

The Meaning of Life

Adrian Cooper

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Table of Contents

| | |
|--|-----|
| Introduction | 3 |
| Chapter 1: The Physical Universe | 4 |
| Chapter 2: The Material World | 10 |
| Chapter 3: The Illusion of "Time" | 25 |
| Chapter 4: Thoughts, Ideas and Beliefs..... | 27 |
| Chapter 5: The Nature of "Events"..... | 32 |
| Chapter 6: The Human Experience | 34 |
| Chapter 7: The Human Condition | 39 |
| Chapter 8: The Truth about "Death" | 46 |
| Chapter 9: The Mystery of Reincarnation | 53 |
| Chapter 10: Life after "Death"..... | 59 |
| Chapter 11: Fundamental Universal Principles | 65 |
| Chapter 12: Cause and Effect | 68 |
| Chapter 13: The Concept of Karma..... | 70 |
| Chapter 14: The Ego..... | 72 |
| Chapter 15: Spheres of the Mind..... | 75 |
| Chapter 16: The Eternal Now | 79 |
| Chapter 17: The Flow of Life | 81 |
| Chapter 18: The Path of the Ancients..... | 84 |
| Chapter 19: The True Nature of God..... | 90 |
| Chapter 20: The Dream | 92 |
| Chapter 21: The Meaning of Life..... | 105 |

Introduction

The true nature of the great "mystery", in which all participate, but few truly understand, broadly known as "life", has occupied scientists, researchers and philosophers for thousands of years.

Entire libraries could be filled with texts dedicated to the great question as to the ultimate meaning, nature and purpose of "life".

As the transition between great cycles of progresses, humanity has reached a pivotal crossroads in its own destiny. Never in millennia has it become more crucial to finally discover the true purpose of life, to progress, to evolve, to realise true peace, harmony, freedom and personal fulfilment thus fulfilling life's purpose on Earth.

This book will reveal the true nature of the Universe and of "God", and of the mystery and Meaning of Life, thereby providing the keys to unlock the doors within leading to the Truth and the Path.

If ever you have wondered about the true meaning of life, felt that there must be something greater than living out a lifetime on Earth, feel within that you have your own destiny, or simply wish to enjoy a life of peace, harmony and freedom, this book is for you.

Chapter 1: The Physical Universe

Mainstream science today still subscribes to, and bases its entire philosophy and sphere of research around the model originally proposed by Isaac Newton. This model comprises a strictly three dimensional model of the Universe, consisting of structures which scientists have labelled as "matter", governed by "laws" contrived around this purely physical "three dimensional" reference point.

Mainstream science, be it chemistry, biology or any of the other "materially" based sciences rely and are based substantially upon this traditional model of the Universe, with its constituent sub atomic particles, atoms and molecules and carbon/hydrogen based "organic" life, without which these science would have no basis.

But there is also a fourth factor, sometimes also considered as a "dimension" - "time". This is why physicists often refer to the contemporary existential model as "space-time".

Another cornerstone of astrophysics and related sciences is the so called "big bang theory" of how the universe came in to being.

But again, the "big bang theory" is based purely on the assumption that the entire "Universe" is, and always has existed exclusively within the context of three physical dimensions plus time, and that all "matter" therefore originated within the context of this model.

This model of the Universe would therefore seem to imply that "in the beginning", before the so called "big bang", the Universe was characterised by what amounts to a pre-existent "void" of three dimensional "nothingness", or "potentiality", which subsequent to the "big bang" event suddenly became "populated" with the constituents of "matter", followed later by its galaxies stars, planets, moons, comets, and other myriad residual cosmic material to the extent it has been identified, named and documented.

This three dimensional Newtonian model of the "Universe", plus the arbitrary concept of "time", completely fails to take to account

the possibility or even probability of levels of higher vibratory frequencies of Energy, far beyond the capability of scientific instruments to identify and therefore to measure it.

Scientists happily accept the fact that the fundamental "medium" of the Universe is Energy, the primary characteristic of which is vibration as measured by frequency. But why then would vibration suddenly cease to exist beyond a certain level, a level that just happens to correspond with the outer limits of the anyway infinitely limited scope of "modern" physical scientific instruments and therefore the ability to measure frequency?

"Out of sight, out of mind" perhaps?

Absence of evidence does not equate to evidence of absence.

Vibration, frequency, also encompasses scientifically measurable non-physical forms of Energy such as photons of light, including the visible spectrum of colour, the non-visible spectrum including but not limited to ultra violet, infra red, radio waves, microwaves, x-rays, gamma rays and so on, to the extent these can be detected and measured using physical instruments of some type.

When we look at this logically, it immediately becomes apparent that vibration simply cannot and does cease to exist at the point at which it can no longer be measured, but rather simply reflects the limitations of human made physical scientific instruments in measuring vibration beyond a certain frequency of Energy.

When honestly and sincerely seeking the nature of something as fundamental as "reality" itself, an "out of sight, out of mind" approach is hopelessly flawed, quite simply because it only takes account of a very, very tiny subset of the potential data, which just happens to be instrumentally measurable, while ignoring everything else.

This of course has always been the case throughout history, with scientific models and understanding always being strictly limited by the very nature of the instruments available. A couple of

hundred years ago diseases were attributed to all manner of spurious causes, including but not limited to "witchcraft", demons, "evil spirits", and "wrath of God", but only because bacteria and later viruses had not been observed and identified, and therefore could not be factored in to the practice of medicine at that period.

In reality this is an ongoing process, with scientific models, educational and research framework and paradigm always being based upon the contemporary technology available for scientific measurement. So this is an infinite and completely futile process that can never be resolved with an absolute answer.

Science is an endless series of corrected mistakes and false, flawed assumptions, because no physical scientific instrument can ever even begin to measure or take account of the infinitely higher frequencies of Energy and Life beyond the physical universe.

Plain and simple, to assume that the three dimensional Universe of matter encompasses all "reality" with nothing beyond, simply because it cannot be detected by current technology, is no different at all to those scientists of just a few centuries ago who believed that the Earth is flat, and was also the centre of both the solar system and Universe. Those scientists were no less correct than contemporary physical sciences, for the same fundamental reasons.

For example, scientists still cannot understand why, if there was actually a so called "big bang" originating from "somewhere" within what is now considered to be the three dimensional "material Universe", that the entire observable and measurable Universe exhibits a very similar ambient temperature throughout. Surely if the "big bang" had originated "some point within the known "physical Universe", considerable temperature fluctuations might be expected to be observed, relative to the distance of the point of measurement, Earth, from this original primordial, explosive, extremely energetic, massively heat generating "event".

Well the reason this is not observed is quite simply this.

The origin of this "original" "creative" "event" was not of some arbitrary "point" located "within" a notional pre-existent "three dimensional void" just waiting to be filled with "matter", but rather originated at infinitely higher levels of Energy, far, far beyond the possible scope of the measurement potential of physical scientific instruments to measure, such an "event".

This "event" originated at the very core, Source, of All "Creation, at the very highest frequency of Energy, radiating uniformly "outwards" from the "epicentre", the Source.

We should note, in the interests of completeness, that it is entirely erroneous to speak in terms of "in the beginning", because there was no "beginning", and there is no "end", there is only the Perpetual, Eternal, Moment of Now. However, in the interests of following this discussion through to a meaningful conclusion using the only extremely crude language and means of communication available, we will use the language of temporal scientific concepts that a majority may most readily understand.

So then, as this uniform, immense radiation of Energy with infinite potential continued to radiate "outwards" from its Source, the vibratory frequency of this Native Universal Energy progressively "slowed", and as it did so the potential of the Energy became increasingly "coarser" and "denser" as it radiated away from its Source. Finally the vibratory frequency of this Native Universal Energy of infinite potential, slowed to the point that facilitated the potential for Energy to differentiate in to what humans and mainstream material science recognise as "matter" with all its constituent elements under the process of observation. In quantum mechanics this differentiation is described as native Energy as a "waveform" collapsing in to "particle form" under observation.

As we will discuss as this book progresses, we should note that matter does not actual exist anymore than anything apparently "solid" exists. And again, we must remind ourselves that there is no "beginning" or "end" - these are human notions grounded in duality -there is only the Eternal Moment Of Now - so there was

never a "time" when the universe did not exist and will never be a "time" when the universe will cease to exist, being Eternal.

Before continuing we must also make this crucial observation.

Simply because Energy reaches the potential to differentiate into matter, does imply that it actually will differentiate into matter, or indeed ever did differentiate into matter. This concept presupposes that what humans call "matter" even tangibly exists or possesses the potential to exist, which it does not, as we will discuss later in this book.

As we will also discuss later, Energy fundamentally exists inherently as a formless "superposition" of infinite "Potential", until a fundamental Principle is applied - Mind.

A good metaphor for the process of the potential for Energy to notionally differentiate to "matter" under observation is the slowing down of the vibratory frequency of water molecules through the process of cooling. Eventually, as the vibratory frequency of molecules of water slows to a certain point, zero degrees Celsius assuming the water is pure, it changes its structure from "liquid" water form into the "solid" water known as "ice".

The quantum physicist David Bohm recognised this behaviour in the context of Native Universal Energy when he referred to the nature of the physical universe of "matter" as "frozen light"

In Spiritual terms Energy is also known as "Light", not the photons of "light" most humans associate with the opposite of "dark", but actually "Divine Source Light".

So the "big bang" did not and could not have chaotically originated at some random "point" within a notional pre-existent three dimensional "void" "waiting" to be "filled" with stars, planet and other cosmic material before subsequently radiating "across" this notional three dimensional void of "space", and neither was this so called event either "random" or "chaotic" in nature.

In fact there was no "event" at all simply because the entire notion of an "event" of this nature is predicated in space-time based duality. In reality, as we will discuss later in this book, "time" in and of itself is a completely erroneous and meaningless concept.

As we progress through this book we will discuss all of these foregoing factors in much more detail as well as the true nature of the Universe as a Whole.

Chapter 2: The Material World

Look around you.

What do you see?

Your computer, the "display" upon which you are currently reading this document, the "desk" upon which the display rests, the "chair" upon which you are sitting, the "doors", "walls" and "ceiling" of the room and all of the furniture and decor therein.

These objects may seem very familiar and "real" to you from your own personal perspective, because, after all, your physical senses insist they are "real" or "solid".

But are these familiar objects "real" in absolute terms?

Is Earth Herself even "real"?

How about the "physical universe"?

What about the "instruments" used to analyse everything that people generally accept as "reality"?

The first question then is "what is really "real"?"

Are the things around you really "real"?

Everything you see around you - your PC, desk, chairs, drink, food - everything you almost certainly consider to be composed of solid "material" of some kind - exists only because your physical senses, organic brain and conscious ego Mind tell you that these "things" exist, can be interacted with, and have substance and basis in fact.

You may say these "things" are "made" from "materials".

But what is "material"?

What constitutes the basis for material?

"Molecules and atoms" you may reply.

But what do "molecules" and "atoms" consist of?

If you know much about science you might reply "sub-atomic particles". You may even mention protons, neutrons, electrons, gluons, quarks, leptons and so on.

But here is the paradox.

None of these "sub-atomic particles" including their derivative "materials" actually really "exists", in other words can be perceived, unless consciously observed or "measured" to quantify and qualify them in some way.

Quantum physicists know and acknowledge this paradox only too well as the so called "measurement problem" which is otherwise largely conveniently ignored by the mainstream physical sciences.

Since these sub-atomic particles are the basic components of "matter", the same apparent paradox must equally apply to the larger derivatives of the same particles - elementary atoms, molecules and ultimately the chemical and organic compounds which collectively form physical basis for what is perceived as "physical matter".

An even greater apparent paradox then is that as physical humans experience within the context of an organic body, comprised of these same organic materials with its "organs", blood, bone and other life supporting systems. These too must also be ultimately composed of the same atomic and sub-atomic material as your surroundings, and therefore it follows that your body is subject to exactly the same characteristics and paradoxes as all "matter".

But do these "building blocks" of "matter" have any "existence" or basis in fact at all?

