, Feeling and Emotion results in corresponding Experience, regardless of the nature of that Thought, Feeling and Emotion.

Those who do understand this Principle and live each moment accordingly will seem to others to enjoy a “charmed”, “lucky” “fortunate” existence, when in reality living the person is living a "Magical" life, always in total control over their own individual Experience, in a higher degree of Harmony with the Universe, as compared to their less “charmed”, “lucky” or “fortunate” family, friends and others around them.

We should Always Think and Feel in accordance with our desired Experience.

Also keep in Mind that there is absolutely no such concept as “try”’. “Try” does not exist except as a concept within the conscious Mind wishing to achieve something through "effort”.

For example - the thought process "I want to feel well" should not be allowed to proceed, and should be immediately become "I Am Feeling Perfectly Well" - and such a thought must Believed to already Be True.

A thought takes the concept of "feeling well" from some arbitrary point in the perceived future that never arrives, to actually feeling well in the Present, Now.

So a strong Feeling of “Being Well” will Become our Experience In The Now, and we must Feel Well in accordance with the Faith and Belief in and of that Feeling. Remember - Whatever We Feel And Believe Is True - Now - Is True.

Similarly, if we have a bill that needs paying and we believe that we do not have the money, another human construct, to pay that bill, we never think in terms of “I want the money to pay this bill”, but rather Know the Feeling that “I have the money to pay this bill effortlessly” - and Believe It To Be True. Bringing this statement into the present tense rather than as a future statement of "lack" will cause the means by which the bill can be paid to Become Your Experience, and the bill will be paid in full.

Again - we should always keep in Mind that the Universe always "delivers" in absolute accordance with our Thoughts, Feelings and Emotions - there are no exceptions to this Principle.

Similarly the thought “I might succeed at this objective” implies never “actually” succeeding. The “might” places success into the indefinite and infinite range of possibilities and never as Experience. So “I might succeed with this objective” should become “I am enjoying complete success”.

Above, all, and again:
Whatever We Feel, Believe, Know Is True - Now - Is Always True.

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Brought To You In Love, Light And Service, Adrian.
Dear Reader,

I do hope you have enjoyed a Joyful, Healthy and Abundant week.

As the wheels of the world keep spinning, as they have since the beginning of time, many are feeling that "all is not well" at many levels.

Desperate governments and banks do desperate things - and they are desperate.

Yet it matters not. These are all simply factors based in temporal, linear space-time. Ultimately we all Express our own Personal Experience through our Thoughts, Feelings and Emotions. True Faith and Belief are integral to this.

Regardless of whatever "happens" in the world around us, we can choose whether we wish to subscribe to these events, believing and feeling them to be "real", or we may realise that the world itself is an illusion, or as Einstein would say - Delusion - and choose to focus our Thoughts, Feelings and Emotions on our preferred Experience. Nothing is more "real" or powerful than Experience thus Expressed.

Last week we discussed Mind, and in particular Feelings.

This week then we will expand upon that to discuss the reality that "Whatever We Feel Is True - Is True" in 2012 The Feeling.

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Over the last few years in particular, especially thanks to the rise of the Internet and the availability of Spiritual information, millions have become aware, at least to some extent, that far from being powerless, always at the "mercy" of circumstance, other people, "chance" etc, we alone are responsible for our own Life Experience.

Many now understand, at some level, that Mind is all Powerful, and that as Divine Expressions of Source Mind, God" if you prefer, we have available All of the Infinite Power of Source Mind - which Truly is Infinite in every respect. We Are Source.
Many now know that we "create our own reality" even though this is not strictly accurate - we rather Express **Our Own Experience**.

Many people, having become aware of these "possibilities", have read different Internet websites sites and seen movies such as "The Secret" - watched by many millions - and "tried different methods" for "manifesting" something, or "creating their own reality", often without much success, wondering whether any of it is true.

Well as I have been asked this question by many people, and listened to how they have approached Expressing their own Experience, or "creating their own reality", it is apparent to me that while many understand the nature and Power of Mind at an academic level, many are still actually engaging the Conscious, rational, Ego sphere of Mind - which is powerless in the context of "creating the reality" desired so much.

This is entirely understandable, no doubt arising from the fact that right from birth we are taught to interact with material things, engage the physical senses, "think for ourselves", "make decisions", "take actions" and so on, all of which are of the Conscious, rational, Ego sphere of Mind and often involve the concept of "trying"..

This leads to the belief that the only way to "achieve" something is by "doing" it.

Many people are of course aware of the "Subconscious Mind" and believe that by "programming the Subconscious Mind" they can "manifest their desires", which is typically approached through affirmations, creative visualisation and other methods.

Now in principle, conditioning the Subconscious sphere of Mind activity in this way can be very effective, since this Sphere of Mind directs the Infinite Power of Source Mind on a Personal level, with the potential to Express any desired Experience.

However the frequently engaged approach of constantly repeating words or visualising a situation, may for many prove to be largely or completely ineffective leading to disappointment and disillusionment and a believe that it is not true.

Mind, Source, does not recognise "words" alone, whether in the context of affirmations, prayer or by any other human construct of "higher" communication.

Why is this?

Well quite simply affirmations, prayers etc alone are inherently dualistic in nature in that the words are directed or petitioned "to" something which is perceived to be external, bigger and more powerful e.g. "Subconscious Mind", "God" and so on.

In reality there is no dualism - **All Is One**.
So directing words "towards" some perceived eternal entity will be ineffective, and nothing worthwhile can be achieved, unless there is Feeling behind it, in which case it is the Feeling that has the "affect", not the words in and of themselves.

This also applies to the use of physical actions directed towards some objective.

For example, many people in the world today are highly conscious of, and focussed upon the condition and appearance of their own physical bodies, as witnessed by the rise in "health clubs", "gym's" and other places where people go to "workout", often in the hope of achieving a body that people will admire, or appear more appealing to the opposite gender, as well of course as for simply "keeping fit".

Such repetitive actions are really the same as repetitive words, except in this case such actions are directed towards the physical body which is still a dualistic concept.

Mind has complete and absolute dominion over the Inner Expression of Source and Higher Self known as the physical body in every possible way, for example maintaining bodily functions including heartbeat, therefore blood circulation, digestion, body temperature and every other life-sustaining function of the body, all of which Mind facilitates automatically, right from birth and before, without any physical or conscious effort or instruction required. These are simply accepted.

If for example we stop for a moment and begin to think about the process of breathing, then we will become conscious of the need to breathe and can even become "short of breath" if we do not make that conscious effort to draw a breath.

If we are walking down a flight of stairs at home, something we would usually do several times every day, if we suddenly started to think about the process, e.g. which foot goes first and on what step, we could very easily trip and fall down the stairs.

What then does this mean exactly?

Well simply that, from birth, we accept such basic and "natural" actions as walking, breathing, and bodily functions as a matter of fact, without question, and therefore Feel, with absolute Faith that these actions and functions will always take place unless there are intervening circumstances such as illness or accident for example.

Again, we Feel that these basic bodily functions are self-evidently true.

It follows therefore that whatever we Feel about our body or Experience must also be true, and that our actual Experience will be in alignment with our Feelings.

This is still true for "positive" and "negative" Feelings, regardless of the Experience.

The state of humanity today is such that people generally have great difficulty in Feeling Healthy, Feeling Wealthy, Feeling Secure etc, but can very easily Feel negatively about
their body and life in some way, Feel lack, whether it be money, possession, relationships and so on, and this is the reason why the actual Experience of such people must and does always reflect those Feelings perfectly.

So rather than defining Personal, Life Experience through Feeling Joy, Health and Abundance, many, through the indoctrination of family, society, religion etc define their Experience through misery and suffering. If a situation arises that does not conform to misery and suffering, it is often considered to be "too good to be true".

So it is not what we say or think that influences our Experience, it is **How We Feel**.

If we Feel for example think about "ageing", our body must and will reflect that state of Being perfectly in terms of physical appearance and health. Vanity products and drugs simply reinforce the Feeling of "ageing", they can never resolve or reverse it.

As science and medicine has proven and fully accepts, the human body is being constantly rebuilt in every moment - some cells taking days to renew, others weeks or months, but after a few years we have a totally "new" body in every respect.

People only "grow old" because people Feel that it is inevitable, even going as far as to follow the "ageing" process through "birthdays" counting numbers of years, fully supported by the countless vanity products on offer to people with "aging" or "beauty" concerns, which ultimately simply reinforce these Feelings of "getting old".

No animal or any other life-form worries about or Feels ageing, which is why they never appear to be "old" in the same way that humans do after they reach maturity.

We can demonstrate the power of Mind over body in many ways, not the least of which are through the numerous so called "miracle healings" that have taken place and continue to take place over the centuries, including those "patients" that doctors considered to be "incurable" or "terminal", but then later considered to be a "miracle" when they are healed by the Mind of the patient without any medical intervention.

Many have heard of "placebo" drugs where patients are given a "sugar pill" and assured that it is the latest and greatest "medicine", and who then "miraculously" recover their health completely, often much more quickly and much more profoundly than the corresponding patients who were "administered" the actual chemical drugs.

Even more profound examples can be found in so called "sham surgery". Here people who are seriously or terminally ill, for example with cancer or brain tumour, are told by doctors they need an "operation" to recover health and "save their life".

In the case of sham surgery the patient is given an anaesthetic after which the surgeon performs an incision in the body, but which is then immediately closed and sutured, appearing as a surgical wound, all without actually performing any surgery.
In many cases, again, as with the placebo drug, "terminal" patients experience a full recovery, very often more complete in fact than the actual surgery patients who have been "operated on" by the surgeon with actual modification or removal of body parts.

What then does this tell us?

Well quite simply that if the patient Feels and Believes that they have been healed through the surgery.

In reality, Mind fuelled by Feelings and Belief are the True Healing Factors.

Even in the cases of people given chemical drugs and actual surgery, to the extent they recover health is still mostly a result of Feeling and Mind, how they Feel about their medical treatment, and not the nature of the chemical drug or surgery itself.

Of course these are examples which we do not wish to expose ourselves to.

An example which many people are more familiar with is learning to swim.

When a person decides to learn to swim, they do so from the belief that they cannot swim already, and therefore if they were to enter deep water they will immediately "sink" and inevitably drown unless someone jumps in to "rescue" them.

In fact "sinking in the water" is due only to the Belief of the person that they Feel that they will sink, because they cannot yet, in other words have not "learned" to "swim", a belief that is firmly implanted in the Mind of the person, and one in which they Feel is self-evident, because that is what they have been "led to believe" from infancy.

However, as that person "learns to swim" through taking swimming lessons and practice, they gradually gain Faith in their own abilities to stay afloat and soon to propel themselves through the water, until finally they become a proficient swimmer.

They Feel that they can now swim, and no longer in any danger of sinking or drowning. So what therefore has changed?

Clearly the water has not changed - it is exactly the same water as before in which the person has "learned to swim". The body of the person has clearly not changed or become buoyant - it is exactly the same body as before, the same body that would inevitably sink in the very same water just a few months previously.

The only factor that has changed in fact is the State of Mind of the person.

The person now Feels that they will float and that they can accordingly swim, rather than Feeling that they will sink and inevitably drown.

Nothing else has changed therefore except for that Inner Feeling.
But "sinking" or "swimming" is still a conditioned Feeling. People only Feel they will "sink" in the "water" and potentially "drown" in the "water" if they Feel they cannot "swim", because this is what family and society have taught them to be the case.

Now, if a very young baby, one who has not yet been indoctrinated into the ways and beliefs of society and physical world, was placed into a swimming pool, the baby will certainly float and probably instinctively swim.

No one told the baby he or she will "sink" in the water, in fact a baby has no concept of "sinking" or "swimming" and therefore the Mind of the baby completely connected to Inner Mind, always acting in a "life-ward" direction, assures the baby will float even though the baby has not been "taught" or has any concept of swimming.

If a person falls in deep water and does not Feel or Believe that can swim and save themselves, that person may well drown.

Before a person who understands the idea of swimming "learned how to swim" that person would not float, however much they tried, yet once we have learned to swim we cannot sink however much we try, even through all the physical factors remain identical. Sinking or swimming is an Inner Feeling and Belief.

The same applies to a child learning to ride a bike without "training wheels".

We see children falling from their bike time and again while learning, and nothing seems to enable them to maintain balance, resulting in the child becoming frustrated and believing that they will never be able to ride their bike. Then all of a sudden a friend of the child rides confidently by on their nice shiny new bike, at which point the child who was previously learning mounts the bike and sets off without falling.

In this case the child observes that riding, balancing and remaining on the bike is perfectly normal, but falling from the bike is abnormal, impressing this on the Personal Mind which then Feels it can ride a bike with ease and does so effortlessly.

There are numerous other such examples. The "difference" is the Inner Feeling.

In the movie and book "The Secret", one of the participants is involved in training astronauts and athletes. In one experiment he connected a series of athletes to advanced bio-feedback equipment and asked them to visualise their usual race in their Mind as if they were actually running the same race on the track. He observed that the muscles of the athletes and other bodily functions worked in an absolutely identical way, as if they were physically running the race. Mind simply does not know the difference between actual physical "practice" and the Inner Feeling of practicing.

Likewise, when people go to the Gym or health clubs every day and "work out" to exhaustion, very gradually gaining a muscular physique, feel healthier etc, it is not the actual physical exercise bringing it these changes, but rather the Expectation and
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**Feeling** of results being impressed upon the Mind, which **Expresses the Expected and Felt Experience**. People exercise their bodies expecting to become "stronger", and this expectation alone assures that they do indeed become stronger.

This is the accepted and widely adopted "no pain, no gain" mentality.

The fact is, Mind is infinitely capable of **instantly bringing about absolutely any change in the physical body whatsoever**, including a muscular, healthy physique, without ever visiting a gym or using any physical equipment or other exercise or workout processes, as with Perfect health, abundance and other Life Experience.

The gym, exercise equipment, swimming lessons, drugs, surgery etc., are all "props" for impressing Mind with the desired result based upon Inner Feeling.

The same applies to excellence in any sport or activity as in Life Experience itself.

All we need is **Feel Inherent Perfection and Success as if fact, and so it must and will be.** This might sound "easier said than done", but the truth is the biggest barrier to overcome is actually **Feeling** that **whatever we wish to achieve is already True**, after years of believing it can only be achieved through physical effort.

All "success" and "excellence" - Experience - begins and ends in the Mind.

So how then does physical exertion, repetition and practice "make" champions? If we take any popular sport, hobby or pastime that does not require physical much exertion, and therefore the need to "build up the muscles, or "get physically fit" in order to achieve success and "progress through the ranks", we still see that such champions achieve their objectives through diligent and dedicated practice, even though this is not changing their physical body or "fitness" to any extent, if at all.

So what does this practice achieve? The **Feeling of Progress, Belief in their own Abilities, and Faith in the Outcome**. This "training" is of the **Mind**, not the body.

It should be clear then that we can **Experience anything we desire through Mind alone, through Feeling that the Experience is already True** - and it Is.