Clearly when an organic chemist is combining for example an acid and a base to bring about a chemical reaction, or creating complex organic molecules from basic carbon, hydrogen based "building blocks", the whole process must be carefully controlled measured, monitored, qualified, quantified and documented in order to record the "observed" result of the process, if it is to be meaningful.

But this does not take in to account the "measurement problem".

If elementary atoms form the basis of molecules which in turn form the basis of the material compounds used to "manufacture physical products", then the only conclusion that we can possibly arrive at, if we are totally objective about it, is that every "thing" that humans currently perceive as "materially real", only exists because someone chose to observe and thereby "subscribe to" its very existence through the process of conscious observation.

A further factor to consider is that when an observation is made thereby causing something to appear tangible, what then determines the exact nature of how it appears if it has no intrinsic appearance in and of itself as native Energy in waveform?

Beyond observation, the sense of matter is an entirely programmed, i.e. learned response, arising from previous expectations, experience, and beliefs, as well as many other factors that are deeply embedded in Subconsciousness.

This then clearly adds a further level of factors to consider in the context of what is really "real".

From the perspective of the human organism, how is that which people think of as "reality" actually experienced?

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, neurons, collectively "sensory inputs" representing a "best guess" impression of your "surroundings", every second to the organic brain.

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 from the locality, is then sent as a stream of data to the Subconscious sphere of Mind Principle - Subconsciousness - the "Subconscious mind".

Note: This is an entirely automatic 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, 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 "self-image", your "idealised self" - i.e. how you prefer to "see yourself".

The Subconscious mind then applies this lifetime of learned and acquired "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 current "experience" in that moment.

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 existential; perceptions based upon "life experience", expectations and beliefs, and therefore there are no confusing contradictions, and there is no reason to consciously doubt the "reality" of it.

So the "Subconscious mind" is only showing and presenting that which the experiencer is already *expecting* to see.

Subconscious mind is always "humouring" the ego, the conscious mind, 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 in full so no contradiction or confusion arises.

Note: The "conscious mind" and "Subconscious mind" are both spheres of activity of the One ultimate and only Universal Source Mind, of which the human spheres of mind are but one sphere of activity. We should more appropriately therefore refer to these spheres of mind activity 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 personal experience is constantly being shaped only by conscious observations, experiences and associated thought processes, feelings and emotions, simply reacting to, and engaging in that which is sincerely believed to be "real" experience, experiential reality, "life", but with little or no control, or even remote awareness of the inner processes actually taking place.

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 emotions an expectations arising, and which are in turn being constantly being received by, and impressed upon the sublime Subconscious mind, thereby reinforced by feelings, moods and emotions.

So again, Subconscious mind is dutifully and immutably ensuring that the unique perception of individual experience accurately reflects previous and present experience and expectations, thereby perpetually satisfying learned and programmed self-reinforcing perceptions, prejudices and beliefs in order to avoid confusion.

Now it should and must be noted at this point that this process has absolutely nothing whatsoever to do with this concept of "attraction" as suggested for example by proponents of the "Law of Attraction". There is no "attraction" and there can never be "attraction" which is an entirely erroneous concept as it is generally presented rooted in duality. "Attraction" implies "attracting" "something" "to you" that pre-exists independently somewhere "outside" of yourself. In truth there is no "outside" of yourself, there is no duality, ergo can never be any "attraction".

Nothing can exist "outside" of "The All which is All Inclusive. Every human being is an expression and integral aspect of The All.

Feelings of duality and separation are also simply illusions arising from the activity of physical senses, organic brain - again which have no inherent intelligence or consciousness in and of themselves - and the conscious sphere of activity of Mind, the ego, but which has absolutely no realbasis in fact.

So let us now review that which already know about the role of the physical; sense organs and organic brain.

Sensory inputs constantly received from the five organic sense organs are fed to the organic brain, which mechanically, without any sort of inherent innate intelligence, collates these electrical impulses to produce a composite "image" or more accurately an impression, in accordance with quality of the information received.

Note: If the brain is damaged in some way, through for example physical, trauma, condition such as an apoplexy or cerebrovascular incident, or for example through toxicity of some kind, then its capacity to mechanically process the data presented by the five physical senses is compromised, along with its ability to assemble an accurate impression of its relationship with its environment to forward to the Subconscious mind for further processing.

As the computer programming community saying goes "garbage in, garbage out". So the data sent for the attention of Subconscious mind, which is infinitely intelligent but can only act upon what it

receives or perceives, is "scrambled", along with any necessary output processes such as "speech", motion, recognition and so on.

The organic brain is therefore analogous to a super-computer, which sends a stream of data to the Subconscious mind in the form of composite "images" or more correctly impressions compiled from the five senses.

The Subconscious mind then, in accordance with ongoing thoughts feelings, emotions, beliefs, prejudices, expectations and other learned and programmed data originating within the conscious Sphere of Mind activity during the current "life experience, re-processes the data before "outputting" the data to be displayed on the "screen" of the conscious mind, which people then call their "experience", "sense of being", their "life" or "reality".

Ultimately however it is the conscious Sphere of Mind - the ego - which both determines and accepts the nature of its own experience, so "experience" is in fact a self-perpetuating illusion.

When "mentally disabled" people "die", even those with most profound brain damage, they are completely freed from the layer of processing performed by the damaged organic brain. Mind is experienced directly, and they feel "whole" once again, with as much mental ability as anyone, as if they were never subjected to the perceived limitations arising from the limitations of the brain.

"Mentally disabled" people are not actually "mentally disabled" at all, they are "brain disabled". Such people generally experience "normal" dreams just as everyone else, simply because dreams originate within the sphere of the Subconscious mind and experienced by the conscious mind, not at some notional point in the organic brain. During "REM" sleep the brain and conscious mind are dormant, so dreams are experienced directly through the Subconscious Mind and through higher levels of consciousness.

The same applies to all physical or mental disabilities. Once a person is freed from the organic shell of a body, they are freed from all previously experienced physical and mental restrictions,

except to the extent that the Mind of the person still believes that they are subject to them - this is usually quite transient.

Lengthening or slowing of brainwave activity, as takes place during deep relaxation, day dreaming, meditation, trance, hypnosis and sleep, facilitates an expansion of consciousness and awareness, beyond the narrow confines imposed by the narrow band of waking brainwave activity. This is the basis of the "phenomena" known as "mystical", metaphysical, or even "occult" abilities, even though in fact these abilities are completely natural, normal and latently available to everyone. Most at this time however remain unaware of access to these abilities, unlike our ancient ancestors.

Moving on with the process of perceiving experience.

The composite image from the organic brain is presented to the Subconscious Sphere of Mind, which then applies a set of learned filters based upon the lifetime of acquired beliefs, expectations, intentions and all those other learned and programmed feelings, beliefs, thoughts, prejudices, expectations, reinforced by the emotions, from the Sphere of the conscious mind. This is a continual and automatic process. These are then "forwarded" to the conscious mind as the completed image or "impression", with all expected beliefs, biases, expectations reflected and fully "factored in", which the conscious mind, the ego, then happily accepts as "physical life experience" in that moment.

So again, in reality, the "experience" has been skewed by the Subconscious mind to make it acceptable to the ego, otherwise the ego would summarily reject, or at least disregard the experience and such a person would rapidly become confused, disoriented and perhaps "psychotic", soon being unable to function at all.

Again, the conscious mind never, ever thinks to question the image being presented, because the Subconscious mind has already ensured that it is in complete alignment with its ongoing lifetime of learned and programmed expectations and beliefs. So the conscious mind, the ego, remains happy and feels secure within its own microcosm of experience because it matches expectations.

But the crucial factor to consider here is that in the case of most people who have no conscious mind control over their own experience, the conscious mind is perpetually subscribing to its own illusion, an illusion that the Subconscious mind always "satisfies" and adjusts as necessary. So from the perspective of the person, their experience is always "correct" and "real", regardless of whether it is perceived as "good", "bad" or indifferent.

For example, if a person believes it is "cold" outside because they have looked out of the window and seen that it is snowing, the Subconscious mind will always ensure that the conscious physical experience matches the expectations consistent with feeling cold. If a person however saw that it was snowing, but upon leaving the house it felt hot and humid, considerable confusion might result. This is because the conscious mind has learned that "snow" is "cold". This is why it is completely possible for the Subconscious mind to be given a suggestion that snow feels warm in which case the person could walk out in to the snow and feel warm. Conscious experience and sensations are entirely projected by Subconscious mind and have nothing to do with the brain or physical body.

If, as sometimes happens, the conscious mind chooses to reject the impressions presented to it by the Subconscious mind, based upon the composite impression received from the brain and sensory organs, the person generally regards it as an "illusion", "mirage", "trick of the senses" and so on, thus easily assimilating the experience without becoming mentally confused. This behaviour is a "safety valve" to protect the person from confusion or psychosis.

This equally applies to all levels of human experience, from the personal to the collective, since All Mind is ultimately One at an higher level, and therefore intimately connected.

Combined "experience" from the perspective of each person, is a function of both personal subjective experience and the collective of all personal subjective human experience within the same mental vibratory sphere of consciousness, independent of "time".

Therefore if one person chooses to subscribe to the existence of a particular object, person or experience, regardless of "distance" or "time", which do not exist, within the Sphere of the Subconscious mind where the object is originally perceived, then the same data relating to the object is instantly also available to the whole collective human mind on the same mental vibratory frequency.

This "collective human experience" is perpetually present at a Subconscious level which is not subject to the illusion of "separation", so the Subconscious mind determines what impressions to allow or reject based upon the sphere of comprehension, imagination and programming of the ego.

No human being is capable of experiencing or perceiving "anything" beyond their current sphere of imagination, comprehension or Subconscious "programming" - their beliefs - because the Subconscious mind of such a person is not resonating at the same vibratory frequency of the collective mental plane corresponding to that which they are focused in accordance with their own relative state of evolution.

I mention this to pre-empt any objection that people are frequently aware of the "existence" of lots of "things" before actually physically "seeing" or "experiencing" them.

For example a shopping trip where you may visit a shopping mall to "look" for "things" of the sort that you may wish to purchase, but which you have never seen or perhaps considered before in the case of an "impulse buy" - certainly not down to any fine details.

Another example might be in taking a vacation to a foreign country that you have never visited before, to "see" and "experience" the "sights" that are completely "new".

In both cases - the "products" in the "shopping mall" or the "sights" in the "foreign country" are only available to the sphere of conscious awareness during the process of experience and observation, because they exist as persistent thought forms within

the collective observations and experience of millions of other "people" - spheres of Mind Principle independent of "time".

Again "time" not applicable in the realm of Subconsciousness - or in any realm in absolute terms.

Towns and cities for example are shared, collective human experiences, simply because the conscious minds of thousands or millions of people subscribes to, and interacts with them continually, as has always been the case in the "past" of that environment. The conscious mind, the ego, therefore chooses to interact with these experiences as "normal" within the sphere of their own comprehension, imagination and programmed beliefs and expectations as they relate to that environment. In reality there is no such condition as "normal", because "normality" is entirely subjective, and in accordance with the perspective and personal beliefs of the observer. Experiential reality is both a personal and collective illusion in the mental plane of the human mind.

So in this way the shared experience is infinitely perpetuated to the Collective, "shared" sphere of the human mind on the corresponding vibratory sphere of the mental plane that anyone at the same mental vibratory frequency also may choose to subscribe to at a Subconscious level, even if they have never "seen" them before. This is accepted by the conscious ego mind as "normal" within its sphere of "normal", beliefs and expectations.

Again, this is due to the fact that personal mind and collective mind as well as the conscious and Subconscious spheres of mind, are really One Mind - The All, The Whole, All That Is - simply being spheres of activity within the overall context of Universal Source Mind, which can therefore share and experience at a personal or collective frequency, but always at a subjective level.

Due to the comparatively low vibration of that which the mind perceives as "matter" and intervention of the concept of "time", these collective experiences - towns, cities etc - can persist for many "millions of years" as measured by human calendars, long

after they have been forgotten at a conscious level by the peoples who originally "built" them.