**Whatever We Feel is True, Is True - Our Experience.**

I will conclude then with this most appropriate poem, the author of which is unknown:

*If you think you are beaten, you are;  
If you think you dare not, you don’t;  
If you’d like to win, but you think you can’t,  
It's almost a cinch you won’t;*
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will
It's all in the state of mind.
Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.
If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself
before You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can.

In this poem, replace the word "think" with the word Feel....... And So It Is.

Please remember, Higher Self Of You has sent you here personally as a trusted and capable representative to contribute towards the Completeness of Higher Self and Human Consciousness, and to participate in an Evolutionary Opportunity presented to Human Beings every ten thousand years or so.

Ask your-Self this - do you wish to accept this Divinely orchestrated opportunity through participation or prefer to decline this Divine Opportunity through fear?

We are, each and every One of us, Blessed With Divine Freewill that we may make and Live our own Choices and to fully accept the consequences of the Choices we make. Every Single Human Being On Earth Can And Does Make A Difference. Be absolutely certain of this truth though, beyond all possible doubt:
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Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.

What Do You Wish For Your-Self, Higher Self, Your Children and All Future Generations Of Children Who Will Have To Live With Your Choices Now?

I have written these weekly Newsletters since 2005 that you may at least be aware of these Choices - millions are not.

The Human Race Is Both Individually And Collectively Writing The Spiritual Script For The Conclusion Of This Unique "Age" Of Humanity. One Person Could Make All The Difference.

Please Do Whatever You Personally Can To Potentially Make That Difference By Sharing This Newsletter With Everyone You Know, And Ask That They Do The Same.

Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

As mentioned last week - "things are really heating up behind the scenes".

Ultimately however we are heading for a cyclical Singularity of Human Consciousness from Which the basis of the next Evolution of the Human Race will emerge. Many Feel it, often strongly, yet are worried because they cannot "define it".

This, Dear Reader, matters not. As we have discussed in recent weeks - **Whatever We Feel Is True, Is True**. Far from being "helpless" and "at the mercy of other powers", every Human Being has total, complete and absolute control over Individual Experience and Destiny. We Have Absolute "power" before, during and after Singularity, although, in reality this is a dualistic perspective - **There Is Only Now**.

By Feeling and assimilating Only the "Higher Forces" pervading Earth, right Now, and attuning to those "forces", may we be assured of a Perfect Experience.

As this "scenario" inexorably unfolds, Personal Mind and Consciousness, as an integral aspect of Collective and Higher Mind and Consciousness, influences the Whole. This Dear Reader, is the "battleground" represented symbolically by "Har Megiddo", and why we must take the "high ground" always, with **Joy in our Hearts**.

This week we return to the Quantum World to discuss **Quantum Superposition**, which, although a human concept, is nevertheless a useful illustration.

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When considering The All - "Source Mind" of Which All "In Creation" is a Divine Expression Of Perfection - no words in the human language even come close to adequately convey All That Is and the "mysteries of The Universe".
Of course, I have done, and continue to do my very best within this Newsletter, within my book - Our Ultimate Reality, Life, the Universe and Destiny of Mankind, on our Website, within our Forums, by personal email and in many other resources.

Mere words still fall short however of adequately conveying that which I wish to Express in the simple, restrictive words of the human language.

When I write, all that I share with you does not arise from my "brain" or through any sort of conscious "thought process". I take no credit for anything I write or seek any.

I am a but simple messenger who translates a "flow" of "data", from a "Higher Source" while endeavouring to "translate" this "flow" in to meaningful words that may be understood and assimilated by many thousands of people, across numerous countless, cultures, religions and "life situations" while still being meaningful.

It is certainly a "balancing act" which often leaves me feeling that I have not completely succeeded in conveying that which has been conveyed through me. Of course I always do my best.

Ultimately however it is not for me to "teach" anything - I would never, ever do that.

Everyone Recognises The Truth when presented to them - intuitively - and therefore my hope is that my Services, rather than "teach", instead "Guide" Readers to the same "Source of All Truth" that every reader may Know That Truth For Themselves.

This is the only way - for only then does the Light and Truth shine through each individual which is always recognised for what It Truly Is - beyond rational thought.

Now in the course of my writings I feel it to be of value to use familiar, human constructs in the interests of understanding, thereby further illuminating The Path.

One such construct that I am very familiar with, and believe to be of worthwhile value is Quantum Mechanics, which provides the basic tools and open-mindedness towards offering a way of explaining, in Human language terms, various fundamental aspects of the "workings of the Universe".

There is however a paradox in that the Quantum Sciences demonstrate that "space", "time" and therefore temporal, linear "locality" have no basis in fact, and therefore that the "physical sciences" such as Chemistry, Physics, Biology etc have no basis.

This is understandably a source of contention between the Quantum and Physical sciences, since each wishes to maintain its own paradigm, but within the context of this Newsletter we must disengage from such contentions to focus only on Truth.

Now one fundamental aspect of the Quantum Sciences that is very useful in this quest is known as "Superposition" or "Quantum Superposition".
How then does Superposition help with our understanding of “the bigger picture”?

Well - Human Beings - not other animals or life-form - "think" in terms of "absolutes", in other words, some-"thing" either "exists" - e.g. if it is evident to the five physical senses, organic brain and rational, conscious, Ego Mind - or it does not exist.

This absolute way of thinking is not very helpful from a Spiritual perspective since, for example, it brings about an "out of sight, out of mind" concept which, for example, precludes the possibility of an "afterlife", while reinforcing the illusion of "death".

People also tend to believe, very strongly in many cases, that physical objects and Life situations "are as they are", and cannot be "changed", leading to misery and suffering. Such people often feel "powerless" and "at the mercy" of "external forces".

Of course - Readers of this Newsletter know that nothing could be further from the Truth. As Divine Expressions of Source Every Single Human Being potentially has Absolute Control over unique Personal Experience in every possible way.

We simply then need to Realise that Divine Potential - Awareness, Awakening and Acceptance being but three fundamental steps.

When we permanently Subjugate and render powerless the Conscious, Rational, Ego Sphere of Mind, to Experience Only Higher Mind, All Is Infinitely Possible.

This then is a fundamental aspect of "Enlightenment" - to transcend all "delusion".

Quantum Superposition, when understood at a rational level, will not do this for us per se, but can offer the basis for the basic awareness which may facilitate the realisation by the rational, Ego Sphere of Mind" - "you are operating under a flawed premise" - nothing is "absolute", All Is Infinitely Fluid, Dynamic and "Possible".

How then may Quantum Superposition help in this process?

Well Quantum Superposition can be as simple or complex as we choose to "make it". As simplicity is always preferable, I will endeavour to explain it in those terms.

The Quantum Sciences generally are predicated on the basis that the smallest theoretical "unit" in the Universe is known as a "Quantum", the plural - "Quanta".

Now while this is not a strictly accurate premise, Quanta are, nevertheless, "small enough" to facilitate a useful model as it relates to the characteristics of Source Energy and in any case is most certainly relevant as an applicable model for "Life".

A "Quantum Unit" possesses characteristics that defy "the laws of physics" in that "it" can be "everywhere", "nowhere" and "somewhere" all in the same moment.
It should be noted before commencing that this also applies to the Human Spirit. While Humans “think” they are "located" in one position, in fact this is a “trick” of the physical senses, organic brain and Ego Sphere of Mind - which likes to "believe" it.

In reality, The Human Spirit Is Every-Where in All Creation - in Source Mind - concurrently - there is "no-where" and "no-when" that we do not exist in the same Moment.

**So The Human Spirit Is Infinitely "Super-Posed" Through All That is.**

Now many people have heard of "Astral Projection" and "Out of Body Experiences". These however are misnomers. It is impossible to "project" any "where", when we already exist every-"where".

So what then do these "abilities" actually represent?

Well in Astral projection and "OBE" we are not "projecting" any notional non-physical "body" - "astral", "etheric" etc - these terms only exist for convenience - we are rather "re-focussing" consciousness to become aware of an alternative aspect of our-Self Within The Context of The All, often at a Higher Vibratory Frequency of Energy.

I realise of course that most people who experience Astral Projection and OBE perceive themselves to be in a "different body". This is in fact an illusion created by the Ego, simply because Ego cannot conceive of it-self without some sort of "body" associated with it - this is "residual self-image".

The same applies when people "die" and "pass over" to the "afterlife" - the Astral.

Most people in the afterlife appear as they did in the "prime of life" on Earth - typically equivalent to 25 - 35 years - as the idealised version of themselves. Again - this is "residual self-image" and is an illusion projected by the Ego to maintain stability, otherwise Ego could not "handle" it with all sorts of possible consequences.

This is also the basis of the majority of "psychic abilities" such as "Remote Viewing".

"Remote Viewing" is in fact another misnomer - No-Thing is "remote" to us.

In Remote Viewing, like Astral Projection and OBE, we are simply expanding Conscious Awareness beyond the normally very narrow band of the waking physical consciousness, to become aware of an alternative aspect of our-Self and The All.

With RV - "past" events can apparently be "viewed" even though "time" does not exist, because all "events" are of the Mind which leaves an "energy signature". These "views" are however often distorted due to the persistency of the "energy signature" and in
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particular because the "received" energy "impressions are still filtered through the rational, conscious, Ego Mind which "adds its own perspective" based upon the beliefs, experiences and biases of the "Remote Viewer".

This is why a room full of "Remote Viewers" can all be allocated the same "target", yet produce a wide range of different representations on the Energy they "sense". In many large-scale RV sessions, the coordinator will take the "average" consensus.

The same applies to Astral Projection, OBE and even "life after death" in that the Experience is never absolute - there are no absolutes - but a reflection of the rational, Ego Sphere of Mind of the person Experiencing the Energy.

A "Remote Viewer" can, if they have a very high level of control over their own Ego Mind, receive accurate "impressions" to the extent that the Energy signature exists.

In the case of such a person experiencing Astral Projection or OBE, they may perceive themselves are pure Energy and Consciousness because the Ego is not adding any additional "filters".

It is worth mentioning however, that once a Human Being subjugates the Ego on Earth, thus transcending the cycle of "incarnation", as a completed Higher Self - Spirit - ready for the next phase of the journey back to Source - we Experience only as a "point of Energy" and Consciousness, beyond all concept of "material form".

This is our Native State Of Being in Spirit for which Earth life is simply "practice".

So then, whether aware of it or not, Human Spirit - All Spirit - Is a Superposition Of/AS/In Source Mind, As The All, but with individual Consciousness which becomes "stronger" with Spiritual Evolution.

Again - the same applies even within the context of a Human "body" - which is an illusory projection - on Earth, but usually the Ego will simply not accept this experience as True, preferring to generate experience within its "comfort zone".

So what then does this mean in practical terms?

Well - it should be evident that since We Are All, Source, Every-Where, then we have no "limits except for those that we impose upon our-"selves" through the Ego.

Finally then, how does all this relate to "2012".

Well - there will come a moment - perhaps not in 2012 - where the illusion/delusion of "space" and "time" will be "stripped away" - like a "lifting of the veil" - at which Moment Human Beings who are sufficiently Spiritually Evolved will Experience them-selves in Native Spiritual Form as a Superposition of Source - The All.
Now of course only those able to withstand such a change will remain on Earth, all other humans having "departed" to the Astral Spheres. If any Human Beings remained on Earth in this Moment, they would not be able to withstand the Vibration or the lack of material form, with unpredictable consequences - including insanity.

The shock would simply be far too extensive and would likely be "ejected" from their physical body to transition to the Astral Spheres.

This, Dear Reader, will not take place in the "near future".

Current events on Earth are a preparation for this Moment as Humanity "polarises" to the maximum extreme, at which Moment there will be an "event" signifying the culmination of the current Cycle of Human Evolution, and commencement of the Next Cycle.

This is why the ancient and noble cultures who have already Experienced, in their history, at least two such Evolutionary Cycles, refer to the new Evolution of The Human Being as "Homo Luminous" - Illuminated Man, or Homo Spiritus - Spiritual Man. This applies to both "genders" or course, although gender will cease to be significant. Source, God, Spirit is Androgynous - neither "man" or "woman" but both.

21 December 2012 is simply a symbolic, but pivotal date in this cyclical process.

I will conclude this week then with my usual message - which is a crucial one:

**Please remember, Higher Self Of You has sent you here personally as a trusted and capable representative to contribute towards the Completeness of Higher Self and Human Consciousness, and to participate in an Evolutionary Opportunity presented to Human Beings every ten thousand years or so.**

Ask your-Self this - do you wish to accept this Divinely orchestrated opportunity through participation or prefer to decline this Divine Opportunity through fear?

We are, each and every One of us, Blessed With Divine Freewill that we may make and Live our own Choices and to fully accept the consequences of the Choices we make. Every Single Human Being On Earth Can And Does Make A Difference. Be absolutely certain of this truth though, beyond all possible doubt:

**Only Those Who Are Awake Or Will Awaken To The Choices We Face During "2012", And Have What It Spiritually "Takes" To Face Those Choices With Peace, Joy And Gratitude, Will "Inherit The Earth". This Is As It Should Be.**

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Please Do Whatever You Personally Can To Potentially Make That Difference By Sharing This Newsletter With Everyone You Know, And Ask That They Do The Same.

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There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.

Volume 8 – 2012 135
Dear Reader, I do hope you have enjoyed a Joyful, Healthy and Abundant week.

This Newsletter will be shorter than usual, but I hope you find it be of some value.

Well here we are, entering the Month of May in this iconic year of 2012.

It is so easy isn't it to become distracted by all the "background noise", the rhetoric, the incessant stream of propaganda from "mainstream news" and of course the truth of the suffering in the world today, arising from a thirst for power, control and lack of recognition that, Every Single Human Being Is An Expression of Source.

There no "inferior people", superior people or less Worthy people” - All Are Perfect.

When I look out of my home office window right Now, as I write this, I only see the trees bursting in to leaf, flowers blooming and the birds singing as they go about their instincts of collecting twigs and materials to make their nests for this year’s young.

Let us then focus on only the ultimate Divine Beauty of Life, In All It’s Splendour, Glory and Divine Perfection - these are Pure, Ego-Less Expressions of Divine Love.

Dear Reader - if every single person on Earth - or even a majority - focused only upon such Divine Beauty and Perfection, then the Life of All would be Perfection.

Who would choose misery and suffering over Natural Beauty and Divine Love?

This week then we will discuss - 2012 The Love.

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Dear Reader, over the years, one question has arisen from people perhaps more than any other - that of the "vexed" question of "Love".

Many such questions arise from those who are married, are in relationships, would like to be in a relationship, and so on, but all so often arising from personal "difficulties" in relationships, or marriages or not yet having found "the right person".

A surprising number of people have also written to me over the years asking if I have an effective "love spell" or know of a "good website" that can offer such a "spell".

However, Dear Reader, perhaps we are simply "asking the wrong questions"?

But what then is this mysterious thing that people simply, generically call "love".

Well, Love has many levels and dimensions, all of which are mutually inclusive.

The very Highest Expression of Love in absolute terms is Divine Love - Source.

Divine Love has another name - "Christ".

But this, Dear Reader, is perhaps were some "misunderstanding" on Love arises.

The person, who came to be known as "Jesus", is very frequently used interchangeably with the word "Christ". Perhaps we should ask ourselves "why".