This is so simply because these structures or remains are still part of the "fabric" of the Collective Human Subconscious experience beyond the illusions of "time" and "space", which is known to the Subconscious Sphere of Mind. The Subconscious mind, which is not subject to "time" or "space", retains all knowledge of all human history, which it will render conscious as appropriate.

This for example is the basis of the "Remote Viewing".

Remote Viewing implies overcoming normal limitations of "time" and "space" in order to "view" or more accurately "sense", objects or events which are non-local, and/or non-temporal. However to the Subconscious Sphere of Mind, locality and temporality - "time" and "space" are not relevant - All Is One within the Eternal Moment of Now.

Remote Viewing therefore has a very solid basis, however, as with all what are generically referred to as "psychic" abilities, the impressions received as "viewing" are always first processed through the Subconscious mind, which always pre-applies learned and programmed beliefs from the ego. So unless the remote viewing practitioner completely clears his or her mind, as for example a practitioner of Zen meditation could, then the impressions received will be distorted by the beliefs and expectations of the remote viewer and will accordingly not represent a completely accurate impression of the viewing objective. The same is true of all "metaphysical abilities" all of which are subject to being distorted by the ego Mind of the practitioner unless the practitioner has complete control over, and can completely clear the Mind as in Zen.

This then is also the basis of many Metaphysical abilities such as for example Telekinesis, i.e. the apparent "moving of objects" using the power of the Mind alone. In reality of course there is no "object" to move - we know that from our previous discussion that this concept is rooted in duality - so "success" in "moving objects"

is determined solely by the extent to which the practitioner can overcome his or her own programming as to the perceived and expected nature of "objects" they wish to "move", ultimately not perceiving the object "objectively" but as an extension of their own native Energy field. In reality the Mind can move absolutely any perceived object, no matter how large or heavy they are believed to be, but in practice the ability to "move" an object is restricted to the belief of the practitioner as to their ability to do so based upon what they have learned and believed is "possible" or not. In fact, everything is possible without limitation to the extent that someone believes it is - we have no limitations whatsoever, All perceived limitations are of the Mind.

"Objects" can only be "moved" to the extent they form part of the personal or collective field of experience of the practitioner. If we believe we can experience "moving the object", we can "move the object" notwithstanding any contrary beliefs arising from previous programming. Telekinesis including "spoon bending" is therefore a useful exercise in the process of modifying and transmuting Subconscious previously learned and programmed filters.

However, in reality, nothing has been "moved" as the concept of "moving" an "object" perceived as "separate" is rooted duality. External "objects" simply do not exist.

In telekinesis, an object has not actually been "moved" even if the eyes appear to suggest otherwise. What has rather taken place is a "moving" of personal; perception of the very nature of the "object" relative to the perspective and perception of the practitioner. In other words the Subconscious mind has been convinced of an alternative possibility, contrary to existing beliefs, which it then brings to conscious awareness as experiential evidence in the form of success. This then results in turn in a transmutation the belief at a Subconscious level that it cannot be done, which may then be applied from that moment. So Telekinesis becomes a fact rather than some "supernatural power" but one which can be shared and observed by all present.

No "power" can ever be "supernatural" except from the perspective and beliefs of the observer, because, as aspects of the Source Mind Which experiences through "each" of "us", we already possess Infinite, latent, natural "powers", or more correctly abilities as aspects of the Divine Oneness.

If you choose to allow "onlookers" to your Telekinesis experience, you must not only overcome the "fear of failure" and possibility of looking "foolish" in front of friends, relatives or audience, but also mind power needs to be such as to enable the Subconscious mind of the audience - which is focused within the same mental sphere as the individual Subconscious mind at that moment - All being One and connected - to "participate" in the same collective experience. This also brings the sphere of programmed and learned beliefs in to the now collective experience, and your success in the context of that experience.

Spoon bending is another excellent example of this.

Those of you who have seen the first Matrix movie will have probably watched as Neo visiting the "oracle" for the first time, where upon entering the home he saw children practicing levitating toy bricks. He also saw a young boy who was apparently "bending a spoon" with his mind.

When Neo watched the boy fascinated as to how he bends the spoon, the boy said to Neo:

"Do not try to bend the spoon, that's impossible. Instead, only try to realise the truth"

Neo asked: "What truth".

The boy replied: "There is no spoon".

Neo questioned: "There is no spoon"?

The boy replied: "Then you will see that it is not the spoon that bends, it is only yourself".

And this is absolutely true. If we wish to "bend" that thought form that the conscious mind, ego, believes to be a "spoon", then we are really "bending" Energy as a thought form presenting itself as a spoon, which in turn is an aspect and extension of individual and collective sphere of consciousness. So the "spoon" is not separate, and neither is it "solid", it is an aspect of collective consciousness.

Now I am hoping that the irony of this apparent paradox is apparent to you by this stage in this discussion.

Plain and simple - what humans regard as "experience" and "reality" is in effect illusion, a self reinforcing, self perpetuating illusion, upon illusion, delusion, each believing the other to be "real". It is therefore a continually reinforcing and self perpetuating "experiential loop" within the context of an inherently "Matrix-like" environment that most humans regard as "reality" or as "life" in this world, just as the residents of the Matrix do in the movie.

Mind should control the experience and this is indeed a great and valuable aspect of Spiritual evolution. In most people today, it is still the experience together with beliefs and expectations that controls the ego Mind.

A Spiritually advanced, Enlightened person is fully Self and Universal Source Mind realised and empowered, no longer at the mercy of the feeble whims of conscious ego mind, organic brain and physical senses.

Once a human achieves and maintains this level of Spiritual evolution within the context of a physical body, all trappings and dramas of the learning environment of the "experiential loop" facilitated through the coarse fabric of the "material universe" become utterly meaningless. The physical world no longer serves any useful purpose, except as through which to provide Service in showing others the way to Self-Empowerment, Freedom and Enlightenment.

Chapter 3: The Illusion of "Time"

In previous chapters we have briefly discussed the role of "time" in the context of the human experience and of its consequences. "Time" is such a major factor in the lives of almost everyone, we will now look at it more closely.

"Time" as humans know and experience it simply does not objectively exist except to the extent it is perceived to be experienced and believed to exist. Time cannot be measured or quantified in isolation. Time is not a constant.

Time, to the extent in which it is meaningful, is entirely subjective and can never be objective. Even the subjectivity is relative to the personal perspective of the experience.

People attempt to reduce "time" to an objective experience by arbitrarily introducing methods of measurement based upon relationships between the Earth, the Moon and the Sun. This apparent infatuation with what in reality is no more than a "concept" of convenience has wrought all manner of confusion and misery upon humanity, and is still the basis of much confusion and misunderstanding today.

In reality there is no "time", there is no "space" there is only the Present Moment of Now, Which is Eternal.

If you were to place yourself in a permanently illuminated - or darkened if you prefer - room without windows, clocks or other mechanical means of measuring "time" - what happens to your perception of "time"? Very quickly you have no idea what "minute", "hour", "day", "month" or year it is. You can guess of course, but you would invariably be wrong due to lack of reference points. As your isolation progresses, any best guesses" about "time", "date", "year" would become increasingly flawed.

Once we remove all the physical human reference points, "time" immediately becomes arbitrary and meaningless.

If you 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 "clocks" and "calendars" would look completely different and concept of "time" would be totally unrecognisable.

Is "time" therefore "correct" on Earth or on the other planet?

It should by now be apparent that "time" cannot be measured because "time" is a subjective experience, not an objective principle, and in any case only exists as a human concept of convenience within the context of space. Time is not and never can be a constant to the extent it even exists. If then we look at "time" dispassionately:

Time is not principle.

Time is not constant.

Time is not objective.

Time therefore cannot be considered as a "dimension".

Time is nothing more than a subjective illusion that the human ego accepts as real as a matter of convenience.

The reason humans feel "tired" at "night" and "awake" during the day, is simply because the conscious sphere of mind has convinced subconscious sphere of mind that "time" is "real" and "measured in a certain way. Subconscious mind then reproduces those expectations by programming the circadian rhythm of the organic body accordingly through the manipulation of amino acids, neurotransmitters in the brain such as melatonin, serotonin and dopamine, which in turn provides the experience of "wakefulness", "sleepiness", alertness, capacity and so on.

It is the ego that relies on the concept of "time" in order to interact with space within its duality bound environment.

Chapter 4: Thoughts, Ideas and Beliefs

Most believe that "thoughts" and "ideas" originate from the human organic brain which is generally deemed to be "intelligent".

As previously discussed, the organic brain has no intrinsic consciousness or intelligence in and of itself. The organic brain has no ability whatsoever either to receive or to originate ideas or receive "thoughts" and neither is it the "seat of consciousness".

It should be clear to anyone that the organic human brain would be utterly and woefully inadequate when to explain consciousness, intelligence and intellect as well as the associative retention of a lifetime of memories and other characteristics of Mind.

Ideas and thoughts are received directly by the Subconscious mind, which acts in a similar way to an "antenna", "receiver," in the same way as a TV or radio receiver for example, tuning in to thoughts and ideas on the same vibratory frequency.

When someone focuses on a thought or idea it vibrates at a unique Energy frequency corresponding to that thought or idea which is then transmitted and received upon the mental plane of the corresponding vibratory frequency. This thought form, which is a unique Energy signature, then attracts "ideas" of the same unique vibratory Energy "signature" from the corresponding human mental plane shared by all humans of similar level of evolution and accordingly vibrating on a similar Energy frequency.

Note: There are no "original ideas". The Universe is eternally complete and perfect in the Eternal Moment of Now, and can never be changed. Therefore all ideas already exist and are not created. Ideas therefore can only be received from the mental plane of the corresponding vibratory frequency.

Many famous scientists freely admit, Edison for example, that they never invented anything at all or originated any unique ideas or concepts. They say that their ideas and inventions "came to them"

while in an altered state of consciousness. This is where the Subconscious mind can freely receive ideas through the Subconscious mind from the Mental Plane which then forwards them to the Conscious awareness of the person to be acted upon.

Edison would relax in a chair and place himself in a sleepy trance like state while holding metal balls in one hand over a metal bowl. If he fell asleep he would release his grip on the balls which would fall in to the bowl making a loud noise which woke him up. In this way he learned to maintain himself in a trance state where all his inventions and ideas would just "come to him", upon which he wrote them down and took action, resulting in a new invention.

Of course the "invention" was not "new" at all, it already existed in the mental plane in the Eternal Moment of Now. Edison had simply acted as a receiver of the idea based upon a specific thought form of a specific vibratory frequency which "retrieved" an idea of the corresponding vibratory frequency from the mental plane of ideas. It should also be noted that the reason the inventions of people like Tesla and Edison were so profound, advanced and valuable to humanity is because they did not "think" them up with the conscious ego mind, but rather that everything of value to humanity already exists within the mental plane, and these scientists are simply "receiving" and acting upon them.

As previously mentioned, many famous scientists freely admit that ideas, inventions, theories and so on were all received in a very similar way, in a trance like state, and not through any intelligence or effort on their part. This is why the greatest inventions are so significant - they came from the Universe and were available for use by humans. Inventions on the other idea that are simply contrived by the conscious ego mind are never as significant.

During this process the Subconscious mind applies all the learned and programmed belief "filters" received from the conscious Sphere of experience of Mind activity as previously discussed, and then forwarded on to the conscious Sphere of Mind itself which accepts the "idea" in accordance with its current mental capacity, biases, beliefs etc to do so. So the idea is only as precise as the

ability of the person to receive it without the ego mind influencing it based upon existing beliefs, expectations and so on.

The idea is then received as a modified thought form in the same way as an impression originating from the sensory inputs of the physical senses, mechanically processed by the organic brain and forwarded to the conscious mind as being an "original idea".

So human beings originate thoughts from the conscious mind which are forwarded to the subconscious mind for processing and transmitting to the mental plane as a thought form with a unique energy signature and vibratory frequency. This is then received upon the mental plane which then forwards to the Subconscious mind the corresponding thoughts and ideas which are forwarded to the conscious awareness of the conscious mind, the ego.

As with all subjective experience, the very nature of the original, pure, undiluted "idea" is filtered through the subconscious mind and then biased and skewed in accordance with the specific beliefs, expectations, "hopes" and so on of the conscious mind.

So, for example, a very religious person might think about metaphysical concepts, but will invariably reject them as being "outside of his or her belief system".

Human Beings can and do therefore originate "thought forms", but cannot originate unique "ideas". Humans can only "receive" ideas and corresponding thoughts from the "mental plane of the collective human mind which they can "tune in to", in accordance with their mental capacity to do so, a thought form being a vibration that is transmitted and corresponding response received.

Again it should be noted that when we speak of thought forms being "transmitted" and "received", these are not being transmitted or received to and from "out there" somewhere - All Is One, - but are rather vibratory frequencies of Energy within the context, continuum and Oneness of the Whole, The All.

If the ego mind cannot conceive of, or believe in a level or quality of idea received, then it will simply reject such an idea as "wrong", "nonsense" even "heresy", instead choosing only to accept whatever it chooses to believe - again as is frequently the case of religion for example.

Of course "beliefs" extend to every sphere of experience including for example about "money", relationships and social "status", but these are always learned or programmed over a lifetime.

A baby is a Spiritual marvel of consciousnesses, a perfect, uncorrupted, wonderful Being with infinite potential and the latent capacity to achieve anything at all without limitation.

A baby from birth is uncorrupted, with no active ego weighing him or her down, inherently knowing no limitations. All perceived limitations are programmed in to the child from an early age by well meaning parents, teachers and society as a whole.

Babies are born with a very low alpha brainwave frequency and accordingly "expanded sphere of consciousness". Babies accordingly have the inherent potential to "absorb" and learn a vast amount of information, extremely rapidly, and indeed do. This is a survival provision, existing to get the child "up to speed" very quickly with their potentially hostile and challenging environment.

The "imaginary friends" of the child are actually very real indeed, but the conscious mind of parents cannot perceive and therefore accept these "friends" of the child as "real", through their learned and programmed belief filters which tell them it is not real, the so the child is told to "quit imagining" as if the child is guilty of some form of misbehaviour which of course is simply not the case.

From the very outset well-meaning and genuinely loving parents present their child with all sorts of fluffy, tactile and sometimes noisy toys, often hanging "mobiles" over the crib which the child has little choice but to stare at, thus reinforcing the concept of the nature of material conscious duality oriented "things" from birth.

As a child gets older they are often given toy versions of "adult" material possessions to "prepare" the child for the "real world". In the case of boys, these "toys" become increasingly military and violent in nature, culminating in extremely violent video console games. The Subconscious mind cannot differentiate between what is intended to be of value and that which is a game, and so can consciously externalise the game as real, causing the child to believe violence is acceptable and even causing the child to take action on it later in life by joining the military and so on.

Female children are prepared for domestic and later reproductive "roles", expected by their parents, through increasingly realistic domestic toys, dolls and female role playing games.

As a child becomes "older", brainwave frequency increases, as does natural conscious sphere of perception and with it capacity and speed of learning slows as is the connection of the child with Higher Self and inner spheres of life and reality.

Parents, as soon as their child is old enough to understand, continue their indoctrination of the child in to the "ways of the world", imprinting the child with their own choice of religion, prejudices, including racial and societal choices, biases and of course their expected "station in life".

By the age of 7 to 10 years at the most, the child has thus been heavily programmed, true, pure Spiritual connections buried under many, many layers of ego generated material, religious and prejudicial beliefs. The child will on most cases be running on that early childhood programming for the remainder of their physical experience. It is this ego originated lifestyle that is the origin of so much misery, suffering and discord which, as we will discuss later in this book, will only change when the ego is subjugated.

Chapter 5: The Nature of "Events"

Now let us take a brief look at the experiences that humans regard as "events" that "take place" during the course of a lifetime.

"Events" can be personal in nature but are often shared collectively by a number of participants, and either planned or "unexpected".

People generally have tendency to label events and indeed experiences generally, as, for example, "good" or "bad", "welcome" or "unwelcome", "important" or "unimportant" and so on, in accordance with programmed individual perspectives, beliefs and expectations. Such labels are all of the ego.

"Events" are neither "good" or "bad" in nature or any other such label. These are duality based concepts. Events simply "are", but only to the extent that an "event" exists at all.

So what then is an "event"?

An experience known as an "event" is temporal in nature, that is to say experienced only during the moment at which the circumstances and "duration" of the event are observed and experienced by all participants as it relates to a temporal event horizon - in other words bound by "space" and "time" duality.

Of course "events" can be a fleeting moment or span many "years" of Earth "time" relative to what is known as "history", and throughout Earth history there are many examples of this.

The important point to keep in Mind is that no such temporal event can ever "manifest" in isolation, notwithstanding any individual perception to the contrary.

In accordance with the Universal Principle of Cause and Effect, every "event" is ultimately associated with an infinite and "unbroken" series, or "chain" of related events - causes and effects. A temporal moment of such cause and effect is observed within the

sphere of consciousness of a person or "group" of people, before continuing on beyond the temporal event horizon of these "observers", and on to the temporal sphere of perception of other people or Beings. This process is always independent of "time" or "space" relative to the temporal moment in which it is observed or experienced, before continuing on to infinity.

This "progression of "events", "causes and effects", may "travel" through the spheres of consciousness of countless Beings existing on the same or different levels of Energy, vibratory frequency, and/or temporal "time-lines" relative to Earth or other planets or environments, each "moment" or "instance" of which may be observed in isolation, being experienced as a localised temporal "event" in "space-time". This experience is independent of any knowledge or perception of the associated and continuous, infinite chain of related events - causes and effects to which it is related.

An experiential "event" belongs to an infinite chain of related experiential events, each of which has infinite potential to manifest in its own temporal event horizon and sphere of observation, in accordance with the Subconscious filters of the observers and thus their ability to assimilate and thus experience it.

So again, this "event" may only be observed only within the sphere of the temporal event horizon of the observers, before continuing on beyond the temporal event horizon of the observers, and therefore beyond the perception and experience potential of the "event". The event is therefore deemed to have "taken place" and is "history, but in fact continues perpetually as a continual chain of causes and effects beyond the perception of temporal observers.

An event therefore is simply a temporal "snapshot" of an unbroken perpetual stream of causes and effects which are labelled as "events" of which people on Earth only observe a miniscule temporal experience. This is why events should never be labelled in isolation as "good" or "bad" - they simply Are. Ultimately all causes and effects balance, are inherently perfect.

Chapter 6: The Human Experience

We have previously discussed how human beings experience and relate to the physical world, through an "experiential loop" illusion, but how may we summarise the question of "reality" and human evolution as it relates to the human experience?

Well first we must understand that the entire nature of the "universe" in all spheres of vibration, exists only as an Infinite expanse of Energy in the Eternal Moment of Now encompassing infinite potential, is infinitely fluid, responding only to Mind.

Mind, at a "normal" human level, encompasses two fundamental spheres of activity - Personal - within which are the conscious and Subconscious spheres of activity - and the collective or shared mind. This is still an over-simplification, but will suffice for the purposes of this discussion.

Universal Source Mind, First Cause, Divine Love, Supreme Intelligence, is the Only true " Reality", because only Source Mind, through the universal sphere of activity of that One Infinite Mind, encompassing The All, knowing The All and "Seeing" The All from an All Inclusive perspective.

All that Is exists may be conceptualised as an Infinite "ocean" of vibrant Energy of infinite potential, perpetually and subjectively experiencing It-Self through "individuations" - "fragments" - of It-Self, but which "fragments" are also concurrently integral aspects of The Whole, The All., Divine Love, Universal Source Mind.

There is and can be no "separation" in any sphere of experience. Such perception of separation is never actually "real" except to the extent that it seems real to the observer. Human physical experience is an illusion rooted in duality as previously discussed.

As "individuated" Energy fields, conscious and subconscious mind, Spirit, within the Great Energy Field - Universal Source Mind - under the influence of Source Mind, human beings and all

life as Eternal Spirit and Expressions of Source, God, exist "everywhere" within the continuum of the full Sphere of activity of Universal Mind of The All, The Whole, with the same infinite potential to the extent it has been realised and assimilated. Every human being and all life concurrently exist "everywhere" in the greater Universe - there is "nowhere" where life does not exist.

"Movement" is therefore an illusion. All "projection" is a projection of conscious awareness, of the Mind only and never "physical", being a vibratory focusing to a the point in the Universal Energy field of All corresponding precisely to that which is desired to be experienced, and which can be imagined.

"Movement" and therefore "motion" must be an illusion, because there is no duality, there is no "space", ergo, there is no "here" or "there" to "move" "to", "from" or "between".

No one can experience any "thing" outside of their own existential sphere of imagination and comprehension, both of which expand during the process of Spiritual Evolution.

A "possibility" is only realised and becomes experiential as a "thought form" in the precise moment in which it is observed, "after" which it returns to transient native Universal Energy of Infinite Potential. This is conceptualised in quantum mechanics by Universal Energy natively existing as a "waveform" which has the potential to "collapse" in to "particle form" - notionally "matter" - under the act of observation, and conversely reverts back to a waveform once the observation has been withdrawn. Again, this gives rise to the so called "measurement problem" in that as soon as an attempt is made to "measure" or observe something it changes its very nature from wave to particle, before reverting back to its native original non-physical waveform. This shows that nothing is actually "real" or can be measured in absolute terms, and that anything that is measured is only transient in nature.

That which each human being currently considers as personal existential "reality" simply represents a infinitesimally tiny subset

of the Universe of possibilities that have been focussed on, observed and thereby rendered transiently "tangible".

So again, what people perceive as solid "matter" in isolation, is simply a transient thought form in the context of an infinitely fluid energy waveform in which every component is intimately related by the same infinite potentiality, encompassing the "All".

"Matter" is therefore never actually "real" in absolute terms.

"Matter" is always a transient composite experience in the moment an observation is made, regardless of how the duality of the conscious mind chooses to perceive it, shaped by a lifetime of learned and programmed belief filters within subconscious sphere of personal mind activity.

What people perceive as an "object" or may refer to as "objective" is actually just a very tiny fragment of Energy existing as a transient thought form, only existing to the extent and in the moment in which it is observed, while also existing as a waveform and integral aspect of Infinite Potential.

Quantum mechanics describes this "phenomena" in great depth in the context of "quantum superposition", however the forgoing will suffice for the purposes of this discussion.

Expanding upon this we may conclude that:

Space does not exist.

Locality does not exist.

Time does not exist.

Without these conditions, matter cannot and does not exist.

The physical world is therefore a persistent illusion perpetuated as previously discussed as a collaboration between the organic brain, and the conscious and subconscious spheres of Mind activity.

There can be no duality implied "movement" between "two points". A shift in experience is a shift in focussed conscious awareness in the context of The All.

In terms of physical experience, each person as an individual point of conscious within Universal Mind may choose to place a different interpretation upon the same subjective sensory inputs from their own perspective based upon current experience. So when one person describes a "car", another may perceive something completely different although both may agree, at a physical, temporal level of observation, and in accordance with their respective Subconscious filters, beliefs, expectations and perceptions, that it is still nevertheless a "car".

The same applies to colours. If we show someone a "blue" object they may recognise it as what we may refer to as "yellow" in colour, but because both observers consistently recognise the Energy represented by the object being observed by their respective colours. But it is always a constant relative only two the respective observers. Both observers are always correct, even though what they are observing may be completely different.

So again, when someone "looks" at something, although they will "see something", there is no way of knowing whether what they "see" is actually the same as what others "see" because there is no "real" point of reference. Instead it is simply accepted as fact.

So regardless of how someone "sees" an object after it has been processed through layers of conscious and subconscious filters and organic brain, it nevertheless represents the same "thing" which other observes "both" agree on "seeing in that temporal moment.

"All that Is", Universal Mind Principle, comprises an Infinite field of consciousness, vibrating Energy of limitless potential, perpetually and subjectively experiencing It-Self through Infinite "fragments" or integral aspects of It-Self.