In truth, that great, original Spiritual Guide would more appropriately be known as "Jesus the Christ" as opposed to the more familiar endearment of "Jesus Christ".

Let us then take a look at the true meaning of Christ, which is there for All to See.

The historical person who became known as "Jesus" was probably the Highest Expression of Divine Love ever to have walked the Earth - in recent times anyway.

This mysterious person who became known as "Jesus" - for whatever reason - came here to illuminate the Path to Divine Love as a Living Example of Divine, Christ Love, while always emphasising that Everyone on Earth, without exception is, potentially, a Living Expression of Divine Love - simply waiting to be Realised.

I would just like to add, at this stage, lest some may misunderstand the context, that, as you know, nothing I say here, or elsewhere, should ever be viewed to be from a "religious" perspective - nothing could be further from the Truth.

So then, you may justifiably ask - why are we not all "like Jesus"? He was a "living example" of Divine Lover after all.
Well this, Dear Reader, is one of the most profound "secrets" - although there are most assuredly no "secrets" - to the "mystery" of Human Existence" on Earth It-Self.
You see - we can never search for, and therefore "find" Love, no matter where we look or how much we look, or however much we "try". Love Simply Is What It Is

We can therefore never find Divine Love by somehow "mistaking it" with a more fundamental, but nevertheless natural Human instinct that so many call "love".

The most basic of these human characteristics is rather crudely known as "lust" - arising mostly out of the natural instincts of procreation and sensual gratification.

We may then move on through the levels and stages of "romantic love" and then onwards and upwards to the love between two people, who truly do "honour and respect each other" for all the "days of their lives" without any sort of expectation.

This then is the purest form of love at an emotional level, and is Beautiful to Behold.

Since the days of the inexorable rise of the Internet, with its "dating services", "chat rooms" and other types of "social networking" this highest expression of "emotional love" is being stifled by motives that usually can never lead to true "emotional love".

Often the motive is "lust". In many cases people simply do not have the "self-confidence" to follow a path that can naturally lead to true "emotional love" and life-long commitment between two Souls, simply making use of the Internet as a proxy.

This, Dear Reader, is just one reason, if we are to be honest, why the "divorce rate" has never been higher, yet such "divorce rate" is often between younger people.

To understand the "reasons" for this apparent "situation" further, we may look to previous generations - and we do not need to go back too many decades to do so.

If we go back say 7 - a Divine Number - of decades, to the dark days of the "second world war", there was tremendous "hardship" in the world. Yet at the same time there were no "material temptations" and no "ulterior motives". There was simply a Community Spirit of Like-Minded Souls who came together to Serve Each Other.

Only out of such a genuine, motiveless, self-less and Pure Spirit of Community, Oneness, Together-Ness and Unconditional Sharing such as this - there are many others - may two Souls naturally "come together", as One, for "higher" and motiveless "reasons", One Soul, One "person", one life", to Serve "Each Other" Unconditionally.

This form of sincere love then transcends lust, romantic love and emotional love.

So must we return to the "war years" to discover such a high expression of love?

No - absolutely not.
These Expressions of sincere, self-less love have always been available to us.

Today however, Dear Reader, due to the characteristics of so called "modern society" there is so much more "background noise" that we must "filter out" first.

But therein is our great opportunity - Blessing - if only we may actually see it thus.

The "pressures of so called "modern society" as well as the consequent expectations of family, friends, peers and "convention", make this conceptually more "difficult".

Again though - this is a truly great opportunity, the "rewards" for which are greater. We should never however see these matters as a "reward system" - it really is not.

We must simply - although it is most assuredly never intended to be "simple" and neither should it be so - see through the "fog of Life" that we may truly find ourselves.

Yet - even this highest expression of human love between two Souls is but the beginning and path to even Higher Expressions of Love, the Highest - Divine Love.

We are, each and every one of us, both alone on our Path yet Never Alone.

We can only go so far alone through - not very far. We Are One In All Things. Beyond this, Love must be All Inclusive, Self-Less and Unconditional - or is something else.

So then Dear Reader, let us turn our attention to this question of Divine Love.

"Divine Love" is more often, understandably, referred to as "Unconditional Love".

Yet Divine Love must always inherently Be "Unconditional" - it may be no other.

A most fundamental aspect of Divine Love is: Service to Others Before Self.

Now Service to Others Before Self, has its very basis in Divine Love - The Love of The Spheres - and never something we can "try to do" or to strive to "achieve".

We can only ever Be Divine Love. Divine Love Is effort-less and motive-less.

Only when we, as members of the Human Race, "transcend" the mortal, transient, temporal cycle of "incarnation" to this Spiritual kindergarten we call "Earth", is when Divine Love and Service to All Divine Expression Of Life and Love is All that remains - nothing else. But then and only then Dear Reader, may the journey really begin.
Let us then remind ourselves of these most profound words from the Bible:

**Love is The Truth**

**Love Is The Way**

**Love Is The Light**

**No One Progresses Towards Source, God, Except Through Love**

I am fully aware of the fact that the words "I Am The Way", within the original, are herewith replaced with Love. Yet this was surely the original meaning of these profound words from the Spiritual Guide who became known as "Jesus" The Christ.

Jesus was the purest Expression of Divine Love, Christ. "I am" becomes "We Are". Yet the "We Are" is more than mere words - it is truly our Destiny here together.

In another Bible passage, Jesus was, I suggest, misquoted as saying:

"Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." -- Mark 12:31

Of course, this was no "commandment" - This Is Simply A Statement Of Truth.

What Jesus may then have taught, had he been here now is this:

"Love Others As You Would Love Yourself. There Is No Truth Greater Than This."

Make no mistake. We may ever take a "leap" from the most "basic" forms of "love" to Divine Love - or know Divine Love - until we have first undertaken the journey.

I honestly do not know whether even a single Human on Earth today has truly attained Divine Love. It would be nice to think so, but I truly do not know. One thing I do know is this. There are many, many "stages of Love" that we must all inclusively Experience before we may arrive at Divine Love. I am myself on this journey, you are on this journey, and likely, most people on Earth are on this Blessed Journey.
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Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

I am happy to return this week with a full length Newsletter after my "break" last week when my mother and mother-in-law came to see us for a few days. We enjoyed our time together as always, as did my sons, and provides for the all too infrequent opportunity to get out and see some of the beautiful sights we are so Blessed with around where we live, including the old and interesting medieval town nearby which has historical roots extending back to at least the 7th century CE.

As we progress through this iconic year of 2012, Changes are accelerating on every level - Spirit, Mind and Body - some subtle others much more apparent with each perceiving and experiencing these changes on the appropriate Individual level.

Many have place prioritised "money" and the material things money can "buy". It may well be that it is not until this system itself changes that many will see "money" for what it really is - another system of control" - that often conceals the True Source of True Abundance which has always been available. This time is fast approaching.

On a more subtle level Human Beings and all Life on Earth are coming increasingly under the influence of Sacred, Ancient and Cosmic Energies which always occur and gain momentum towards the conclusion of every cycle of Human Evolution, the ultimate confluence of which will be the catalyst for the final Singularity of Evolution.

Energy has one fundamental characteristic - Vibration - which we will discuss today.

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Energy with its Infinite range and nature of Vibratory Frequency is an integral component of the Infinite Continuum of the Universe, manifesting in Infinite ways.

Our very Spiritual Nature, Evolution and Well-Being at all levels is a function of Vibration at our unique Energy Field, our "Spiritual body" in all its Expressed forms.

As we Evolve, as Human Beings, our Sphere of Vibration increases, and we automatically Transition to the "level", "plane", or "sphere" of The All corresponding precisely with our unique Vibratory Frequency - which is Always Perfect

Physical Human beings also consist entirely of pure Energy in the form of an apparent physical body - although an illusion of the senses.

Even though the human body and physical surroundings might appear to be "solid" to the five senses and conscious Mind we are still a unique Energy Field with corresponding Vibratory Frequency which some perceive as an "Aura".

So how can this be?

Science knows that "Matter" is comprised of 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. Ultimately, all "matter", including the Human Body which is made of matter, has no solidity whatsoever - it is Pure Energy and Vibration.

From Source out to the "densest" form of "matter" there are an infinite number of characteristics of Vibration - all unique and which makes each Human Being unique.

This is also one of the fundamental principles of Quantum Mechanics - the realisation that "sub-atomic particles" are ultimately not "particles" at all, but rather progressively more subtle forms of Energy, which appear to only "collapse" from a waveform to a particle form when "observed" - through Mind - until ultimately only existing as Vibration, Pure Energy with an Infinite Superposition of Possibilities.

This Energy is also known as “The Light”.

This is not the visible spectrum of "light" photons known in the physical Universe as for example emanating from The Sun, but rather the Primordial Light of Source From Which All in the Universe, in All Spheres is Expressed, lives and "has its Being".

Quantum physicist David Bohm considered physical matter to be “frozen Light”.

So how do we reconcile this beyond the physical Universe of apparent "matter"?
The Our Ultimate Reality Newsletters

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 can 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 twenty Vibrations per second, up to around twenty thousand Vibrations per second.

Moving up the Vibratory scale we reach "electricity" at around one billion Vibrations per second.

Moving up the Vibratory scale further still we encounter "heat" at two hundred billion Vibrations per second.

Further still up the scale is the spectrum of visible colours Vibrating in a range of around five hundred billion Vibrations per second.

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 the "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, detectable or measurable yet to modern science, and are largely still ignored, overlooked or deemed not to exist at all.

In other words Vibration, Energy is often deemed by material science to be finite as it pertains to the physical world and can be measured by scientific instrumentation.

However the reality is very, profoundly and fundamentally different and greater.

It is erroneous to conclude that progressively higher levels of Energy Vibration do not exist, simply because they cannot be observed or measured by material science.

Vibrating at speeds completely beyond the comprehension and observation of science are the Inner Spheres - commencing with the Etheric, Astral and Mental planes, these being beyond the earthly concept of material or bodily form, until we reach the threshold of the Mental, Spiritual Planes of Pure Energy and Vibration.

Ultimately, when Vibrations attain a high enough level, we Unite With Source.

This indeed is the ultimate destiny of every Human Being, "each" - although always One With and an Expression of Source - constantly raising Vibrations of the Soul and Spirit through the process of Spiritual Evolution and Perfection, ultimately Realising the
Potential to attain Vibratory Harmony with Source, at which Moment the Vibration of the Spiritual Body can withstand the Highest Vibration of Source.

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 that identify all forms of Life in the Universe with unique individuality and therefore Unique Energy Field and Vibration.

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 or Sphere being occupied, that everything seems to be, and indeed is totally solid and real. This of course also applies to the physical world, which is also a rate or range of rates of Vibration, as is every person 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 Vibratory Frequency of the plane of Vibration, corresponding to their own unique Vibration. This is analogous to television or radio transmitters and receivers whereby although there are thousands of programs or channels all being broadcast into the Ether concurrently, it is only usually possible to tune into one such program or channel being broadcast at its own particular frequency at any moment.

Beyond the confines of the physical world of matter, frequency of Vibration, Energy is therefore the means by which all Life Expresses and exists within its own unique, individual, corresponding level, plane or state of Being. 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, the "Afterlife", where most people transition after the "death" of the physical body, are much more “solid”, “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 Vibratory Frequency 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, Every Expression of Source and Vibration, up to and including Source Energy Who exhibits a level of Vibration of such an infinitely high degree and of such intensity that Source can almost be considered to be at rest.

Such levels of Vibration are far, far beyond any physical human comprehension.

This may be conceptualised on the physical plane by observing the spokes of a wheel from a sideways perspective, spinning progressively faster. The wheel soon achieves such a rate, frequency 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 everyday “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, each of which everyone can readily recognise and experience by means of the five 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 lives of every person by way of normal thinking processes and States of Being.

All thought’s, emotions, desires, temperaments, indeed any mental state of Mind or Well-Being, are ultimately degrees and aspects of Energy as Vibration, as of course is the very of thought itself. This is just one reason why, in the Collective Sphere of the human Mind, thoughts, feelings and emotions are projected, and can accordingly other people through the process of Vibratory 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 person's "mood" can affect those around that person, a "mood" simply being an energetic state of Vibration which people can "tune in to" and begin to Vibrate at the same frequency, much like a "tuning fork".

It is a most important fact therefore 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, in the vastly finer degrees of Vibration 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 and persistence with which they were originally projected.

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, feelings 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 principles, indeed very often people do this without even realising it.

On the Mental plane therefore, and in particular on the collective Mental Plane of the Human Mind, people produce thought Energy, Vibrations, which can effect themselves and the people around them either unintentionally or in some cases 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 also 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 Principles, and in particular, in the case of physical Expressions, the Principle of Vibration, in order to “alter” or “transmute” one form of Energy and Vibration, into another form of Energy with alternative Vibratory characteristics, thereby altering the apparent form of physically observable objects - which is ultimately an illusion of the senses, because there is no "form", duality.

Now this subject is highly relevant and indeed crucial to the 2012 era, because the Great Transition is about the Raising of Consciousness and therefore of Vibration. As we progress through 2012, we are being coming under the influence of increasing Cosmic Energy and Vibration of a Transformational Nature.

Today is just such an occasion - and a Truly Great and significant One.

An Eclipse of the Sun will take place, observable in many part of the world which will also bring in to alignment, for the first time in 26,000 years, between Earth, The Sun, Alcyone and the Pleiades.

In many ancient cultures, including the Maya and Aztec, a 26,000 Cycle is known as the "Great Year", so as you can see, the event today is special on many levels.

Many ancient monuments and structures, such as the main three Giza Pyramids, are aligned with the Pleiades. The ascending passageway in the Great Giza Pyramid is aligned towards Alcyone at the Equinox, from which alignment Energy is collected and focussed inwards. This is no coincidence - these are receiving Cosmic Energy with the ability to re-transmit this Energy across Earth and to Human Beings.

I will say no more today, except that whether you are Blessed to witness the event today or not, be absolutely sure that it is the harbinger of Greater things to come.
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Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

First of all I would like to thank everyone who sent me an email in the last week with your most generous comments. I am always grateful to receive them and do my best to answer as many as possible. Be assured though that I do read every one.

After a very long, cold and overcast 7 or 8 months, the Summer weather has finally arrived here in England with bright sunshine, blue skies and warm weather.

I know that many readers are blessed with such weather for much of the year, but be assured that in this part of the world it is truly special and something to look forward to and make the most of while it lasts.

On Sunday my youngest son, Declan, will commence a 1000 mile sponsored cycle to raise money for the Wild Futures Monkey Sanctuary who also participate in nature conservation projects around the world. Declan is most grateful for the donations received so far and would very much welcome any more as he sets of on his long and physically very demanding endeavour for animal welfare.

In our Newsletter this week we will discuss what is probably one of the most crucial yet misunderstood words - Faith.

True Faith as opposed to "blind" Faith is one of the very greatest and most Blessed of all Human attributes, and one that should be fully understood in order to achieve all that we wish to achieve, and to attain our full potential as Expressions of Source.

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The meaning of "Faith" has not been truly understood by most people over the last two millennia, ever since orthodox religion seized this word and turned it into a law.

The person and Spiritual Guide who became known as "Jesus" - spoke of Faith probably more than any other word during his ministry - and for very good reason.