Humans - indeed all Life - which means "All that Is"- are simply unique configurations of Energy - discreet Energy fields, "fragments", within the context of the greater Energy field - Universal Mind. Each unique Energy field is identified by a unique but constantly changing vibration, the rate of frequency of which is entirely dependent upon state of evolution and perfection relative to the only true reference point - Source Mind, First Cause. Each such individuated Energy field is still intimately and seamlessly connected to the whole Unified Energy field as One complete experience but with the context of infinite experiential potential.

This is why "life" as humans know it in the physical Universe - Earth in this case - is an illusion, delusion - subscribed to and acted out by the ego, an individual and collective dream which anyone can consciously change if they choose to do so, and thereby change their life experience in any way they wish.

If "life" is an illusion what then does that imply about the change known as "death"?

"Death" is an illusion as will be discussed later in this book.

Yes physical life is a dream, all life is ultimately a dream, but a necessary learning experience in which every human has chosen to participate at the start of the glorious journey along the Eternal Path of experience and Perfection, with the potential to achieve the ultimate conclusion of reuniting with Source, Divine Love.

"Life" is characterised by cycles of Energy - some extremely "short", others extremely "long" relative to the experience of "time", but all having the potential to influence us in some way. Humanity in the context of Earth is currently experiencing the transition of one such great cycle of 25,765 years or so.

Chapter 7: The Human Condition

The vast majority of people in the world today still fail to achieve full potential due to a complete lack of understanding of the immutable perfection of the Universe, or of the relationship between themselves and the Universe, Source, The Divine, and our infinite potential, collectively - the meaning of life.

This is in no small part due to the pervasive influence of the ego.

When the Higher Self, chooses to incarnate a personality, an "experiential lifetime", into the so called "physical world", it does so by choosing who the parents will be, location, what circumstances will be encountered and potential challenges faced. These are chosen with the objective of providing for the best possible opportunity for that personality to gain the specific life experience required during that lifetime, which ultimately goes to the overall perfection of Higher Self. The personality has the freewill to live that life and Higher Self cannot intervene or influence unless specifically asked to do so by the personality.

The personality is born intuitively knowing its mission and the challenges to overcome. If the personality fails to fulfil that mission during a lifetime, then Higher Self will send, incarnate, another personality to repeat the process until it succeeds.

Every lifetime is fully experienced as "self" so there is no getting away from this responsibility or leaving it to "another" personality. Humans fully and consciously experience countless "lifetimes".

We are all equal aspects of Source, First Cause, Divine Love, God, with the natural, instinctive desire to evolve to Source Divinity as a fully realised and perfected aspect of God.

Over the years, however, the Divinity of humanity has progressively become buried deeper and deeper by the ego. This has caused humanity to turn its back on the sacred path, and towards an ego oriented alternative, much darker existence centred

on gross materialism, dogma, indoctrination, and the desire for power, control and recognition bringing misery and suffering.

From a very young age most people are influenced by such erroneous factors as what "other people" think of them, the desire to conform to the expectations of family, friends, neighbours and "norms of, society", living in strict accordance with "the way things are done". The "way things are done" is rooted deeply in ego driven duality which generally can only bring more and more misery, suffering and discord as is generally reflected in the world and life today.

It is only when an individual has the courage, strength, fortitude and determination to break free, to live independently as a free Spirit, beyond the influence of others or society, and to face the truth that he or she is truly free to fulfil his or her own true destiny with joy, meaning and real purpose that life can truly begin.

In order to achieve this Divine state of awareness, it is necessary to consciously become an open channel through which Source can express through Higher Self, the Eternal Spirit, the Immortal "I", in the "physical world". Although every human being has the full infinite, power of Source within, the majority succumb to the ongoing demands of the ego and "fall" in to a duality oriented life.

Source, God provides for all our genuine needs, necessary for genuine life experience, and thereby, through us, as us, Source experiences and expands, and thus the entire Universe expands.

But again, most people today are doing exactly the opposite by striving to conform to the expectations of others, pursuing material gain and recognition as a first priority, forcing things in a perceived direction by physical means, instead of being an open channel of expression of Source, and are therefore existing contrary to the natural immutably perfect flow of the Universe.

The Universe is already immutably Perfect in the Eternal Now and can never be changed. The "work" of Source, God, is already complete and perfect.

To the extent "freewill exists, humans only have two choices:

1. To be in full alignment with Source, Divine Love, and experience, peace, harmony, health, abundance, joy and fulfilment.
2. To succumb to the ego and duality, thus experiencing misery, suffering, discord, lack, frustration, poor health and more.

At this moment, in the early twenty first^t century, "society" as a whole is still operating in a paradigm through which people are trapped from a very young age into a system that often prevents happiness, fulfilment and evolution.

From the very first day a child is born into what should be a glorious, joyful and fulfilling life on Earth filled with Love, fulfilment and progression, the indoctrination of the child into the "trials and tribulations" of the material world commences.

A child, from birth, is taught to focus upon the five physical senses and to behave in a certain way.

The child is taught to covet material things, such as toys, as a prelude to coveting bigger material possessions later in physical life, often as a first priority over everything else.

Later, young children are expected to go to kindergarten and then school in order to obtain the "qualifications" required to obtain a "job" that they may "work" at for the next 50 years or more.

Finally an adult "retires" often on a meagre "pension", after which the person may live out what remains of the life in the hope of simply surviving in a generally non-caring world, which cares not about the lifetime contribution of the person or of late life needs.

From the moment of birth, the Mind of most children are shaped by parents based upon their own perceptions of what life "is all about", usually based in turn upon their own current

circumstances, and the lifestyle, traditions and “values” of their own parents before them.

Very few people choose a religion or Spiritual tradition based upon their own research, needs and inner feelings and intuition. The vast majority of people today subscribe to the religion forced upon them by parents from birth, and expected to adhere to lest they "suffer the wrath" of the anthropomorphic deity they "worship".

Many children are taught that it is wrong to aspire to anything outside of the “station in life” that they were born in to, and should instead focus on the lifestyle that their parents have always accepted and found to be quite “adequate”.

The mind of a child at both conscious and in particular subconscious levels is very highly impressionable. It does not take many years of such relentless indoctrination of the trusting child for the Subconscious mind of a child to accept whatever their parents, teachers and society have thrust upon them as “reality”.

Once the transition to the "afterlife" of the Astral worlds has taken place during the change erroneously known as “death”, the Soul will have every opportunity to reflect on what might have been, what was not accomplished and why, eventually returning to Higher Self with an incomplete package of experience, resulting in the Higher self sending forth an alternative representative to Earth to repeat the life circumstances to have another go at completing the mission assigned.

Humans have been trapped in this paradox, a cycle of living a false existence that is inconsistent with their true mission, which the Soul and subconscious mind are fully aware, but which is buried deep within the ego and many layers of life programming, and away from alignment with Divine Love. It is not until this cycle is broken, and people recognise, understand and exercise true freedom based upon their own reason for being here, can they finally realise true joy, fulfilment and freedom, and the means by which to complete their mission on Earth this time around.

People might say that money is necessary to acquire the basics of survival, such as food, clothing and shelter. While this might appear to be superficially the case according to the ego, the truth is that we are here to experience freedom and enjoy unlimited, abundance health and happiness through our Divine connection with Source, God, not simply the basics for mere survival.

There is a very big difference between true “abundance” and “money”, and it is this distinction that has led so many people astray. “Money” is a human concept that largely does not even exist, except as notional data created and stored on computers. True natural abundance is a fundamental Universal Principle.

The Universe has unlimited true natural abundance waiting to be delivered to each and every person. “Ask, and you shall receive”, every time, no exceptions. The Universe does not recognize favouritism, “luck”, “chance” or any other such superstitions. Most people simply do not know how to ask or to receive, or are aligned with the Source and they therefore fail to achieve abundance, joy and happiness, usually blaming their "misfortune" on a multitude of erroneous factors.

Only those who can fully understand how the Universe expresses abundance through human beings may realise as much true and fulfilling abundance as they can possibly desire, along with the true joy, happiness and emotional freedom associated with it. This means throwing off the shackles imposed by family, friends and society in order to become a true channel of abundance for The Source of all abundance. Those who can accomplish this will answer those who may be critical of their defiance of “societal norms” by virtue of an extremely abundant, joyous, fulfilling life on Earth, and one in which all genuine desires are realized.

It has often been noted that those who physically seem to “work” the hardest for all of their lives seem to have the least money, possessions and true happiness, while those who “work” the least often seem to enjoy unlimited abundance, joy and true freedom. Many people will jealously view such happy, joyous and fulfilled people with envy, often accusing them of achieving their riches

through some sort of illicit means, or ascribing their success to such superstitions notions as “luck”, “chance” or “fortune” which simply has no basis in fact. In reality such abundant,, happy people are simply more in harmony with the natural flow of the Universe.

Many people cast blame on others and even revel in the failure of others instead of celebrating success. The simple and powerful truth is that those who have achieved such levels of true fulfilment have done so by overcoming the ego to the extent of casting off the shackles of society and the expectations and pressures of others to conform, instead becoming open channels through which Source can express and thereby experiencing fully in the physical world, thus being blessed with unlimited abundance, joy and happiness.

One of the most powerful and truest expressions is quite simply:

Let Go And Let God.

In China, a philosopher known as Lao-tsu said:

“In the practice of the Way every day something is dropped. Less and less do you need to force things until you finally arrive at non-action. When nothing is done nothing is left undone”.

These are very powerful and very true words, and once they are fully grasped and assimilated into your life, they will place you in a much better position to attract anything desired, without the need for physical action.

If a person desires something, driven by the ego - new car, clothes, electronic gadget etc - , they automatically assume that some sort of physical "plan" or "action" is required in order to obtain it. They thereby “force” things in their own perceived direction. Such force might bring about the intended result, but Universal Principles are immutable, and the force of that cause will always have a corresponding effect which will not always be positive.

People are generally still focused on “doing” instead of simply “Being”. In order to achieve anything, it is first necessary to “Be” rather than to “do”. “Being” always precedes “doing”.

This is not to say that we should never “do” things. Of course, action is often necessary in the "physical world", arising from Being, but such action must always be aligned completely with the flow of the Universe. It is only by being an open channel of the Universe, always receptive to intuition and inspiration from within, that Energy and intuition arrives, sometimes requiring an action, but which action is always in alignment with the Universe.

So, herein is the true human paradox.

Mankind still remains largely trapped within a “no pain, no gain” based society and its expectations, often driven by materialism, vanity, carving for power, control, status and recognition, the desire to conform to the expectations of others and the uncontrolled demands of the ego. This is, usually brought about by a materialistic focus, largely as a direct result of programming, conditioning and indoctrination from a very early age, by a society which, at all levels, for the most part lost its way millennia before.

It is only when this human paradox can be recognised and confronted for what it is and thus reconciled and transcended, can mankind as a race once again fully align with Source, First Cause, God, Divine Love, to finally become free flowing true channels of expression and experience of God, with abundance, freedom and joy, the birth right of every single person as a true Child of God.

Chapter 8: The Truth about "Death"

What many people believe to be the finality of "death" is in reality no more or less than a transition, or change, from one state of life, a physical state of life experienced in a "physical" body, to a nonphysical state of life within a much finer, more subtle, non-physical body within a higher vibratory frequency, the "afterlife".

Let us be clear - there is no such permanent state as "death".

After the transition from "physical" to non-physical life at the change known as "death", the Soul lives on at a much higher vibratory frequency of Universal Energy of the Universe known by many names, but often known as "the afterlife", "Astral planes" or "the beyond". The name is of no consequence. The fact is, this phase of life really does exist and becomes the new home for most after departing physical following the change known as "death".

Although we have infinite notional subtle "bodies", people are "focussed" only in one such body, the nature of which is in accordance with state of evolution, and therefore vibration of the Soul and Spirit. These "bodies" very broadly consist of the physical body, the Etheric or Energy body, the Astral body and the Mental body.

Note: It is erroneous to refer to "bodies" which are really Energy fields of specific vibratory frequency and no notional "form. For the purposes of this discussion we will use the word "bodies".