True Faith is one of the most Powerful Forces available to us as Humans - as the Realisation our Divine Source of Which we are All Expressions.

Orthodox religion twisted "faith" to imply some abstract, blind acknowledgment of the anthropomorphic deity created by the church for their own purposes and agenda.

The congregation is told, indeed warned, that unless they maintain "faith in God", demonstrated by being loyal to the church, bible and self-appointed "spokesmen", then a terrible, fiery end awaits after "death" and "judgement", which religion has turned into an event to dread instead of one to embrace and celebrate as it should.

So what then really is Faith?

Pistis is a derivation of the Ancient Greek word "Peitho" which means "to wax confident".

Keep in Mind also that Jesus spoke Aramaic which is a totally different language to Greek, and one from which it is very difficult to actually translate - only interpret.

The Old Testament, being written and maintained in a relatively pure state, with no agenda, in Ancient Hebrew, says this of Faith:

*Now Faith is the Substance of Things Hoped For, the Evidence of Things Not Seen* -- Hebrews 11:1

This then is a much more accurate representation of True Faith for reasons we will discuss later and much closer to the word Faith in Ancient Greek.

As Expressions of Source, God, We Share **Exactly** the Same Unlimited, Unrestricted Powers of Creation - more correctly Expression - **All We Ever Need Do Is To Realise those Powers with "Conviction", "Confidence" and Sublime Faith, in Complete Assurance and Knowledge of Our True Divine Nature.**

The opposite of Faith is "doubt". Doubt is a very powerful, but highly negative and destructive emotion, related to "fear" and "apprehension", that effectively blocks or retards the creative, Expressive potential by directly opposing Faith.

Alas many people still, due to millennia of programming and control, find it much easier to embrace fear, apprehension and doubt instead of Inherent Divine Faith.
If only those people would reject fear and doubt to instead embrace Faith with Feeling, Emotion and Passion, then their lives would change beyond imagination to that of Joy, Bliss and Freedom and one of Infinite Potential.

"Faith" is the Energy, the power behind Expressing everything we wish to Experience - effortlessly - and make no mistake - we are intended us to be Effortless Expressions of Creation - as a Expressions of Source the Ultimate Creative Force, and therefore Effortless Creators - "Expressers" of Life and Love.

**Source Experiences Through Us, As Us, Through Faith And Love.**

The person who came to be known as Jesus made this point time and again:

*And the apostles said unto the Lord, Increase our faith. And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you* -- Luke 17:5-6

And:

*And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.* -- Matthew 17:20

Throughout the Bible you will find similar references to both "Faith" and "Belief".

The "secret" to Experiencing Anything Genuinely Needed, Wished For or Desired is therefore very simple but extremely powerful:

Know, With Complete Inner Conviction, Confidence and Assurance that we are an Integral, Divine Aspect and Expression of Source, God, with the same Creative Powers, and that Source will Express absolutely anything, without limitation in to our Experience by virtue of Faith and Freewill with Which Source has Blessed every Human Being

For those that still doubt, consider then again the words of the Master:

*Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faieth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also.* --Luke 12:32-34

By "bags which wax not old" Jesus is stating the powerful truth that the true treasure, the treasure that is Eternal, is Within - not transient, illusory material possessions.
So we should not seek ephemeral material possessions including "money" in the illusory "outer world", but rather seek the Kingdom of Heaven within. However - before seeking to Express anything into our physical Experience, we should always look Within and never without for our True Source of Inner Abundance - With Perfect Faith and be assured that our motive is pure.

The greatest treasure we can have when we pass from this Earth is not all the material things gathered during a lifetime, but rather Everything We Actually Gave - Most Importantly - Of Ourselves.

I hope by now then these Truths are becoming Abundantly Clear to You and of significance in our Personal Life Experience - which we Express through Source.

Do you see now why, in the words of the Master "Your Faith Makes You Whole"?

It makes us Whole because In Reality We Are Whole Already.

**True Faith Simply Emphasises That Which Already Is.**

The "works" come automatically to the Heart that Sublimely Knows, With Perfect Faith.

In the context of the Divine Principle of Faith, our we may include these:

1. To Become Aware of That Which Eternally Is—the Omnipresence of Source.
2. To claim the Good Desired through Faith, Recognition, and Realization.
3. To Unconditionally, Absolutely Accept That Desire As Already Fulfilled - In Full.
4. To Realize Our Oneness with Source Until The Feeling of Fulfilment Arrives.
5. To Know That Which We Need or Desire is Already Ours - Awaiting Expression.

Faith Acts on the Level of Our Inner, Divine Consciousness.

All Life Experience is simply States of Consciousness and Awareness. Nothing can come to us except As and Through Consciousness, Through Mind and Spirit.

**Life Is All That We Are, All That We Are Aware Of, All That We Feel Is True.**

We Add or Subtract To Or From True Faith With every Expressed Experience.

This Level of Consciousness is an Expression of Faith in our own Experience.

Faith Is To Make Source Real - To Realise Source - To Make Source as Real to us as to the person who became known as Jesus.
Where then is Source, God?

**Source Dwells Within Each One Of Us As Us.**

Not "within us" in the sense that He is "within our body" or "brain", but within Our Consciousness - or simply Within.

**We Are All Expressions Of Source, We Are Expression Of God. We Are God.**

Realisation of this Ultimate Truth must bring Faith in our Divine Expressive Powers.

*I And The Father Are One. -- John 10:30*

This is one of the most misunderstood Principles distorted by religion, portrayed to imply to the congregation that Jesus Is The only Son of God.

In Truth he was and is teaching the Ultimate Truth that All Humans - All Life - Are Divine Expressions of God, Of Our One Source.

We And All Life Are Divine Expressions Of Source, Experiencing Ourselves Through Source, As Source, That We May Evolve Towards and Ultimately Realise Oneness With Our Source at the Highest Level - Divine Love.

To this end Source has Blessed us with the "tools", abilities and Freewill needed to accomplish this, Which includes, but not limited to Faith, Freewill and The Potential To Express Divine Love.

When we Understand our Oneness with Source and can not only say but also Believe that "I and the Father are One" - All Things Are Possible.

When we Believe that our Desire is Already Fulfilled, Believe that what we are asking for is Already Ours, and put your Faith to Work - That Which We Truly Desire Must Be Expressed in to Our Experience.

As the Master who came to be known as Jesus shared also with us:

*What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them -- Mark 11:24*

And:

*Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done And all things, whatsoever ye shall ask in prayer, believing, ye shall receive -- Matthew 21:21-22*
The Our Ultimate Reality Newsletters

Now again these have been greatly misconstrued by the church to the extent that the impression has been conveyed that if the "believer" petitions God in the form of a request - a prayer - it will be answered and "given". It will not - not that way.

In Truth, these passages show that if we have a desire, and Think, Feel and Behave As If We Already Experience That Desire - Sublime Faith - so shall it be.

Only worry, doubt and fear can prevent it.

There is Truly Nothing on Earth We Cannot Experience, Nothing We Cannot Heal, Nothing We Cannot Be If Only We Have Faith Enough to Accept the Fact that Whatsoever We Seek is Already Ours. This is the Power of Sublime Faith.

Here then is another Truth.

It is Impossible to Imagine Anything that We Cannot Potentially Experience.

In other words - If We Have The Capacity To Imagine It - We may Experience It.

Faith Is The Power that Expresses Imagination And Desire In To Experience.

Does this mean then that we, as Expressions of Source enjoy Unlimited Power?

Not exactly.

We may only enjoy powers to the extent of our Spiritual State Of Evolution. This why Earth, is a Spiritual "training ground" where we may learn to handle our Divine Powers wisely. Ultimately there is only one way to direct these God-given powers.

Compassion, Love and Unconditional Service To All Life.

As the Master known as Jesus aptly stated:

*I can of mine own self do nothing -- John 5:30*

**Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works -- John 14:10**

In other words, the mortal Jesus stated that he could not "perform miracles" but rather that the his True Powers Were Expressed From Within, Through God.

*All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him -- Luke 10:22*
For clarity, the statement: "Father is, but the Son, and he to whom the Son will reveal him" Reveals the Glorious Truth that The Father and Son - Source and Expression of Source are One and the Same, and that it is the Expression of Source - Humans and All Life - that Shall be the Physical Evidence Of Our Inner, non-tangible Source.

Note: "Son" means "Expression" - it is not intended to be gender specific and neither is it.

We Each Express Source In This Physical Vibration - and Beyond - Eternally.

Dear Reader, I hope now that you have gained a better understanding of The True Power of Faith and Who You And We All Truly Are. When You can Fully Understand, Assimilate and Express This Faith, then you can truly, as the Master suggested - Move Mountains - literally.

Now I have quoted many biblical passages in this Newsletter today, so I would like to make it clear, especially for the benefit of newer Newsletter members that there are no religious implications whatsoever in anything I write. I am simply quoting the words of the Ancient Master - who came to be known as "Jesus" - in His original context and meaning as He always Intended but became twisted by religion.

So should we "have faith in God"?

No.

We Should Have Faith In God - In Source - In Whom We Eternally Dwell.

Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:


And So It Is.

Brought To You In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

First of all this week I would like to thank most gratefully, on behalf of my youngest son Declan, all those readers who have generously donated to his sponsored cycle to raise money for the exceptional work of the Wild Futures Monkey Sanctuary.

I am delighted to report that so far Declan has completed around 600 miles of the 1000 mile journey, with a group of from Wild Futures, and is going well, after various challenges and adventures encountered along the way, mostly mechanical.

I will of course provide an update in our Newsletter next week.

As events in the world inexorably unfold, many can sense that "things are happening" out there, which can often result in anxiety, uncertainty and doubt. Some have more fundamental concerns such as money, health and material provisions.

There is of course a paradox. The more we focus on any issue, whether perceived as "positive", "negative" or "neutral", then the more we will construct internal barriers to Experiencing Our True Divine Nature - Potential, Health, True Joy and Love.

The best state of thought therefore is no-thought at all - but simply Allowing with Faith - as we discussed last week, Knowing Our Inner Connectivity and Strength.

This week then we will discuss, 2012 The Allowing.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

For further reading I highly recommend my book Our Ultimate Reality:

No Human Being on Earth is an "accident of birth" and neither is being born on Earth akin to a "lottery" where some are born in to "fortunate circumstances" and others in to "less fortunate circumstances".

Every Life has a true purpose, meaning and potential to learn those lessons and gain that Experience needed in order for the Higher Self to become more Complete.

No Human is ever, ever placed on Earth in to circumstances over which they cannot prevail, learn and Spiritually Grow from - no matter how challenging it may seem.

Challenging circumstances mean, quite simply, that we have it within us to Prevail.

When the Individuality of our Higher Self incarnates a new Personality - our Present Focus - into the physical world, it is always in full knowledge of who our parents will be, what challenges may be faced with, what, if any special missions and objectives we must accomplish, and the inherent means through which to fully realise these.

Again, because this is crucial - no personality ever arrives in to this physical vibration of Earth into an environment over which we cannot fully prevail over all challenges, and/or with a particular mission, reason or objective over which they cannot fulfil.

**Our Present Experience is Perfectly Suited to our purpose in this Life.**

When a feeling of "hopelessness" descends, it is because we have "sabotaged" our own Divine Connectivity, Powers of Expression and Being through the seemingly relentless demands of the Conscious, Ego Mind - which we are here to subjugate.

We are all Expressions of Source, Supreme Intelligence, God if you prefer, Always Expressed Perfectly in all Spheres of Experience and "Reality" with Unconditional, Divine Love and the Natural, Instinctive, Intuitive desire to Evolve Within, Spiritually, ultimately completing the Path back to Source as a Perfected Expression of Source.

This is indeed the absolute Ultimate Meaning Of All Life - "Sentient" or otherwise.

**We Are All Eternal, Immortal, Spiritual, Divine Beings Joyfully Travelling The Glorious Path to Unite With Source Who first "gave" us our Gift of Life.**

Over the years, as so often happens towards the conclusion of each Human cycle, humanity has steadily, and increasingly turned its back on Our Divine Source, our Creator, God, towards an alternative, darker existence, often involving materialism, dogma and indoctrination, through contrived anthropomorphic deities, becoming the "slave of mammon", at the mercy of those who seek power and control.

People are influenced by such erroneous factors such as what is expected by those around them, the pressure to conform to socio-economic demands in accordance with
contrived sets of human created rules and expectations, and the overwhelming desire to satisfy the demands of vanity and the Ego before family, friends and peers.

It is only when an individual realises these truths and has the courage, strength and fortitude, all of which will be fully supported by Source Energy, and to confront them, can that individual may freely embark on the Path of True Freedom with True Joy, Meaning and Purpose through Experience.

In order to achieve this state of awareness it is necessary to consciously become an "Open Channel" through which the Universe, The Source, God may Fully Express.

This includes Always Being Totally Open to the Universe and acting accordingly in the same direction free of the demands of the Conscious, Thinking Ego Mind.

Many people today unfortunately do exactly the opposite, always endeavouring to conform to society and live up to the expectations of others, the pursuit of material gain, and forcing themselves in such a perceived direction through physical means.

Instead of Being an Open Channel, an Expression of Source and of Higher-Self, they simply "think" about everything with a desire to physically "do" things in an attempt to force things the way they "want" or think they need them to go, which very often is totally contrary to the Knowledge of Higher Self and Flow of Source Energy.

Quite simply such people have failed to “Let Go and Let God”, the only outcome of which is anxiety, suffering, and failure to achieve Full Joyous Potential and Evolution.

In the 21st century, "society" is still operating a system of power, control and oppression that has been in operation for many centuries, trapping people from a very young age in to an insidious cycle that precludes Joy, Freedom and Evolution.

A child is taught from birth to focus on the five physical senses, learn "skills", and provided with the tactile "toys" to facilitate these - and to behave in a certain way that precludes maintaining their still strong connections with Higher Self and Source.

Later children are taught to treasure material things, again through older toys and more recently video games that symbolise this, representing what their parents hope they will materially become, often hoping their children may achieve that which they never could or did, but while still indoctrinating them as they were once indoctrinated.

There is also a gender differentiation whereby boys are given "macho" toys and video games that represent war - GI Joe in the US, "Action Man" in the UK, whereas girls receive the symbols of domestication - dolls, dolls houses, toy kitchens etc.

This is all part of the programming which can only lead away from Source Oneness.
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 food and shelter for the next 50 years, with a couple of days off per week to recover, before "retiring" on a "pension". However, the physical body, Mind and Spirit has often been traumatised to such a degree, that the best they can hope for is to live out the remainder of their lives, simply surviving in a non-caring world, often with just enough to eat and stay warm - sometimes even this is not the case.

From the moment of birth the highly malleable Mind of most children is shaped by parents based upon their own perception of what life “should be all about”, religion of the parents that goes back many family generations, usually based upon their own circumstances such as type of "job", type of neighbourhood to live in and many other factors based only upon the aspirations of parents, relatives, peers and others.

Many children are taught that it is wrong to aspire to a situation that is outside of their “station in life” and that they should instead focus on the lifestyle and religion that their parents have always accepted as "true" - based upon their own experiences.

The Mind of a young child at both Conscious and Subconscious levels is highly impressionable. It does not take many years of having the ideals of parents and society imprinted upon the subconscious, for the child to accept it as true. From that point onwards it will become the reality of the child just as it was for the parents.

Sooner or later, "old-age" and failing health finally takes its toll and the welcome release back to the non-physical worlds once again seamlessly takes place.

Once the transition to the Astral worlds has taken place during the process known erroneously as “death”, the Soul Personality will have every opportunity to reflect on what might have been for that most recent Earth Experience, realising what was not accomplished and why, but at least learning those valuable lessons to contribute to Higher Self that they may not be repeated by another Higher Self Personality.

However - all new parents have the glorious opportunity to show their children the True Path and Source of Inner guidance and Freedom to find and realise that Path.

Everyone has the Power to change their own Experience - In A Moment.

There is only the Eternal, Present Moment of Now - nothing else matters.

Whatever our current circumstances, we can commence Change - Now.

The beauty of this process is that it should be so Divinely, Joyfully simple - Effortless.

If we endeavour to realise the object that which we desire by "effort", in other words by "thinking" then "doing" some-thing, or by attaching expectations or pre-conditions, then we are much more likely to block the desired outcome.
It Is Only Possible To Realise Genuine Desires Through Simply "Being".

Again - we are Human Beings - not Human Doings.

This applies at every level of Human Experience - even "Enlightenment".

Those who strive to achieve Enlightenment can never attain Enlightenment.

Enlightenment is an effort-less State of Being, not a state of "striving" to "achieve" it.

This is perfectly encapsulated in Zen.

Zen - the "practice" of Zazen - of Simply Being - whereas Buddhism is often a culture built on rules, philosophy and practice based on "doing" and "adherence" to rules.

Around 2500 years ago, Prince Siddhārtha achieved Enlightenment, not through the philosophical practice that became "Buddhism", but through dedicated Zazen.

Prince Siddhārtha shunned the trappings of his royal birth in the realisation that only by Sitting and Purely Being can anything True and Worthwhile be Fully Realised - including Enlightenment - again Which is a Path, not a definable objective.

So again, it is crucial to note that Prince Siddhārtha, in the practice of Zazen, was not "trying" to become Enlightened - that is impossible - he was simply practicing Zazen which is, in and of itself, a Path of Enlightenment - not "to" Enlightenment.

During Zazen the Buddha State of Being is Experienced. Buddha is simply a Symbol for the Experience of Being. Enlightenment is that Journey - not Enlightenment itself.

"To" implies a start and finish, a beginning and an end - these are dualistic ideas.

In Being, All Is One and Now. There are no "paths", only the Moment Of Now.

Zazen is not a really "practice". To "practice" is to "do" rather than to Be.

Now I mention Zazen only because it is pure, and a phrase that anyone me research for themselves. Ultimately even "Zazen" itself is simply a name, a label, arising out of a need to identify with something that can never be identified with.

Just as we All inherently Encompass and Express our Source, Divine, "God-like Nature", we also Encompass and Express "Buddha Nature" - indeed they are one and the same. We also inherently Encompass and Express "Christ Nature".

So how then may we proceed within the context of this seeming paradox?

To answer this question we must once again review the Ultimate Divine Truth.
The Our Ultimate Reality Newsletters

Every Human Being Is An Aspect And Divine Infinite Expression of Source.

We Are Already Whole. Lack No-Thing - We Already Encompass All That Is.

We must simply become Aware, in order to Experience.

Our Experience therefore - that which people call "Life" - is simply that Aspect of the Whole that we have already Allowed to Express to our Consciousness - Experience.

The More We Allow Source to Express Through Us, The More We Experience and The More Perfect And Complete Is That Experience, Because Source is Inherently Perfect Divine Love.

Now, the main barrier to this process is the Conscious, Ego Mind which always thinks it "knows better" and will make our life a misery unless we obey its demands.

The Truth though is this.

Higher Self - Aspect of Source - Already Knows Everything Each Of Us Needs to Experience Absolute Joy, Fulfilment And To Gain The Necessary Experience Towards Further Evolution On The Divine Path Shared By All Life.

Source Expresses Through Us, As Us, That We May Experience Divine Love.

I can of mine own self do nothing -- John 5:30

Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works -- John 14:10

All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him -- Luke 10:22

In other words - Source Reveals Source, Through Us, As Us.

The "Father" can however only "Doeth the Works" if we First Allow.

The Conscious, Ego Mind can and will block Source due to the fact Source has blessed us with Freewill, the tool of the Conscious Mind, which over-rides all else.

So if we choose to exert our Will at a physical level to consciously "do" or "get" something, then Source cannot Express Perfection a through us - unless we Allow.

So what then does this mean?
The Our Ultimate Reality Newsletters

By sideling the Conscious, Ego Mind, we Realise and Experience Our Desires, our Needs, and Well-Being, but Allow Expression of these, to the extent of our Faith.

It is all about **Allowing** Source and dis-allowing the control of the Ego Mind.

**We Are Expressions Of Perfection. When We Allow Source To Freely Express Through Us, Our Experience Can Only be Perfect** - nothing else is possible.

Remember again then the words of the Master:

*Which of you by taking thought can add one cubit unto his stature?*  -- Matthew 6:27

How True this Is. "Thought" is only of the Conscious, Ego Sphere Of Mind.

When we cease "thinking" and start **Allowing** - Allowing Source to Bring to Us the Realisations of our True Needs, and then Allow Source to Express those True Needs Through us supported by True Faith, our Life must be Perfect - it can be no other.

I realise for most, this is not an over-night process, but the sooner we transcend our Conscious Mind thought processes, to simply **Feel, Know and Allow** using our Emotional Guidance supported by Faith, the sooner our Experience must be Perfect.

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And So It Is.

In Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

As we progress towards this middle of this iconic and pivotal of 2012, the culmination, pivotal point and Transition of one great Cycle of Human Evolution to the next, many feel the changes at many levels, but as yet cannot define, or in many cases explain what they are feeling.

The reality is this. The Human race, and all life on Earth are experiencing a confluence of Divine and Cosmic Energies from numerous origins which are becoming stronger and more focused in every moment.

Many of these Energy Sources may be observed in the sky, for example the recent cosmic alignment of Earth, Moon, Sun and The Pleiades, notably of Alcyone. This week many were blessed to see the transit of Venus across the Sun, which is a very rare event, the next not taking place until 2117 when Humanity will be very different.

In addition, less obviously, ancient monuments, the purpose of which was previously unknown, are transmitting Energy in harmony with each other and increasingly so.

Much more can be said about these Energy Sources, their origin, purpose, timing and so on, but this will be the subject of a future, full Newsletter.

For now, when we feel the influence of these Energies, however subtle, we should welcome them knowing positive and lasting transformation is taking place, and that we should feel very Blessed indeed that we are here on Earth to fully participate.

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For further reading I highly recommend my book Our Ultimate Reality:

Every Human Being, very form of Life, every Expression of Source is in truth a discreet Energy field, within the Great Energy Field, the Resonation and Vibration of which identifies each Expression of Source with totally unique characteristics.

While resident within the physical and so called Astral Spheres of Energy, each unique Human Energy field experiences it-Self through the medium of "form" - the most obvious of which is a physical body with "material" surroundings and so on, with material needs, but when we Evolve beyond this level, within Spiritual or so called "Mental" Spheres, we only Experience ourselves in our Native Form - a single point of Energy of Immense Consciousness, beyond all concept of material body or "form" while also Experiencing the Divine Energy of Source, of God and All That Is.

Of course, every Human Being must first Experience an Evolutionary process, from which in order to reach that point, through the medium of "form" and "function".

If a Human were to be "thrust" suddenly and directly from the physical world to the Spiritual/Mental Spheres, simply Experiencing as a point of Energy of Infinite Consciousness and Connectivity - even if this were possible - that Human could not possibly withstand the Experience or the Vibration with potentially devastating consequences. This is why we must Spiritually Evolve through all stages, the next not being possible until the previous stage has been fully completed in every way.

Our True Spiritual Self, the Individuality, is what we call our Higher Self. Because it is not possible to achieve the entire Spectrum of Experience on Earth within the temporal limitations of a single "lifetime", the Higher Self must send countless "Personalities" to Earth or another planet, each of which is Experienced as a single "lifetime". This process continues this physical, temporal level of energy until that level of Evolution is complete, and therefore Higher Self is complete - at that level.

Every Higher Self will Experience a "Master Incarnation" - this is the Personality, Human on Earth, who finally completes the overall mission and objectives of Higher Self and thereby transcends the need to send any more "representatives" to Earth.

Although we Experience every Personality, every life on Earth as ourselves, as we are Experiencing it now, The Higher Self assumes the identity of The Master Incarnation through which the next phase of Spiritual Evolution will be Experienced.

So how then does this relate to the subject of Resonance?

Well, no matter how we perceive our physical body on Earth, and then its reflection in the Astral, we remain unique Energy Fields, sensitive to all other Energy Sources.

Like a tuning fork, when a vibration is received, we Resonate in Harmony with that Vibration, whether aware of it or not.

This applies equally to the Human Race as a whole.
Every High Vibration, the Highest of Which is Divine Love, resonates through all Humans, thus raising the frequency to a slightly Higher Level than before.

Similarly, every low Vibration, such as hate, also resonates throughout Humanity, thus lowering the overall Vibration of Humanity to that extent.

Ultimately then, Humanity is engaged in this ongoing "battle of Vibrations", in duality terms the battle between the "forces of Light" and "forces of dark", which will ultimately, in biblical terms, culminate in a Singularity known as "Armageddon" - which is not always cataclysmic - from which all Vibratory Frequencies are reconciled in that Moment, defining the beginning of the next Evolution of Humanity.

A cataclysm only occurs if the predominant Vibration of Humanity is sufficiently low.

The Highest Vibration of All is Divine Love, the Love of All Creation, which is also the most powerful by far. So every Expression of Divine Love will overcome countless Expressions of a lower emotion such as anger, malice or hate.

In biblical texts, the Universe came in to Being with the words "Fiat Lux" - "Let There Be Light."

This is a mistranslation. It should read "Let There Be Love". Divine Love is the Highest Expression of Energy Which Created and Now sustains All That Is.

We are here, on Earth, to Express, become, and therefore merge with the ultimate Creative and Sustaining Power of Divine Love.

Of course, the Vibrations of Divine Love and abject hate are the extreme polar opposites - there are many Vibrations in between as well as those in the middle.

Every act of Love, on any level - Joy kindness, service, consideration and so on - will raise the overall Vibration of Humanity to some extent. Likewise, every act of hate, selfishness, greed, malice etc will lower the overall vibration to that extent.

So, as Human Beings, we must always be on the side of Divine Love to Evolve.

Now - I receive numerous emails from readers who wish to be of Service to Humanity in some way - which is wonderful - but the question I receive is always the same -"What difference can I, as a single individual in my situation do"?

Well of course I personally feel most Blessed indeed to be in a situation to reach so many people, maybe even millions over the years, through my books, Newsletters and so on, and have the opportunity to bring Joy and other things to so many people. Yet with it is a great, sobering and humbling responsibility, because the chances of invoking lower emotions as well as higher emotions are magnified immeasurably.
I am personally karmically accountable for every word I write and for the thoughts, feelings and emotions those words may invoke within the people who read them.

I know that, particularly in 2011, I did not always get it right, and trust me Dear Reader, I remain totally responsible and fully accountable at every level - and that is the way it must be. No one is excused, and the more we should "know better", the more karmic are the consequences. I fully accept that, with Joy and Gratitude.

At a personal level, as a Human Being on Earth, no matter our situation, we still carry with us the same responsibilities, not only to ourselves and those around us, but to the entire Human Race.

No matter our situation in life, our challenges and responsibilities, it is our most Divine duty to always remain on the side of Loving, Compassion, Giving and Service.

Even if you think sometimes get it "wrong", if your motives are pure and from the Heart and well meant, there will be no karmic consequences. But we can never "try" to attain or remain on the side of Divine Love - nothing worthwhile ever comes of "trying", and usually in fact the opposite is true. We must Become that which we would wish to see in the World and wish to perpetually Experience for ourselves.

There can never, ever be any "leaving it to others" We Are The "Others" as well.

We can never, ever decide to be Divine Love, and then do and say only those things we believe Divine Love represents. Divine Love may only be fully Experienced when it is actually Experienced - and that is a journey, never a plan or set of conditions.

**We Must Become That Which We Wish To Experience**

Every Human Being is akin to a Radio transmitter and receiver in the same Moment.

Like a radio, we may choose which frequency we wish to tune in to.

If we choose to only tune in to those "channels" which transmit fear, uncertainty and doubt, then we will resonate at the same frequency and will project that frequency.

If however we choose to only tune in to channels which convey messages of Joy, Love and Hope, then we resonate that same frequency, and transmit that frequency.

There is always a choice, which is why, as Humans and Divine Expressions of Source, we are truly Blessed With Freewill. But with that Freewill also comes great responsibility to ourselves, to those around us and the Human Race as a whole.

So - while may not "try" to be on the side of Divine Love, we can begin to resonate more and more strongly with the Frequency of Divine Love - which is the Highest - and in so doing we become that in to which we are attuned. It is still a Path though.
Of course, Love itself has many levels and stages, all of which are on the side of Divine Love - nothing else is possible. Love of Life, Love of Our-Selves, Love of Animals and Nature, Love of Service to others, Love of Giving Unconditionally, Love of our family and those around us, no matter their own personality and actions, even Love for those in "power" who would seek to use and exploit us - this is all Love.

So, in conclusion, as Vibrant Divine Field of Resonating Energy, transmitted to the entire Human Race, particularly in these Transitional and Pivotal times, all we must ever do, in any moment, is stop, relax, breath, and ask - Am I resonating in tune with Love. If not, stay where you are, clear your Mind, forget your surroundings and situation in the Moment, and feel the Resonation of Love - there is plenty of Love Being transmitted from Source outwards, all we must do is to become attuned to it.

The more we become attuned to Love, the more extensive, complete and pervasive that Highest Resonance becomes, and the more difficult it can be to Live up to.

This however is a Blessing. Divine Love, the Highest Expression of Love is never simply "given" to us. We are here on Earth to attain Divine Love. This Enlightenment.

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For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

in Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

First of all this week that I am delighted to report that my youngest son, Declan, who is 19 years, successfully completed his sponsored cycle, the entire length of Britain, to raise funds for the Wild Futures Monkey Sanctuary and Conservation efforts.

Declan wishes me to thank you all for your most generations donations which will go towards this exceptional cause. He and the other cyclists experienced many adventures along the way as well as extreme weather conditions at times. Declan will be writing a full account soon, and when he has done so I will make it available.

For Declan, this was not only about raising funds for this excellent cause. This was an experience he will never forget, and above all he discovered greater depths within himself - and experience that can do this is valuable beyond money.

This week we will discuss a subject that many find extremely hard to assimilate, largely due to the indoctrination of some religions - that Humans are Divine within.

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One of the Greatest Truths, yet one of the most difficult for people to come to terms with that is every Human Being on this planet, and elsewhere are "God Incarnate".

Every Human Is Divinity seeking Experience and Realisation through a "mortal body"

God Expresses Through Us, As Us.