The Astral body is often referred to as the "Soul", and the Mental Body is often referred to as the "Immortal Spirit".

God, Source, Prime Creator, First Cause, Divine Love is pure Spirit, and ultimately every single person exists as pure Spirit beyond all concept of form which is a duality construct of the ego in the context of "physical" and Astral worlds.

The seat of our very “Being” or consciousness is the Immortal Spirit - Higher Self - the Immortal "I". The Astral body, Soul, consists of both the conjoined Astral and Mental bodies and can, therefore, be more accurately referred to as the Astra-Mental Body.

Within the inner spheres of reality of the Astral and Mental planes, people are focussed at the level of vibration corresponding precisely to the level of vibration of the Astral and Mental bodies, respectively. It is this unique vibratory frequency and Energy configuration that determines precisely where a person transitions to after "physical death", again, corresponding immutably to the precise vibratory frequency of the Universe, The All.

The level of vibration of the Astral and Mental - Soul and Spirit - depends in turn upon many factors, including the individual degree of ennoblement or perfection, the degree to which the ego has been subjugated, degree of unresolved "karma", alignment and Oneness with the most powerful force in the Universe, Divine Love.

So, what actually during the change known as “death”?

At the moment the physical body ceases to function, to the point that physical life can no longer be sustained, Energy is transferred to the Etheric body, also known as the Energy body. The Etheric body will usually then become the new but “temporary” non-physical body of the recently “deceased” person. It is the Etheric body that some people, in particular those with psychic or clairvoyant abilities, can “see”, and is also the basis for the “paranormal” phenomena known as a “ghost” which is usually a "deceased" human focussed within the Etheric body, but can also be a residual energy signature called a "phantom".

How long the "deceased" person remains in this state depends on how much Etheric energy is transferred at the point of "physical death", the ability to retain that Etheric energy and ability to draw further Etheric energy from the physical environment and physical people. If there is only a small amount of Etheric energy transferred or retained, then the "deceased" person will quickly transition to the Astral.

What happens next varies from person to person.

Those who do not transition directly to the Astral worlds will, immediately after physical death, find themselves very much “alive” in their Etheric body, feeling much more “alive” in fact than they ever did in their physical shell.

A person after “death” will often fully observe everything happening around them, including all people present. What the person is actually “seeing” is not their physical surroundings as such, as they no longer have any organic physical senses. What they “see”, now through the mediation of the Astral senses is a very close Etheric Energy “reflection” of those surroundings which, for all intents and purposes, are very similar, at a higher vibratory frequency, but also subject to influence by the Mind.

If doctors are present, the "deceased" person might well see and hear him or herself being pronounced “dead”. The “deceased” person can then, if desired, stay around and watch what happens to their “old body”, observe the actions of the people present or immediately leave.

In this much finer state of existence as pure Energy, it is quite possible to travel anywhere in the world or the entire Universe in an instant, literally at the speed of thought. The Etheric plane, like the Astral and Mental planes is a Mind world of Energy and vibration, an extension of the Astral planes and of the continuum of Universe as a whole, existing beyond the boundaries and restrictions of the duality illusions of physical space and time.

The “deceased” person often remains very close to the physical world while the level of Etheric Energy in the Etheric body remains sufficiently high. They will very often make the most of this opportunity to visit and say goodbye to family and friends and perhaps to visit their old home and favourite places from their physical life. Very often, the “deceased” person will also attend his or her own funeral, not only to “see” all family, friends and other people they knew and loved in physical life gather to pay

their last respects, but also to realize the finality of that particular physical life on Earth in order to move on.

Of course, living people cannot, with the exception of psychics and clairvoyants, usually “see” the “deceased” person, and any attempts by the deceased person to communicate with "living people" will usually fail, often becoming a source of frustration.

Animals however such as dogs and especially cats can "see" and feel the deceased as they have no duality exerted by the ego or therefore barriers that prevent them. When a deceased person is present, animals will react accordingly, often as if the previously living person is present as to animals there is no difference.

In due course reserves of Etheric Energy dissipates and the "deceased" person will make the transition to the vibratory frequency of the Astral worlds, the "afterlife", corresponding to the own unique vibratory frequency of the Astral body. This is dependent on many factors including state of Spiritual evolution, character, emotions, materialism, expectations etc.

Most people transition to a broadly similar level of the Astral, afterlife reflecting the current state of humanity.

Irrespective of how the deceased person arrives in the Astral worlds, they will never be alone. Other Astral residents, frequently previously pre-deceased relatives and friends, will be there to greet and help them to settle into their new home. Very often, the newly deceased person will be taken to a place in the Astral world which is effectively a “reception area” for newly arrived Souls where, they will be met by a host of helpers with the task of assisting new arrivals. Such helpers specialize in all manner of cases and are able to assist with the transition process regardless of previous physical life experience or the circumstances surrounding physical death. These helpers are experienced in a wide range of conditions associated with transition, from the natural to the traumatic.

If the physical death was sudden, violent or due to some self-inflicted disorder such as alcoholism, or if the person was ill for

some time before physical death, there will be the Astral equivalent of hospitals with doctors and nurses on hand to assist, people who might well have been doctors and nurses in their own previous Earth life. At these levels of the Astral everyone contributes out of a genuine desire for service, and, unlike the physical world, with no expectation of reward or recognition.

There are countless billions of people living within the Astral worlds corresponding to Earth "history", having previously experienced physical life in the past, present and future of Earth. Each person may well have hundreds or even thousands of him or herself living in the Astral worlds concurrently, each of which is an individual incarnation of their Higher Self that has not yet evolved sufficiently to leave the Astral to return to their own Higher Self.

Every eventuality is fully accounted for, and no person is ever left alone in the Astral worlds after physical death. For most decent people who have led a life with no strongly held religious or other beliefs, the environment is always extremely peaceful and harmonious and otherwise quite similar to Earth in appearance.

As mentioned before, in the Astral worlds anyone can experience anything they wish, so the concepts of "work" and money do not exist, and the people living there accordingly have no need of it.

Because the Astral worlds can appear to be almost identical to the physical world, some people do not even believe they have actually "died", especially after a sudden death. Such people can become very confused and disoriented and might require attention by specialist helpers until they can come to terms with their new non-physical existence in the "afterlife" of the Astral worlds.

Children and infants especially usually require a great deal of care from such specialists or pre-deceased relatives. In these cases, a nurse or designated helper, often a previously transitioned family member if available will look after the child until he or she is old enough to join a family or make their own way in the Astral worlds. There are many such families who will gladly take on the responsibility of looking after young children or children in need

of guidance who arrived before their own Earth based parents. Older children will often join a family as soon as they have come to terms with their new home in the Astral worlds.

Children can usually adapt to the Astral worlds much more quickly than adults, largely because they had not yet been fully indoctrinated into the ways of the physical world.

Upon arriving in the Astral world's most people settle into their new home and create a new "life" for themselves. Attachment to the physical world is usually lost almost immediately upon physical passing. Sooner or later, completely lose all interest in the physical world and previous physical life is lost. However, people living in the Astral worlds can, and very often do "visit" the physical world, often to visit loved ones left behind. There are numerous cases of bereaved family and friends suddenly feeling the "presence" of their loved one, and in very many of these cases, it is their loved one visiting for a time from the Astral worlds.

It should be mentioned that "deceased" people living in the Astral worlds will often maintain an active interest in and watch over their loved ones still living in the physical world, guiding them by any means possible and protecting them from inner dangers whenever possible. It is relatively easy for people in the Astral worlds to influence or "impress" the Minds of people still living in the physical world mentally, or "telepathically". Such influence can suddenly arrive in the Minds of people on Earth as feelings, intuition or ideas that appear to come from the individual's own Mind. Pets, such as cats and dogs, can and often do sense the presence of their deceased owners in a very powerful way, and will react accordingly.

It is also possible for people living in the Astral worlds to visit people in their dreams. This happens much more often than people realize. Dreams of meeting deceased people are often very real, and such contacts should always be taken very seriously and any messages remembered. Everyone in the physical world leaves their body at night while in deep sleep, and Astral residents sometimes take this opportunity to meet with their loved ones "face to face.

These meetings are then often remembered in the morning as a vivid lifelike dream. Again, these meetings are often very real indeed and should be remembered to the best of ability. This can easily be accomplished by keeping a dream diary by the bed, and writing down everything remembered about dreams as soon as awakening in the morning. Sometimes, important information is passed along this way, as well as reassurances that the “deceased” person is very well, happy and content in their new Astral home.

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

It is also important to understand that the “deceased” person can feel emotions and “hear” the thoughts of those grieving in a very powerful way. It is best therefore to feel happy for the “deceased” person for completing their life on Earth, and to send them Love and understanding in the knowledge that they live on, and that one day you will be reunited.

“Death” should never, ever be feared. It is rather something to anticipate and to celebrate when the time comes as a completely natural aspect of individual evolution and a transition to glorious worlds of pure harmony, bliss and beauty where no hardships, trials or misery exist.

Chapter 9: The Mystery of Reincarnation

Reincarnation is one of the greatest mysteries and object of confusion baffling mankind and one of the most controversial.

Do people really “return” for many further “lives” on Earth?

If so, how many times?

Why do we reincarnate at all?

Do people actually have any choice in the matter?

To “Re-incarnate” literally means to “come back in the flesh, “carne” meaning “flesh” in Latin.

Before looking at reincarnation in greater depth we need to clarify some important facts.

There is reality no such state as “past” lives or even “lives”.

All those experiences known as “lives” or "lifetimes" are in fact the continuum of a single collective experience of the Higher Self - Eternal Life - concurrently experienced across all what we know as “time zones” or “periods in history” relative to the human concept of what we call “time”, concurrently encompassing all Higher Self incarnational experiences.

“Time” does not exist as previously discussed. “Past lives” therefore, it is an erroneous concept rooted in duality.

So what then are "lifetimes and how are they" actually experienced? A convenient way of looking at this is by using the metaphor of a cart wheel which may be represented as follows:

Hub: Representing Higher Self.

Spokes: Represent “timelines” relative to the Earth “time”.

Rim: Representing temporal experiential space-time on Earth.

Each separate incarnation, lifetime, personality of Higher Self on Earth or other planet, is sent by the Higher Self along a “timeline” - a "spoke" of the wheel, to be “born” into a physical body. From a physical perspective the point where each spoke meets the rim is a “timeline” or “time zone” relative to Earth "space-time". From the perspective of Higher Self it is all concurrent in the Eternal Now All "lifetimes" taking place concurrently - there is no linear time or therefore sequential "lives".

When each physical life on Earth has been completed, after the change known as “death”, that personality, “fragment” of the Higher Self, travels back to the Higher Self, beyond "space" and "time", with its own lifetime package of experience, contributing towards the collective experience and perfection of Higher Self.

The physical world can be likened to first year at kindergarten. The very highest spheres of reality, the Celestial spheres, can be likened to post-graduate University. It goes without saying that no one can even think about attending University without first having progressed through all necessary levels of primary, secondary and higher education, thus achieving the necessary levels of attainment.

Everyone on Earth lives within a material body subject to the rigors, "trials and tribulations" of the physical environment, not the least of which is health, the need for food and shelter, and co-existence with other people of every possible characteristic.

The physical universe is a school of learning where the Higher Self of every person must first attain the necessary degree of perfection through numerous life experiences in order to graduate and progress to the inner, more blissful, glorious worlds of Spirit, spheres beyond the form of the material and Astral worlds. Only when such a level of perfection and ennoblement if Higher Self is achieved can true progress be made on the path back to Source.

Each individual life experience on Earth provides a vehicle of expression, a personality, the sum of which personalities contributes to the total individuality and perfection of Higher Self, the immortal, Eternal "I".

Memories and experiences of all lifetimes on Earth and beyond are "stored" perpetually within the Higher Self, more correctly "Inner Self" to become an aspect of who we are in total.

Each individual lifetime can be likened to a facet of a diamond. The full sparkling diamond with all of its many unique facets represents the complete polished diamond of the Higher Self, while each facet of the diamond represents each separate lifetime.