Why then is such a profound truth so hard to accept for many?

Well, one of the main reasons is that some orthodox religions seek to deify "God" for their own purposes and agendas, and is depicted as a vengeful, capricious, often angry, sometimes benevolent anthropomorphic entity who we are supposed to "worship", beg
favours and seek forgiveness from, lest we suffer some form of "Divine Retribution", the most feared of which is, upon "death", being "cast down" into some cruel, fiery, tortured "hell" for eternity with no prospect of "forgiveness".

Believing this is probably in fact the ultimate form of self-destruction, because, by abrogating our Divinity in this way to an external entity, we may never realise and attain the very Reason For Being - to Realise God Within and to Express God on this planet through Divine Love, Compassion and Service. When we Love and Serve "others", Unconditionally we Serve God, Source. This is the ultimate Truth.

The irony is that the Spiritual Master known as Jesus, as well as the Enlightened Spiritual Cultures of the ages, all taught these profound Truths relentlessly.

I have quoted these following examples many times before, and shall do so again:

**Christianity:** “*Neither shall they say, lo here! or, lo there! For, behold, the kingdom of God is within you*”. -- Luke 17:21

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

**Buddhism:** “*Look within, thou art Buddha*”.

**Vedanta, part of Hinduism:** “*Atman (individual Consciousness) and Brahman (Universal Consciousness) are One*”.

**Upanishads, Hinduism:** “*By understanding the self, all this Universe is known*”.

**Yoga - Sanskrit - "Yoke" - Unite/Union:** “*God dwells within you as you*”.

**Confucianism:** “*Heaven, Earth and Human are of One Body*”.

**Christianity:** “*On that day, you will know that I am in the Father, and you in me, and I in you*”. -- John 14:20

So you see, the Truth has been taught throughout the ages as self-evident.

All of these religions and Spiritual traditions, as well as the more mystical and esoteric ones, whether the Kabbalah, I-Ching, Tao Te Ching - or any of the "Chings" - "Ching" means "Great Book" or "Great Work" - the Upanishads, Gitas and other great Sanskrit works, the Yoga’s, as well as the Bible and the Quran - all teach the same Truth ultimately - **The Way - The Path - To Realise Divinity**.

Tao Te Ching is also known as "Daodejing", which means "True Classic Book Of The Way And The Power".

Many instinctively rebel at the thought of saying, or even thinking "I am God".
Well - of course - just saying it really means nothing unless we actually Know and Feel it True at every level, completely, otherwise such a statement simply comes from the Ego and may only serve to invoke ridicule from others - and rightly so. The fact is - anyone who Knows and Feels this from the very core of their Being, would never, ever make such a statement in the first place - there would be no need to.

Yet, at the same time, if thinking this with sincerity invokes an inner rebellion against its voracity, then in Truth we are rebelling against God, and the Divinity Within Us.

Why then is this? What invokes within us this apparent paradox and contradiction?

Well because we may never suddenly "become God", we may only ever, through Experience and Inner Development, Realise "God Nature" - which is the same as for example what Buddhists call "Buddha Nature" - thus allowing God, Source, the Divine, to freely Express through us without lower, conscious, Ego Mind intervening.

Completely subjugating the Ego is one of the very greatest challenges facing every Human Being - which is why we are here facing these challenges, which are never-ending while here on Earth and other planets designated for this purpose.

In Buddhism, the aspirant is advised that they should free themselves of:

Desire/Greed - including the perceived "need" for physical possession.

Anger/Hate - and all other impulsive emotions arising from the Ego.

Illusion/Delusion - which means "seeing" things as they Purely and Truly Are beyond the "filters" of the rational, logical, questioning Ego Mind.

This is to be liberated from all worldly distractions, and Truly Free to Express Divinity in its Highest and most Blissful form - the Highest Expression of Which is Love.

I would like to share with you a "prayer" that I was "given" a couple of years ago - not by anyone on Earth - to share with All - which I did in a Newsletter at that time.

This prayer is not for me, it is for everyone, to share - that was made totally clear.

This prayer is to invoke deeper levels of Knowing and Self-Realisation and at the level in which the individual may do in accordance with their Spiritual State of Being:

The prayer is called "God Is, Therefore I Am".
God Became I That I Could Become God, Therefore I Am God

God Is All, I Am God, Therefore I Am All

God Is Mind, I Am God, Therefore I Am Mind

God Is Light, I Am God, Therefore I Am Light

God Is Love, I Am God, Therefore I Am Love

God Is Infinite, I Am God, Therefore I Am Infinite

God Is Eternal, I am God, Therefore I Am Eternal

God Is Perfect, I Am God, Therefore I May Realise Perfection

God Expresses Through Me, As Me, Therefore I Express God

God Is, Therefore I Am

And So It Is.

Now again, this is given for all - it was not given for me but to me to share with all.

I intend to make this in to an MP3 which I will make freely available when ready.

This prayer works in the same way as the Sanskrit Mantras, which have been used throughout the ages, often with magical and transforming effects on the practitioner.

It works in the same way as the Buddhist Mantras, and those of many other Spiritual traditions, all of which have one purpose - so subjugate the Ego and Realise Divinity - Our True Self - not the mortal shell and rational thinking mind associated with self.

The word "I" in the first person, is crucial because this is the "Divine I Am". It would not be effective to move this prayer to the "third" person such as "We" or "People" because that would introduce a duality and therefore and inner conflict and denial.

"I" is the same as "We", because beyond the Duality, the Illusion, the Delusion, There is Only One - We Are All One, All Life Is One, All That Is - is One - With Source, God. There Is No-thing Else.

Any other is to be remain in the cycle of illusion, delusion, of Ego controlled duality.
This is crucial during these Transformation, Pivotal times as we conclude this Cycle of Human Consciousness to merge seamlessly with the "next". I would add that there is no "this" and next" - even this is a duality - it is really a Continuum of Mind and Consciousness which may be Transformed, but never terminated or destroyed.

Let us conclude therefore by briefly looking at each line of this prayer.

**God Became Me That I Could Become God, Therefore I Am God**
Affirms Our Reason for Being - For Living - For Being Blessed With Life.

**God Is All, I Am God, Therefore I Am All**
Affirms Our Oneness of Being - With All That Is, All Life - And With Source.

**God Is Mind, I Am God, Therefore I Am Mind**
Affirms Our Fundamental Means of Expression. All Mind Is Source Mind, One Mind.

**God Is Light, I Am God, Therefore I Am Light**

**God Is Love, I Am God, Therefore I Am Love**
Affirms Our Highest State of Being - Realising and Expressing Divine Love on Earth.

**God Is Infinite, I Am God, Therefore I Am Infinite**
Affirms Our Omnipotent, Omniscient and Omnipresent Nature - To Be Realised.

**God Is Eternal, I am God, Therefore I Am Eternal**
Affirms Our "timeless", "space-less" Nature - Beyond The Temporal Duality of Ego.

**God Is Perfect, I Am God, Therefore I May Realise Perfection**
Affirms Our Inherently Perfect Nature. We May Never Achieve True Perfection on Earth. True Perfection may only be attained at the end of the Path - Unity With God.

**God Expresses Through Me, As Me, Therefore I Express Experience**
Affirms Our Source of "Power", Inspiration, Love - Expressed Here Experientially.

**God Is, Therefore I Am**
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Affirms Our Inherently Divine Nature - Who We Are - Eternally - As One.

Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

in Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy and Abundant week.

Well - 21 June was the first day of the Summer Solstice, traditionally an extremely important day to the ancients whose traditions are still observed today in many parts of the world, including the thousands gathering at wet Stonehenge, here in England.

The weather here has been most un-Summer-like with more rain, wind and cloud in a few days than I can remember - many places under water - it has been this way for weeks and there is no sign to an end in the next month at least. But we should always remember that the Solstices and Equinoxes are not about "switching the weather on and off" to conveniently suit the seasons and our expectations, but rather represent Divine Cycles of Life - some so small or so large we cannot detect them, but always present nevertheless - here on Earth and beyond. These Cycles are really about Life, Mind, Consciousness and Spirit in constant growth and renewal.

2012 is special because it not only symbolizes Transition to the next Evolution of Human Consciousness, but also the Transition of a 26000 year "Cosmic Super-Cycle" and 225 Million Year "Galactic Year" - a very special convergence with the Potential for Great Change the Mayans and many other ancient cultures recorded.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:


One of the major issues on Earth today is that so many people still believe that Earth is the beginning and the end - we are born, live out our lives and die - to oblivion.

This is one reason why such people are so materially focussed, wanting only to "make the most of it" through grabbing wealth, material possessions, gratifying the physical senses and so on, in a very self-centred way, that precludes actually giving, service to others before self, respect for Earth, nature and all Expressions of Life, and generally living in a very self-centred, Ego based, narrow sphere of perception.

One of the wonderful aspects of this Transitional Era in which we are Blessed to Experience here however is that millions of people are awakening to a much greater reality, in full acceptance that "death" is a new beginning, not an end, and are
understanding that how we live our lives "here" is the major determining factor as to the
what we may Experience after we leave Earth for another Sphere of Life.

This awakening is manifesting in many different beautiful ways. War for example is now
mostly restricted to localised tribal conflicts with the exception of the global agenda of
the hegemon which we will not go in to further - but will soon be over.

Not so many decades ago, people would travel to Africa and other wild places of natural
beauty to shoot and kill animals with a gun, and return with the heads of these creatures
as a trophy. These days people travel to the same places and shoot the animals with a
camera, that they may bring the pictures back home as a constant reminder of the
beauty and harmony of these animals in their natural environment.

Yet millions of others are taking this respect for life a step further, and instead of seeing
animals as a source of food on supermarket shelves, are turning to adopting a
Vegetarian and increasingly Vegan lifestyle, from the abundant harvest of Earth.

Aside from these, there is an ongoing Spiritual Awakening or at least awareness.

From the numerous emails I receive though, there is still much misunderstanding about
the Nature of our Journey as it relates to the "bigger picture", which, although not
absolutely necessary to understand yet, does certainly assist in Awakening.

One of the main such questions is about the subject of "reincarnation", which is actually
a misnomer as well as misunderstanding.

The popular perception of "reincarnation" is that we are a "singular entity" which lives on
Earth, dies, goes "somewhere" to rest and review that life and so on, before returning
here again for another Earth Experience.

While this is flawed on many levels for reasons we will discuss later, I must add that
there are many other Beings in the Universe of All That Is, not of Earth, whose Higher
Self does technically gain Experience in this linear way - but not Humans.

In considering these matters, we must first take in to account that "time" as well as
"space" is an illusion/delusion - we have discussed this before in Newsletters and will no
doubt do so again. Beyond the illusion there is no "time" therefore there can be no
absolute "sequentiality" - that which may appear "linear" is actually concurrent.

The Primary Aspect of Who We Are - which we have discussed in previous Newsletters
and no doubt will again - is the Higher Self.

The Higher Self is our "I There" - our Individuality - our True Being - existing, before the
Cycle of life on Earth is completed - as an uncompleted "work in progress".
It is the Higher Self who was Expressed as an aspect of God, Source, in the "beginning" - not individual Humans on Earth, although, as aspects of Higher Self individual Human Beings are still an aspect of God, Source - there is no separation.

It is the Higher Self therefore, faced with the Divine Mission who chooses the "physical Universe" "route" as a "fast-track" to further Spiritual Evolution - many Higher Selves "balk" at the prospect, and are content to take a less dramatic route.

While Earth-life may seem "harsh" therefore, we should be Blessed that we have the opportunity to contribute to Higher Self - our Spiritual "I" - in this Divine Journey.

While Life here may often seem "tough", the "rewards" are Truly Great, although we should never, ever allow this to influence us in any way. We can never achieve anything worthwhile with an "ulterior motive", because such motive would be totally contrary to the reason we are here in the first place. We Can Only Be, Never Try.

Before the Higher Self becomes a completely integrated and autonomous Being - at least at that level - which in the grand scheme of things is still a beginning - Higher Self must first gain a complete spectrum of Experience in the "physical" universe - Earth or other planets of both - before gaining the Spiritual Maturity to assume Greater and far more profound roles at a much Higher Vibration. Only then may the Path truly begin, Higher Self assuming the Identity - Individuality - Unique Energy Configuration of the Personality incarnated on Earth who completed this "mission".

We here phrases such as "past life regression" and so on, but this implies a linear model of incarnation on Earth, which simply is not True. No Personality - incarnation - can possibly have knowledge of another aspect of it-self, because there isn't one.

Each Personality is an autonomous aspect of Higher Self - which is the way it must be, otherwise, any actual knowledge of "previous lives" would compromise Freewill.

Now - "past life regression" does in fact have a basis, which we will not go in to today. Suffice it to say - there are two possibilities to explain this. The first is that beyond space-time, because all "lives" are concurrent, a person, under "regression", can access the residual energy signature of another concurrent incarnation - similar to "remote viewing" but not the same - and thereby gain access to that information.

The other possible and most likely way is for the person under "hypnotic regression" and therefore expanded state of consciousness, may access his or her own Higher Self, and thus retrieve the knowledge of "alternative lives" through that source.

Anyway - I mention this only to highlight the point that "incarnations" are not linear.

To illustrate this, I will now turn to a metaphor that I often use - the humble Apple.

If we let the Apple then represent the Entire, Complete "Universe" of "All that Is" - "All in Creation" - Source Mind - God if you prefer - then this is what we may observe:
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At the very "Core" of the Apple is "Source" Energy, First Cause, Source Mind, - Supreme Intelligence, God - at the very highest Energy Frequency of Vibration, Vibrating at such a frequency and amplitude that Source may be regarded as static.

This is akin to a spoked cart wheel - the faster it spins the less visible the spokes become, until upon attaining a certain speed of revolution, the spokes seem to become invisible. The humble cart wheel is also a useful metaphor as we will see.

The physical Newtonian Universe of "matter" may be represented in this model by the very thin outer skin of an Apple, analogous to the point or moment at which Energy Vibratory Potential slowed to a frequency at which it achieved the Potentiality, but not the actuality, to differentiate in to what humans now regard as "matter" - "frozen Light" as David Bohm metaphorically suggested - still an illusion.

Between the skin of the Apple and its Core we find the flesh of the Apple.

The flesh of the Apple is analogous to the vast majority of "All Creation"- the 99.99999%.... of Energy spectrum between the Apple skin and the core - Source.

Let the flesh of the Apple then represent the Infinite Continuum of Energy, at increasing Vibratory Frequency, and narrowing amplitude, but with Infinite Divine Potential, existing between the skin of the apple and its core, where may be found the Infinite and diverse Spheres of Life, Mind and Being far beyond the reach of normal conscious human perception and certainly that of any scientific instruments.

Now again let me stress again that in applying numbers, limits, and even words such as "the" are in and of themselves fundamentally flawed in duality, because ultimately we are referring Only to the Infinite. These words will however suffice in the interests of understanding, and in the complete absence of more appropriate language.

Most mainstream science still denies the existence of these Higher levels of Energy and Vibration, because they can neither be measured, substantiated or otherwise quantified by the physical instruments upon which their entire paradigm depends.

As previously mentioned, quantum scientist David Bohm was a notable exception.