Numerous physical lives are required in order for the Higher Self to gather all necessary experience through a wide diversity of physical personalities and life situations lived as both genders. Again though, it must be remembered that all "lifetimes" are concurrent, taking place along temporal "timelines" relative to Earth in the Eternal Now, and not, as is often supposed, linear.

So again, each "personality", a lifetime of experience on Earth, only experiences a single lifetime, not multiple lifetimes. The Higher Self sends multiple aspects of itself, personalities, to Earth, all of which are fully experienced as Self. In other words everyone consciously experiences all lifetimes, but not linearly.

Each personality is an aspect of Higher Self, just as each Higher Self is an aspect of Source, God, all are ultimately One.

Reincarnation is not a random process. The Higher Self will select the next life on Earth in accordance with the lessons that need to be learned and experience gained towards the overall objective of perfection, and to balance accumulated low and high vibration Energy, "karma" collected over all lifetimes.

Everyone knows from personal experience just how hard and sometimes seemingly "unjust" life can seem to be. Physical

existence depends on basic material things such as the need for food, shelter and warmth.

During the course of each lifetime everyone encounters a very diverse range of people and presented with a very wide range of trials, tribulations, challenges, situations and temptations. All these are valuable learning opportunities towards progress on Earth as well as contributing to the completeness of the Higher Self. Very few people at this time recognize these valuable lessons for what they really are, simply ascribing them to “chance”, “luck”, “misfortune” or any number of other dismissive or superstitious explanations, not knowing that all create their own unique experience and must accordingly accept the consequences.

In order to progress, as everyone must eventually do in this or another lifetime, all life situations must be recognized both as valuable lessons and opportunities to balance karma. As previously mentioned, it is very difficult to achieve these from within the inner spheres of life, particularly the low to mid-Astral where materialism still prevails, and where everyone is at the same level of progression, and where the physical density of matter does not provide any sort of challenge. Also in the Astral realm, the "afterlife", people can have and experience anything desired without the need for effort or money, so there is no challenge.

When facing challenging life circumstances, the ego of people prefers to complain, blame others or ascribe their situation to superstitions such as “luck”, “chance” and “fortune”, never accepting any level of personal responsibility. There can be no "blame" - blame is rooted in duality. All that is experienced arises from self, even though it may not be immediately apparent. Only when this is understood, full responsibility accepted, lessons learned and life lived accordingly can true progress be realised.

Today, many people continue through life with a material, vain and often selfish outlook, with everything revolving around temporal material possessions, in an effort to satisfy the relentless demands of the ego and to perpetuate the illusion of superiority over others.

These traits of the ego also manifest in the form of vanity and craving for recognition, status, control and material possessions.

One day, whether in the current or a future lifetime, every single person must awaken to the realization of true purpose and meaning of life in the material world and to live each moment accordingly.

This realization might well take some people hundreds or even thousands of lifetime experiences of the Higher Self. The vast majority of mankind has yet to reach such realization, continuing to live in the belief or religious hope that their current "life" is the only life they will ever get before being "sent" to either a "heaven" or "hell" or even to face "oblivion". This is a highly adverse perspective on life, as people believe that they can do anything without consequences as long as they subscribe to the rules and doctrines of their religion, ask "forgiveness" and in some cases accept the notion of a "saviour". There is no external "heaven", "hell" or "saviour". Everyone is their own heaven, hell and saviour based on life experience and true Spiritual progression.

Once a person achieves an understanding of the true meaning of physical life and joyously and enthusiastically embraces it, the person can live accordingly and begin to learn the lessons and gain the experience necessary to completely fulfil lifetime purpose, ultimately through subjugation of the ego and alignment with Divine Love - the ultimate objective of the Higher Self.

As each personality, lifetime, on Earth is completely new and autonomous and has never "incarnated" before, there is no knowledge or awareness of other personalities, lifetimes being concurrently experienced. Such knowledge and experience is retained only by Higher Self which does not share it with other personalities otherwise it would influence and compromise life experience, which would accordingly be largely wasted. So each lifetime is experienced in isolation without the residual awareness and influence of other lifetimes.

Until people begin to understand these truths, they will continue to stumble through life, complaining about and reacting to everything

that does not agree with their ego. It is not until such a person eventually passes on to the Astral worlds will they see the missed opportunities necessitating another representative of the Higher Self on Earth will be necessary to complete the unlearned lessons.

Chapter 10: Life after "Death"

As previously discussed, after transitioning through the change known as "death, the next vibratory sphere of human experience, for most people is the Etheric sphere followed by the Astral spheres, the "afterlife", existing at a much higher vibratory frequencies of Energy relative to Earth. "Experience" here is transient, fluid and dynamic in nature relative to the temporal "space-time" bound environment of Earth.

The environment of the Astral, afterlife vibratory spheres of life broadly consists of configurations of Energy, which are "decoded" directly through the Mind without the mediation of the organic senses and brain, but still with the same learned and programmed beliefs and filters applied, which are still retained after "passing".

Even though "matter" as it is experienced on Earth does not exist in the Astral, the "afterlife", the environment and life experience there seems vastly more "real", "solid" and "vivid" than life experience on Earth could ever be. To those, living in the Astral afterlife realms, Earth seems to be dull, dreary, misty and, oppressive. This largely due to the very low vibratory frequency that the people living on Earth have descended to, and which, like the Astral realms, is reflected in the Earth environment as a whole.

As previously discussed, The Astral body, the Soul, still includes and is under the control of the ego with all of its desires, which is why the Astral is often known also known as the "desire worlds".

The Astral realms seem similar to Earth in many respects with the people there continuing their lives just as they did on Earth, including the desire for possessions, residing in familiar homes, continuing familiar hobbies, sports, activities and so on.

A major difference however is that there is no need whatsoever for "work" or "money" as all desires can be instantly realised. This is why people often, after sudden "death", do not realise they have

"passed on" and believe they are still on Earth until the people there succeed in convincing them otherwise.

Unlike on Earth where "material things" are made of "matter", in the Astral, afterlife, everything consists of a "thought form", which is an Energy field projected by the Mind. Nothing in the Astral therefore has to be "made" as it would be on Earth.

Most "thought forms" are transient in nature, arising from "fleeting thoughts" which manifest and then rapidly dissipate. However, when concentration and focus is applied, powered by desire, emotions, expectations and intent, the very nature of a "thought form" becomes less transient and therefore more "persistent".

Again, everyone in the Astral spheres, the "afterlife", believes in exactly the same material form and function they were so used to, and often indeed addicted to and dependant on while living on Earth. So when people "pass-on" and duly arrive in their new environment, often welcomed by various generations of previously "pre-deceased" relatives, they can subjectively "experience" anything that they can possibly imagine and comprehend.

This ego and duality driven propensity for Astral residents to re-create familiar Earth environments is the main reason why most recently "deceased" people immediately notice that the "afterlife" looks and feels remarkably familiar to their home "back on Earth".

And again, this is also why the Astral worlds are known as the "desire worlds" because it is here that people must remain until all physical desires and other traits of the ego have been satiated and transcended, thus increasing the vibratory frequency of the Astral body which then transitions to the corresponding vibratory frequency of the inner spheres.

As previously discussed, very often newly transitioned people do not even realise and believe they have "passed on" at all, especially in cases of sudden, violent and unexpected death, due for example to a sudden trauma or accident. These newly arrived "residents"

consequently need to be "convinced" by other residents that they are in fact no longer "living on Earth".

This is reinforced by the fact that the very nature of the beliefs and expectations of such a person has taken the newly "deceased" person to a sphere of Astral frequency of very similar vibratory characteristics as their recently departed Earth life, and accordingly populated by peoples with a very similar "mindsets" and beliefs, all living in a very similar and familiar environment. This is one reason why the "afterlife" is so harmonious compared to Earth.

It should be reiterated that there is not just one Astral plane - there is a potentially infinite "number" of "planes" or spheres of vibratory frequency, all very slightly out of phase with each other, "each" corresponding to every human character trait, belief, culture, history and so on as well as the non-human spheres.

As humans on Earth advance technologically and people "pass on" from these learned and programmed experiences, new spheres of Energy are generated by the Minds of these people based upon Earth experience. So again, everyone passing on from Earth life to "after-life" soon feels "at home" and usually blissfully happy.

As previously mentioned, the "afterlife" generally seems much more "solid", "real" and "vibrant" than Earth ever did, or could, due to the much higher, finer vibratory frequency of Energy providing a much higher "resolution".

In the Astral there is a spectrum of colours and sounds far beyond physical human comprehension, and experience through the mediation of the extremely crude Earthly organic apparatus of the five physical senses operating through the organic brain.

When humans make the transition from Earth to the Astral Spheres they no longer have a physical body that is prone to ageing, health issues and so on. The Astral body does not require food or drink and does not have "bodily functions" to attend to.

In the afterlife, people experience themselves in accordance with how they most prefer to be thought of on Earth.

On Earth for example people tend to spend vast amounts of time, money and obsession on self image, vanity products, "anti-ageing" products, "weight-loss" products and so on, simply because they wish to remain what they perceive as "good looking", "young looking", and in particular attractive to the "opposite gender".

Sex, vanity and self-gratification are also very major ego factors on Earth relating to human behaviour generally, and ones which the associated industries seek to exploit and therefore accentuate.

Once a person makes the transition, the conscious mind, the ego determines how the "Astral body" is perceived. People invariably appear in the afterlife as an idealised version of their previous physical body as it would have been experienced in their "prime of life, which is typically within the range of 25 to 35 years. This is why very often new afterlife residents do not recognise pre-deceased parents, grandparents and so on until they introduce themselves, because parents would have been remembered as much "older" as opposed to appearing a similar age.

So within the Astral environment, the "afterlife", everyone experiences themselves, and are experienced by others as that residual image of their ideal appearance on Earth. In due course this desire wanes, and a person "cares less" about the nature of how they perceive themselves, and the "Astral body" tends to "change" in accordance with experiences, not "residual self image".

As previously mentioned, far from being a "dreamy" sort of environment, the "afterlife" is experienced as being vastly more "solid", real, vibrant and dynamic than Earth.

Comparing the experience of the Astral Spheres of the "afterlife" with Earth, may be likened to the visual sensory experience of viewing a very old tube based TV with its low resolution, curved, flickery, pixellated, "blocky" image screen, as compared to a modern High Definition Flat Screen TV.

As previously mentioned, when Astral residents visit Earth for example to see loved ones, it seems like a horribly dull, dreary, misty, oppressive sort of environment, likened to wading through a muddy swamp in dense fog and drizzle. Also, "afterlife" residents visiting Earth fully perceive the thoughts, feelings and emotions originating from the collective people on Earth, which, to them, is often like experiencing their worst nightmares, the only difference being that they are no longer part of that same nightmare.

Afterlife is peace, harmony, tranquillity and freedom.

As all desires and influence of the ego fades, and vibratory frequency of the Soul increases, the Soul "fades out" of one vibratory frequency and environment of the Astral and transitions to a vibratory frequency that is precisely equivalent to that of the Soul. As this transition takes place the environment experienced becomes progressively more vibrant and ecstatic, and much more natural as the material worlds of the ego are left behind.

It should be noted that Souls on a higher vibratory frequency can visit realms on a lower vibratory frequency, including lower frequency Astral realms, the Etheric realms and Earth. The reverse is not true however - those on a lower vibratory frequency cannot move to a higher vibratory frequency due to the relative density of the Soul.

In due course, once the Soul with its dense Astral, "desire body" has satiated all ego desires within the Astral realms and the demands of the ego no longer being exerted, like the physical body, the Astral body falls away to leave the Mental body.

The Mental planes are the home of human beings who, having completely satiated their material desires and left the ego behind, have transitioned to the level of the Mental realms beyond form. The Mental realms are the Spirit worlds on the way to Higher Self.

As in the Astral worlds, everyone residing within the Mental worlds is on exactly the same level of Spiritual development for

any level of Energy and vibration, the Mental planes being an inner extension of the Astral planes and an outer extension of the Cosmic and Celestial planes.