His thesis on "Wholeness and the Implicate Order" and subsequent work and writings, remains a practical conceptual model - in the interests of understanding and the parameters of conceptual comprehension - of all "Creation", taking into account Spheres of potential beyond the notion of the three dimensional, fixed, rigid, Newtonian model of the physical Universe embraced by the physically oriented sciences. Indeed Bohm later even takes into account in his model, Consciousness, which, with Mind, is Principle, and without Which nothing could or would exist.

Just under the skin of our metaphoric Apple then lies the Etheric Sphere of Energy.
This is where people first find themselves after the change known as "death", and also the realm of the entities known as "ghosts" - which is another misnomer because they are "real" people, departed human beings - who have become "stuck" for various reasons - usually due to some form of emotional attachment to Earth.

Just beyond the Etheric Spheres of Energy Frequency lies the so called "Astral" Spheres. It is to these Astral Planes of Energy that humans usually transition after leaving the physical body after the change known as "death". The Astral spheres are sometimes therefore, referred to as the "Afterlife" or much more erroneously as "heaven" - only because it seems like "heaven" by comparison to life on Earth.

Without becoming too deeply involved in our Apple metaphor, and beyond the scope of this discussion, suffice it to say that it is the destiny of all humans to commence the Great, Divine Journey at the skin of the Apple - analogous to Earth or other physical planet - as fragments or aspects of Higher Self, and to Evolve through the seamless layers of the "flesh" of the Apple - representing Energy at increasing Vibratory Frequencies, reducing amplitude, and increasing "resolutions" - like more pixels - until finally, through the process of Evolution and Perfection, the Core of the Apple from Whence we "came" in the "beginning" is ultimately attained, and with it the potential to mystically reunite, or "merge" with Source Mind - Divine Love.

It should noted, that many religions and traditions affirm that we are "made in the image of God". This is True. But each incarnation is made in the "image" of Higher Self. So - The Universe is an "image" of All In the Universe - just like a Hologram.

**Every Particle In Our Body, The Energy Field of Our Soul and Spirit Integrally Includes - And Is The Whole Universe - All That Is - God, Source - With Exactly The Same Potential - That Must Be Realised As Our "Prime Directive".**

This Evolutionary Process takes place as Experience assimilated through the Complete Spiritual "I", giving rise to ever increasing degrees of Perfection and Realisation of Divine Love, and thereby the corresponding increase in the Vibratory Frequency and Resolution associated with the Unique Energy Field that represents and identifies Who we "Are", until ultimately, it approached that of God, Source.

Individuality, within the context of The All, is represented by our Unique Energy Configuration - our Unique Energy Field - which continually changes in Nature, Purity and Divine Love, Increasing in Vibratory Frequency as we Evolve through this process of Purification, Perfection and Divine Realisation to Mystical Divine Unity.

As Individual Energy Field Increases in Vibration, Transition automatically continues to the corresponding Sphere of Vibratory Frequency, thus facilitating a seamless and automatic progression of Individual Evolution, which is always Perfect in Nature.

This then is the solution of the true nature of Spiritual Evolution, ultimately driven by an Individual, Subconscious quest for Perfection and Divine Love - which is God, Source,
Christ - a quest that is intimately incorporated in to our Unique Spiritual Nature, through Experience made possible by Freewill Humans are Blessed with.

Earth - indeed the entire physical Universe - may be regarded metaphorically as the "Kindergarten of Life" and Spirit. Earth is but one such planet - there are many others, including those that fulfilled their purpose Aeons ago in Earth time, some of which no longer even exist, long since destroyed when their Life giving Star expired.

The Etheric and Astral Planes are a very close extension of that same Kindergarten.

Why then is this all "necessary"?

Well quite simply because only when sufficient Experience has been gained through cycle physical "incarnation", is there a natural progression of Higher Self to increasingly more responsible and powerful roles within the context of the greater spheres of Life and Reality within the Greater Universe as a Whole, far beyond even the remotest comprehension of most Earthly humans, a role carrying with it massive responsibilities beyond imagination, but which can only be continued after the complete assimilation of all appropriate Experience, characterised by attaining corresponding Vibratory Frequency of the Spiritual Body through Spiritual Evolution.

Allowing a human to "graduate" directly from Earth to such levels of responsibility - even if it were possible - which it is most assuredly not - would be akin to giving a 3 year old child the trigger of fully armed thermonuclear atomic weapon to play with, such would be the devastatingly disruptive potential of the situation - in fact Spiritually the disruption would be infinitely greater - but never allowed to happen.

So the initial phase of Personality incarnations of the Individuality of the Higher Self - experiential windows - on Earth and/or other planets is an absolutely fundamental and necessary process, wherefrom every Unique Energy Field - encompassing All Life whether "animate" or not - must graduate before moving on to the infinitely, and to humans at this stage necessarily incomprehensibly, greater responsibilities.

The Higher Self knows the mission very well however, and will continually encourage Its fragments, or "representatives" to pursue graduation to these greater roles.

This is also the solution to the metaphor of the "fallen angel" known as "Lucifer".

As previously discussed, it is the objective and indeed destiny of absolutely every Human Being - potential Christ - to "re-reunite" with "Christ Mind" through the Divine process of Evolution and Perfection through Experience - thus completing the Cycle.

There are of course exceptions, for example the figures known as "Jesus", "Buddha", "Hermes" are such Beings -sometimes known as "Avatars" - and others - who simply return directly to the Spiritual Sphere of Energy from whence they came. But they too also underwent the same journey as every single Human Being - no one is exempt - although such Beings almost always gained Experience on other planets.
So - as previously mentioned - the Astral Energy Sphere is an environment where "deceased" Earth people usually feel completely at "home" or even regard as "heaven" or their "true home", simply because they can experience anything they can possibly imagine at will, without the needs of "money", "work" and all those other typical trappings and dark and insidious instruments of control of human society.

Astral residents will linger there at that Vibratory Frequency until they have fully satiated all materially motivated desires, infatuations, addictions and ultimately all concepts accumulated as a result of Earth life experience, which experiences are eventually recognised and assimilated as the illusions or "delusions" they really are.

Journey of the Personality to the Individuality of Higher Self continues with a unique package of Experience contributing to the Whole potential Individuality that the Higher Self represents at that stage of Evolution, on the path of Evolving Spiritual "I" within the context of All of Universal Mind Principle which is always Perfect.

Higher Self knows precisely the nature of Experiences required of each "missionary", temporal personality - fragment of it-Self - in order to achieve the level of "completeness" and therefore of Perfection and Evolution required to complete this initial phase of the great Path, to move on to greater roles and experiences.

Our Higher Self, and therefore We, always chose our parents, and our own children likewise chose us, so always treat each other with the greatest Love and respect, while keeping in Mind that "age" is utterly meaningless. Our own kids, while we may perceive them as "children", may well be far more Spiritually "advanced" than us.

This is particularly true during this Transitional Epoch where numerous Spiritually highly advanced children are being born to assist parents and humanity through their particular abilities, very often through the medium of Music and the Arts, and others.

As mentioned earlier, a useful metaphor that may assist in the understanding of this process of "concurrent incarnation" is that of a wooden cart wheel, with its hub and outer rim connected by its spokes.

Consider then the physical Universe which is recognised as being constituted of "matter" as the outer rim of the wheel, Higher Self as the hub, and with each Personality or "incarnation" being represented by each distinct spoke in the wheel.

Even as you read this you, as your Higher Self, may be experiencing alternative concurrent "incarnations" as, for example, a Neanderthal women, a medieval gentleman land owner, a teenage soldier in the trenches of the first world war, an Egyptian Queen, or numerous other such "role playing games" - all in the same Eternal Moment of Now. For this is all they are - games - with the Freewill to play.

We are not aware of this situation simply because each Personality experiences each distinct but related incarnation through the mediation of the individual Conscious Ego.
Mind, which has a sort of “firewall” between other aspects of self, which actually represents only a very tiny subset of the "Higher" Individual Self.

Each individual incarnation is "firewalled" from the other at the normal level of conscious awareness in order to prevent the possibility of any cross-influencing of incarnations, which would have the potential to compromise or even corrupt them.

The Personal Ego Mind of each personality is bound by the current temporal experience as it relates to the human concept and perception of "time" and "space" which it willingly chooses to subscribe to.

Only Higher Self has a complete perspective over all concurrent incarnations, which, in any case Higher Self sees only as "circumstances" with experiential potential or opportunities, but never within "ages" in the "history" of Earth or other planet. Higher Self is not concerned with "time", only the opportunity for Evolutionary Potential.

As each personality, incarnation, Ego concludes its mission on Earth, the organic body "dies" and the Ego, the Personality - the Soul - leaves the physical shell they once used and identified with on Earth, to begin the journey back to the Individual "I", Higher Self.

Upon reaching Higher Self, the package of experience, to the extent it has been attained, is then assimilated to the Whole Self Higher Self Individuality, Which thus expands and accordingly becomes more "Evolved" and Complete in the only objective of progression beyond the material incarnational process, and to attain a more Complete Spiritual "I". In Buddhism for example, this is transcending Samsara.

Meaningful Experience is only viable when gained in an autonomous context.

This is what gives rise to the apparent experience of an "individual" life on Earth without any apparent greater "meaning" or context, although there is of course always a greater meaning that we may be oblivious to when materially focussed.

So returning to the main issue of our discourse on the nature of "Reality" - as a human on Earth, for now - we are simply experiencing a Personal sphere of conscious awareness, independent of concurrent experiences of our Individuality, through the mediation of the Ego, within the context of a notional "timeline, bound by the organic brain, five physical senses, in turn both generated and "coloured" by the Ego Mind in accordance with the nature of our own ongoing thoughts, feelings, emotions, expectations, beliefs, prejudices, ideas, pre-conceptions, societal experiences and other spheres of Conscious Mind Principle. The paper, The Quantum Matrix, available for download at our website explains this in more detail.

Before continuing we should, in the interest of completeness, re-visit the role of the temporal illusion we know as "time" in the context of temporal human experience.
"Time" as humans know and experience it simply does not exist except to the extent it is perceived to be experienced and believed to exist. "Time" cannot be measured or quantified in isolation - it is a mechanical concept and idea. Time is not a constant.

Time, to the extent in which it is experienced at all, is entirely subjective and never objective. Even the subjectivity is relative to the perspective of the experience.

Humans attempt to reduce "time" to an objective experience by arbitrarily introducing methods of measurement based upon the relationships between the Earth, the Moon and the Sun. This apparent infatuation with what in reality is no more than a "concept" has wrought all manner of confusion and misery upon humanity, and is still the basis of much confusion and misunderstanding - particular within mainstream sciences who, for the most part, live within the context of a material, space-time Newtonian three dimensional, physical, material paradigm.

In reality there is no "time" - there is no "space" there is only the Present Moment of Now - Which is Eternal. There is no-thing else. The Universe "happens" Now.

If we were to place ourselves in a permanently illuminated - or darkened - room without windows, clocks or other mechanical means of measuring "time" - what happens to our perception of "time"? Very quickly we have no idea what "minute", "hour", "day", "month" or year it is. We can guess of course, but we would invariably be wrong due to lack of mechanical "reference points". As our isolation progresses, any best guesses" about "time", "date", "year" would become increasingly flawed.

Once we remove all the mechanical human reference points, "time" immediately becomes meaningless and subjective rather than objective - but even that is duality.

Even if the best scientists in the world were placed in a room, with no external windows or other modes of reference, and then allowed them access to any scientific instruments and computers of their choosing, except for clocks and other means of measuring "time", then these scientists would not be able to define or quantify time.

The amino acid based neurotransmitters in the brain that regulate human sleep and waking cycles - known as the "circadian rhythm" - melatonin, serotonin for example - would reset, resulting in a loss of all orientation with the previous concept of "time".

Such people without a reference to "time" may become disoriented and even distressed - perhaps ultimately psychotic.

If we lived on a different planet, of a different size, with a different speed of rotation, distance from its "Sun", with or without one or more "moons" - Jupiter for example - then our "clocks" and "calendars" were thus calibrated - they would look completely different. Yet - we would still live in the same physical Universe subject to the same Absolute Universal Principles, but measurement and concept of "time" would be unrecognisable. So time, like space, is all relative, to the extent they exist at all.
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To conclude then, this temporary, temporal experience on Earth, conveniently called a "lifetime" is neither the beginning or the end of the Great Path, but rather just one tiny fraction of a much greater journey, which only really begins once Higher Self is complete - at that level - and then, and only then, may the true Journey begin, equipped with the necessary "tools" with which to embark on such a Great Journey.

Every "lifetime" on Earth should be lived to the fullest - as it if where the last.

Every Moment Should Be Lives As If Matters - It Truly Does - Every Single Moment.

Every Moment spent serving self is a Moment wasted.

**Every Moment Dedicated To Love, Compassion, Giving, Caring, Service To Others, Unconditionally, Without Any Thought Of Self, Is A Moment Gained.**

**Such Is The Way Of The Universe And Path To God, Source, The Divine.**

One Ultimate Truth though is certain, Dear Reader.

**All That Is - Came From Divine Love - And With Divine Love - It Must Conclude.**

This IS what we are here to Express and Become. No matter how "many" lifetimes.

Now that "2012" is here, my paperback book, *Our Ultimate Reality, Life, The Universe And Destiny of Mankind*, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

in Love, Light And Service,

Adrian.

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08 July 2012. 2012 The Alignments

Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy, Love filled and Abundant week.

First of all, I would like to extent all of my Love, Gratitude and Appreciation for the countless emails I received during the week after I let you know that I would be sending the Newsletter last Sunday due to overwhelming tiredness. I was, and am, deeply touched and humbled by every single Beautiful email I received expressing Love and Caring, each of which means more to me than you could possibly know.

When I have been sitting here almost every Sunday since 2005, sending Newsletters on a very wide range of subjects, to a people all over the world, and every age, life situation, individual experiences, it is very fine line for me, even though the words come from a place that Knows, to be sure that I am offering you all that you require.

The message I received from your emails is that I am, for the most part, indeed achieving that, which is MOST important to me in these Crucial and Pivotal times.

I would like to say that not only will I continue your Newsletters for as long as is possible and appropriate, I also have plans and work in progress to extend myself in further in other ways as we transition through this pivotal and iconic year of 2012. I will of course let you know when this takes place - but it will be quite soon anyway.

Please Know This - I Love You All, And Most Grateful For Your Faith In Me.

Now 2012 is finally here, my 576 page paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective on the meaning of "2012", and of Life and Meaning of Life generally:

For further reading I highly recommend my book Our Ultimate Reality:

During this pivotal year of 2012 we have seen several rare Cosmic Alignments that we have been most Blessed to witness and appreciate.

The most recent, significant and memorable of these confluences was the alignment between Earth, Sun, Moon and The Pleiades, the "Seven Sisters" particularly the Wonderful Star - Alcyone - also known as "Eta Tauri" - "The Central Sun".

In mystical terms, The Central Sun also Symbolizes the Centre of All Creation - Source, God, The Divine, Supreme Mind - First Cause of All That Is - Divine Love.

"And God Said, Let There Be Light: And There Was Light. Genesis 1:3

Symbolized in Latin as "Fiat Lux": Dixitque Deus Fiat LVX Et Facta Est LVX.

So why then are these cosmic and sacred alignments so significant?

Well - such alignments may be thought of also as "Energy Lenses" which have the power to focus Energy upon the Earth and therefore all Life on Earth, including the Human Being, and the keys to "unlocking doors" within Human DNA that have been locked for millennia, until precise moments in each cycle of Human Evolution.

The Ancients knew this very well, which is why much of their archaeology, monuments, pictograms and other symbolism is dedicated precisely to these cosmic alignments and powers, in particular during this pivotal year as we conclude another Human Cycle.

The Mayan Long Count Calendar, iconic with 2012, is based on these alignments. There are many others such as deeply encoded in the Ancient Chinese I-Ching.

The Great Pyramid complex at Giza are precisely aligned with the Pleiades, as are many other ancient monuments all over the world. This is absolutely no coincidence.

The rotation of our solar system around the Pleiades takes 25,827.5 years. The base diagonals of Cheops measure 12913.75, which when multiplied by 2 = 25,827.5.

The Great Pyramid also encodes numerous other numerical correspondences which would be a whole Newsletter in itself. Perhaps I will write about this in the future.

When the Vernal Equinox corresponds with Taurus, the Great Pyramid aligns with Sirius and Orion, both of which, in addition to the Pleiades, are of utmost importance to the Ancients. And for good reason. They are inexorable connected to Humanity.

This also why the Belt of Orion in Ancient times was known as "The Three Kings".

Now, I am aware that a vast amount, and increasing number of people around the world have been repeatedly seeing the number 11:11 - mostly on clocks where, in the morning and at night, they have a sudden impulse to look at the time, and the time is 11:11. Many experience this twice per day and many day after day. Some have even
experienced clocks suddenly stopping at the time 11:11. Others have experienced 11:11 in other circumstances, e.g. fuel pumps, weighing machines etc.

Some observant Readers have written to me and asked why my Newsletters are usually exactly 7 pages, but sometimes 11 pages in length. Is this a coincidence?

No - most assuredly not Dear Reader. 7 is the Divine number while 11 has another important significance during these pivotal times.

The Kings Chamber at The Great Pyramid is increasingly resonating - for reasons we will discuss later in this Newsletter, at a vibratory frequency corresponding with the 11th Gate of Human Conscious - between 3rd and 5th "dimensions" of consciousness - which is also the Zero Point for the Transition of Consciousness.

So - the number 11 and 11:11 is a key that unlocks a long closed door within Human Consciousness, for those ready to receive it. Increasingly more are becoming aware.

Many, many of these correspondences equate to known mathematical equations, including, but not limited to Phi, Fractal Geometry, Sacred Geometry and Fibonacci.

We do not even need to look to manmade structures. These are also encoded in nature, and has been since the beginning. Let us look at a simple Nautilus shell.

The Nautilus, there are numerous other examples in nature, is perfectly constructed in accordance with a Fibonacci sequence known as the Golden Ratio.
The Fibonacci sequence is: 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144

Now looking at the Nautilus, it is made of a spiral of ever decreasing size, concluding in - 1, 1 - which is the "Zero Point" of the shell, and where Humanity almost is Now.

The Beautiful and Magical Sunflower has long been held as most sacred.

![Sunflower](image)

The Sunflower contains 2 spirals emanating from the centre of the flower.

The first spiral radiating from the centre of the Sunflower contains 21 arms, the other spiral contains 34 arms - Fibonacci numbers and a Golden Ratio - just as the Golden of the Beautiful Flower. Everything in Nature - and the Universe is thus geometrically encoded, including Human Beings and, Life and Expressions of Source.

The same applies on a greater, Universal scale including many, if not all Galaxies:

![Galaxy M101](image)

The above is Galaxy M101 for example which also conforms to the Golden Mean.
Below is a Leonardo Da Vinci’s "Vitruvian Man" with many Fibonacci correlations:

The Human body is based on 4 correspondences based upon the number 5:

- 5 extensions - 2 arms, 2 legs and head.
- 5 fingers, 5 toes on each hand. The Human body is symmetrical.
- 5 openings on face - mouth, 2 ears, 2 nostrils.
- 5 senses - sight, hearing, touch, taste and smell.

Phi is also similarly based upon 4 derivations of 5 - just like the human body:

\[ 5^{1/2} \times 5^{1/2} + 5^{1/2} = 1.6180339... = \Phi \]

Note: Phi - 1.618 is capitalised and phi not capitalised - 0.618 - are reciprocals separated by the number 1. So phi is considered to be the Golden Ratio.

This is seen in many ancient monuments. The ratio of the dimensions of the Parthenon in Greece is 1, its width is \( \Phi = 1.618 \). The Parthenon ratio length is the root of 5 = 2.236. The Parthenon is = Phi + phi - 1.618 + .618 = 2.236 - ratio length.

The 5 point Human Body also shows the correspondence to the Golden Mean Ratio.
In the above I have endeavoured to show that All Nature is based upon Sacred Geometry, again, a subject of its own - a very important one, for another Newsletter.

So - what does this mean to us - as Human Beings - particularly during these pivotal times of change, Transition and Transformation?

It is due to these precise Phi, Fibonacci and Golden Ratio correspondences that we are influenced by Energy waves resonating and focussed from other Sources.

After my message last week, many of you mentioned that you are also experiencing tiredness, insomnia and other similar physical experiences.

This due, in part, to the fact that Sacred Geometry as well as from a Higher Spiritual perspective, resonates with everything else at a specific corresponding frequency.

Just as a radio antenna must be a specific length, or multiple or fraction of that length, the same too applies to Human Beings and all life at any given frequency.

These frequencies are not always strong enough to influence us, but always there.

If a radio transmitter is not sending out a strong enough frequency, then the receiver simply recognises it as "background noise", which case either the strength or the radio wave must be boosted by using a linear amplifier at the transmitter, or the radio receiver must increase its ability to receive by increasing the ratio of its antenna length - or both. The antenna must always be a ratio of the frequency wavelength.

This is a very good metaphor for the Energy Humans are receiving today, and, in part, resulting in tiredness, insomnia etc, due to the increased amplitude of the wave.

The Waves that we are currently Experiencing in the context of our physical body are Phi Torsion Waves resonating Relative to the Ratio of The Golden Mean.

So how is it then that Human Beings are feeling these effects now, and not before? Well - only two fundamental factors may apply here.
1. The Human Body has boosted its "antenna length" and receiving capability, and is therefore more able to tune in, and to the Torsion Waves.

2. The Phi Torsion Wave Amplification has been boosted in some way so that the Human Body is more receptive and therefore more reactive to the Torsion Waves.

Well - the Human Body has not changed - yet.. Note: we are not referring to Mind and Spirit here, which is an entirely different matter for a whole future Newsletter.

So then - the Amplitude amplification has been boosted - but how? here are two main factors in play here.

1. Cosmic alignments and other convergences are acting as a "lens" to focus Torsion Waves towards Earth. Aside from observable alignments, there are others.

2. The Amplitude of the Torsion Waves is Being Amplified in some way.

While both are true, we need look no further than the Great Pyramid and many other Ancient sites like them positioned around the world to see that 2 above is true.

Earlier we discussed the orientation of the Pyramids at Giza towards The Pleiades - particularly Alcyone - and of the correspondences with Sirius and Orion in Taurus. These are no coincidence - no more than Sacred Geometry is coincidence. Symbolically they point to those who are not of this Earth, but responsible for the construction - not only of the Giza Pyramids, but also the Sphinx 10,500 years ago.

The Great Pyramid, and many others, is also a Phi Torsion Wave lens and amplifier, like other ancient sites, focussing Torsion Waves over Earth at this time. These Torsion Waves are gradually transforming Human DNA in readiness to accept that which will come next, which is from a Spiritual Source, and Higher Vibration.

We must Always keep in Mind though, it is not only the Vibrations and Waves that we receive for our benefit, but also the Vibrations we need to Transmit in turn. There is only one now - Love, which is, in and of itself, Transformational at Every Level.

**Every Moment Dedicated To Love, Compassion, Giving, Caring, Service To Others, Unconditionally, Without Any Thought Of Self, Is A Moment Gained.**

**Such Is The Way Of The Universe And Path To God, Source, The Divine.**
All That Is - Came From Divine Love - And With Divine Love - It Must Conclude.

Now that "2012" is here, my paperback book, Our Ultimate Reality, Life, The Universe And Destiny of Mankind, can provide you with a broad and detailed perspective of the meaning of 2012, and of Life and Meaning of Life generally.

There has never been a more appropriate time to read the book, and to send copies to everyone that you Love and care about, as the Great Transition gains momentum:

For further reading I highly recommend my book Our Ultimate Reality:


And So It Is.

in Love, Light And Service,

Adrian.
Dear Reader,

I do hope you have enjoyed a most Joyful, Healthy, Love filled and Abundant week.

I would like to thank you all - and extend my Love and Gratitude - for all the most beautiful messages of Love and Caring that I once again received this week. I Feel Truly Humbled and Blessed, and Know, that this means a lot to me. Thank You.

Many have asked about the further plans, that I mentioned in recent Newsletters

My thoughts, and feelings, are never towards serving you less, but rather, how I may serve you More as we enter this profound Transitional stage in Human Evolution.

For the last 7 years - since 2005 - I have sent you thousands of pages, and over one million words, week after week, year after year. And this is in addition to the tens of thousands of emails I have received in the process, my forums postings, my website and so on. With the Newsletters, I neither seek of claim any sort of credit or reward for what I have offered, because, in reality, I am simply but a humble messenger for Higher Sources who have Trusted and Blessed me to bring this to you, which I have done, tirelessly and willingly, out of Love for Humanity and all Life, and the Divine.

This has always been, and will remain, my Greatest Blessing.

My only thought is that if this service has been of positive value to even just a few people, then it has all been absolutely worthwhile - in every way. Yet - mere words alone are not always enough. When I write your newsletter, I am simply "translating" that which comes from a Higher Source in to crude human language, and sometimes, what I write is "lost in translation" or I simply use the wrong words altogether. I have always known this, yet, all I can do is my best. Sometimes though, when I convey these words as they are not intended, I can have a negative effect, which, although, is not what I intend at all, I still accept it completely because the responsibility is mine, and mine alone, and Gratefully Accept that, and always will.

I have received literally tens of thousands emails over the years from readers all over the world, from almost every country, culture, religion and life situation imaginable.

Some challenge my words - often from a religious or scientific perspective - which I much welcome, because no one should Ever, Ever accept anything I or anyone else says as absolute. I have always said, very clearly, as I do at the end of my book, that if anything I say does not resonate, or not Felt to be true, then this is totally fine as well. I simply wish people to relate to, if desired, those words that resonate and "ring true" - the Truth is within us all at some level - and immediately discard the rest.
Now - as I mentioned before - and in previous weeks - while I have a breath remaining in my body, here on Earth, I will always be here for those people, in whatever capacity required, to make a small difference during these crucial times.

We should always, always, **Follow our Heart and Inner Guidance**, no matter what the "outside world" says, otherwise we are lost - to ourselves and everyone else.

I know, and have known for some months now, that during these crucial, Transitional times, mere knowledge alone is no longer enough - if indeed it ever was.

The only purpose of words may serve is to invoke, within us, the **Seeds of Truth and Inspiration** that we may reach a level of **Inner Realisation** that we be free to follow our own Truth, from within - it is all there - all of it - and through the Guidance of our own Personal Heart, Soul and Spirit.

The words are really simply the potential "keys" to unlock the door to Self Truth and Realisation that we may Grow from these, and should **never** be taken as absolute Truth - there is **no** absolute Truth except that which we **Feel is True** - at every level.

I Know - and have always known - that everything I share is True, but I have never expected people to blindly accept that - otherwise - there is more harm than good.

At this moment in Human Evolution therefore, clinging on to mere words - from whoever writes them - can actually hold us back and keep us chained, instead of allowing us to move forward with the Guidance of Heart, Soul and of course Divine.

This Knowing has been given to me from the same Source from which the words have come all these years, and when this happens I have no choice but to move forward with that, the consequences for not doing so, for everyone, myself included being potentially disastrous, and make no mistake, I remain personally responsible, not only for myself, but for **All Those Who fail To Move Forward** - or even move backwards due to relying totally on my words - which have always been brought to you in the Truth of where those words came from. **We are now Beyond that point.**

I always knew this moment would be reached, I that I would never know when until the Moment arrives. **There Is Only The Moment.** Time, like Space, in an illusion.

You see - No one has a "choice" - No one - not me, not you, not anyone.

There is only one "Choice", if there is any "choice" at all.

**We can Choose To Be True To Ourselves, True to Our Heart, True to Our Inner Guidance, True to Our Source** - or continue to "suffer" through Life Experience.
This is a lesson that I have been personally learning all my Life. It is not easy, it is not meant to be easy. But at least, if we can help others to attain this level of Realisation without the suffering along the way, then that, alone, is worthwhile.

But at the same time - "suffering" is not something we are born to "endure". Suffering, is in a reality, a Great Blessing, because suffering is in reality just one of many tools available to us to find ourselves, and to help others find themselves.

Above All Though, we need to Experience Divine The Joy of being Human, An Infinitely Loved Expression of Source, God - who goes by many names - which, in reality, are all the same "God", Who Unconditionally Loves Every One Of Us no matter our "choices" and may be summarised simply and Perfectly by "Divine Love".

If we do not Experience The Love, Joy and Freedom Of Being Human - then we are lost - it means nothing. These are not words - it is Our Nature, Our Way of Being. We Are Only Truly Blessed When We May Experience These Fully.

Everyone on Earth can Experience this - if we are True To Ourselves - not others.

Nothing brings more Joy, Love and Freedom that helping others to find the same - this is then - The Greatest Blessing Of All.

So - as I mentioned before, I Wish Only Now To Serve You More, Not Less. But I will do this through other channels, other than this Newsletter, which no longer serves that purpose it used to. There are better ways - For Us All - For Me.

This then will be my last Newsletter. But is not goodbye - far from it Dear Reader.

So please remain subscribed to Our Ultimate Reality Newsletters - I will keep you informed, and let you know when I am ready to offer what I Feel is a Better Way.

So just a few final words - for now anyway.

For anyone that may believe that I am sort of "guru", "teacher" or "fill in the blank" - I am here to tell you - I Am Really Not. And never had any wish to be seen as such.

I Am - Above All Human - Just Like You, with the very same Human needs - although mine are really very basic - but still no less important to me. And to you.

Until we meet again - soon - I just want to say that has been my Greatest Joy to Serve you so far - to the extent you have gained anything at all from my writings over the last 7 years - and that I Love You All - more than you could know - which is why I will always be here for you - to continue Expressing that Love in my own way.

I humbly submit that all you must ever do - is to - Follow Your Heart.
My book, Our Ultimate Reality, Life, The Universe And Destiny Of Mankind Is a Gift Of Source, Through Me, Revealing All You Need To Know In These Transitional Times, To Help You To Realise Your Own True Potential.


In Unconditional Love, Light And Service - Always...

And - Until We Meet Again - But Only If Your Heart So Agrees,

Adrian.