Having transcended the cycles of reincarnation, the Immortal Spirit as the Higher Self continues the journey ever inwards towards Source, First Cause, Pure Divine Love, God, through the outer and then mid and inner Mental planes, through the Celestial , Cosmic planes, where the ultimate and most sacred opportunity can be finally be realized, to become fully Source, Divine Love realized and conscious Oneness with God.

It will clearly be seen therefore that the change, transition known as "death" is something to embrace fully and joyfully when the moment comes as simply the departure from one phase of life, on Earth, with all of its challenges, trials, tribulations and often misery, suffering and health issues, to a vastly more harmonious, vibrant, dynamic and real phase of life of joy, peace and freedom.

Every human being is on Earth to experience life to the fullest, living intuitively in the moment and not in fear of some future "death" which is inevitable, but should be joyfully embraced.

Chapter 11: Fundamental Universal Principles

We have previously discussed the nature of the "physical" and non-physical spheres of the universe and life, and the truth that far from being "chaotic" in nature, the Universe of The All is Divinely Perfect in the Eternal and Only Moment of Now.

This Divine order encompasses seven fundamental Universal principles of Life which may be summarised as follows.

The Principle of Mentalism

This Principle embodies the truth that the entire Universe is a singular Infinite Living Universal Mind and Consciousness, of which All in "creation" is an integral aspect.

Everything in the Universe in all of its dimensions or spheres exists within the Infinite Living Universal Mind, and this living Mind, in which we "live, move and have our Being" might truly be known as "God", First Cause, Source, Divine Love.

The Principle of Correspondence

Everything in the Universe, without exception, is subject to Divine order, expressed by and from Source, otherwise, there would be chaos and unsustainable, the universe would collapse in an instant.

This Divinely Perfect order is prevalent between all of the great planes of life and reality because anything which occurs on one plane must and will be reflected on all other planes in exactly the same degree. This has to be the case in order to maintain a perpetual state of balance, harmony and Universal equilibrium.

Correspondence is regulated by Energy and Vibration.

The Principle of Correspondence is aptly represented by the famous axiom "As Above, So Below, As Within So Without".

The Principle of Vibration

The Principle of Vibration is that everything in the Universe is Energy that is constantly in motion. Nothing rests for a single moment. Vibration is a fundamental characteristic of Energy.

Everything from the highest aspect of Source, pure Spirit, the very highest manifestation of vibration of all, out to the physical world of matter are degrees and manifestations of vibration or Energy, all within the infinite Universal Mind.

The Principle of Polarity

The Principle of Polarity affirms the fact that everything in the Universe is dual in nature, i.e. having two poles. This Principle also provides for the fact that there are no absolutes in nature. For example, when people refer to “hot” or “cold”, these are not absolutes. They are rather degrees of hotness and degrees of coldness relative to, or in comparison with each other.

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

Another example are the concepts of “love” and “hate”, which again, are only degrees of the same emotion, with “like” and “dislike” being within these two parameters. Note that when the word "love" is used in this context, it is in no way related to Universal, Divine, True Love, but rather an expression of experience. There can be no absolute love or absolute hate. The experience of these two polarities, as with all experience, will vary according to the perceptions of each individual. Something one person might perceive as being associated with “hate” might well be “loved” by the next person and vice versa.

The Principle of Rhythm

The Principle of Rhythm encompasses the truth that there is always action and reaction along the same axis of polarity.

A pendulum swings from side to side, the tides of the seas ebb and flow, and on a much wider scale, we witness the rise and fall of people claiming power over others such as dictators, the rise and fall of businesses and other entire organizations and most the rise and fall of hegemonic peoples and empires of which there have been many examples throughout history.

All of these are examples of the Universal Principle of rhythm. The entire Universe and everything and everyone within are all subject to the Principle of rhythm from the very highest to the very lowest aspects and in an infinite degree of magnitude.

The Principle of Cause and Effect

The Principle of Cause and Effect, also known as “Causation”, is another extremely important Universal principle. Some would say this is the most important and exalted Universal Principle, and one which affects everyone in a profound way.

Due to its significance and value for understanding, the next chapter is dedicated to Universal Principle of Cause and Effect.

Chapter 12: Cause and Effect

The Principle of “Cause and Effect”, or simply “Causation”, is an immutable Universal Principle, encompassing the truth that nothing in the Universe is chaotic, random or can ever happen by “chance”. For everything that "takes place", for every effect, there is always a corresponding cause, without any exceptions.

To not fully accept the Principle of Causation would be to suggest that everything happening in the Universe is chaotic, random and occurs by pure “chance”, “luck” or "fortune". If the Universe was like this it would instantly collapse into a state of utter chaos and imbalance, and in fact could not exist at all.

The Principle of Cause and Effect has often caused confusion.

How can one “thing” be the cause of or the “creator” of a second “thing”? This is however an entirely erroneous way of viewing this Principle, because no “thing” actually “creates” any other “thing”.

Cause and Effect constitutes a whole “chain” or series of unique discreet events, causes, with their corresponding effects, one seamlessly merging in to the other in immutable succession.

Again it must be noted that, like reincarnation, causes and corresponding effects are not and cannot be linear as "time" and "space" do not exist, so all causes and corresponding effects take place concurrently within the Eternal Moment of Now. However, for the purposes of this discussion and clarity, we will discuss the cause and effect as a series of related events independent of time.

There is always, without exception, a relationship between a specific event and its corresponding cause, as well as the entire related continuum of causes and corresponding effects.

Absolutely every action taken, including every single thought has its corresponding effect at some level of vibration within the

greater Universe. A thought gives rise to a "thought form" which is a cause which must have an associated effect.

In part, it is due to the lack of understanding of this Principle that most people have no control over their existence on Earth and, accordingly, exhibit very little freedom.

The ego is swept along on a tide of events in accordance with the principle of cause and effect. People might well protest at this assertion, claiming they are free to "do as they please". Yes, people are indeed free to do and think as they please, but what makes people "want" to do what they "please"? These "wants" and "pleases" are actually all relative. What causes someone to "want" to do a particular thing in preference to another, or "please" to do something else? These "wants" and "pleases" are, therefore, entirely dependent upon each other and all originating from the ego which constantly feels the need to "think" and "take action".

Most people are relentlessly swept along in life by the ego from the moment they are born, influenced by and obedient to families and friends, reacting to experience, environment, socio-economic pressures and many other factors, trying to conform to the expectations and gain the approval of others and society generally.

People remain oblivious to the Principle of Cause and Effect, the inexorable influence it exerts upon their lives and purpose.

Cause and Effect is an immutable Universal Principle that must be accepted as such. It is impossible to go against the workings of Cause and Effect in an effort to change life outcomes.

The only way forward is to transcend the influence of the ego, which constantly rebels against Cause and Effect, thereby being in harmony with Cause and Effect and therefore flow of the Universe.

Chapter 13: The Concept of Karma

The word "Karma" or "Kamma" is from Sanskrit meaning "action" and is related to the Universal Principle of Cause and Effect.

A karmic "action" need not only be physical. Such an action can be simply a thought. A negative, low vibration thought will cause a corresponding negative effect, and conversely a positive high vibration thought will cause a corresponding positive effect.

Karma is usually, like reincarnation, viewed from a purely linear perspective, whereby if someone does something "bad", or negative to someone, then at some point in the "future" of that person they will have to pay through a similar "bad" or negative experience in order to balance it. This is a considerable oversimplification grounded in duality - i.e. "positive" and "negative", "good" and "bad" and linear "time".

In order to understand karma it must be viewed from the perspective of the Whole, beyond "space" and "time" duality.

As previously discussed, from the perspective of Higher Self, The Individuality, the Spiritual "I", each "lifetime" on Earth, or other planet, takes place concurrently, the purpose of which is to return to Higher Self with a specific package of experience required towards the perfection of Higher Self. It is therefore erroneous to think of karma in terms of a single temporal lifetime. Karma is accrued and balanced by Higher Self across all "lifetimes" So a "negative" action in one temporal lifetime may be balanced either in the same lifetime or through an alternative lifetime. Ultimately, as previously discussed, there is no "space" or "time". Higher Self is the Spiritual I, Individuality, of which "lifetimes" are simply "aspects" or "expressions" just as ultimately all Higher Selves and all life are aspects and Expressions of Source, First Cause, God.

It should again be mentioned that the concepts of "good" and "bad", "positive" and "negative" are rooted in duality because in reality everything is relative and is a continuum. So in the context

of karma, what we are referring to are configurations of vibratory frequency of Universal Energy. The objective of Higher Self therefore is to "perfect" itself to align with the perfection of Source, Divine Love, God and to purge itself of all that manifests under the influence of the ego. Therefore all "negative" Energy resulting from a personality, "incarnation" under the influence of the ego must be balanced through the expression of that Energy in the same or alternative "incarnation" so that it can be balanced.

Karma is also an aspect of the Universal Principle of Cause and Effect in that for every "cause", which is ultimately Energy, there must be a corresponding "effect" in the form of Energy. As there is no "time" or "space" and all "incarnations" are aspects and expressions of Higher Self, sharing Energy with Higher Self, Energy "causes" and "effects" take place in the context of the whole in the Eternal Now, the Higher Self, as opposed to taking place in isolation at a temporal level relative to an incarnation.

In the bigger picture for example, if a particular personality, incarnation, produces negative Energy, karma, through action or thought, the corresponding Energy signature may be balanced by the same personality or another personality of Higher Self.

Karma is not a "punishment" and "reward" system. The concept of "punishment" and "reward" is rooted on the ego. Everyone is always responsible for their own actions and consequences.

As discussed, the ultimate objective of Earth Life is to subjugate the ego, the origin of all "negative karma", exist and experience only Eternal Moment of Now, and to align with Source, Divine Love, where there is no "positive" or "negative" karma, but rather a perpetual state of Being aligned with Perfection beyond the duality of "space" and "time", free of the influence of the ego.

Chapter 14: The Ego

One of the biggest challenges, but ultimately the main purpose of living on Earth, is to subjugate and transcend the relentless demands and cravings of the conscious thinking mind, the ego.

It is the conscious sphere of mind, ego, that constantly demands to be satisfied and satiated, always comparing itself with others, demanding more material possessions, money and recognition.

The ego is responsible for the non-loving human traits and behaviours, including, but not limited to, judgment of others, inflexibility, manipulative behaviour, superior attitudes, arrogance, aloofness, anxiety, fear, hopelessness, competitiveness, vanity, addictions, and the need for the approval and recognition of others.

It is the ego that causes people to take things too seriously or too personally, to feel hurried and driven to do things, feel resentful and guilty, the need to have power over others, to cling to the past, and or fail to live in the present moment. All these are seriously adverse human traits and ones that bring misery and suffering, to the individual as well as collectively to humanity as a whole.

The ego is responsible for the state of the world as is today, with its relentless wars, resulting in the death, injury and displacement of millions, misery, suffering, destruction and much more. These are all deliberately contrived by the egos of people who crave financial and material gain, power and control over humanity.

The ego is responsible for gross inequality and imbalance in the world, with 1% of the population owning and controlling 50% of its wealth and resources. Those responsible for this imbalance do so out of the rampant ego which knows no love, care or compassion for those struggling, starving and living in misery.

Many people are very quick to blame others or the world generally for their “issues”, blaming their “lot in life” on such superstitious notions as “luck”, “chance” or “fortune”. Such people find that it is often easier to blame everyone and everything for their situation,

rather than take responsibility for their own thoughts and actions. When something negative happens, the immediate reaction is usually focused on looking for “external scapegoats” rather than looking inward for the real cause of the experience.

Some people are so much under the control of their own ego that they are absolutely convinced that they are always right and accordingly everyone else must always be wrong. The ego revels in making comparisons, particularly with other people. Comparisons are usually fine for the purposes of making a considered choice, but not when they are allowed to include judgments about, and apportion blame to other people.

Actively pursuing a sport or hobby for interest or health and other positive reasons is fine. The ego will often however for example compel a person to take up a sport, hobby or other skill simply as a means of feeling superior to others.

The ego often exerts a particularly strong influence in forming personal relationships. Everyone should be attracted to a partner for genuine qualities and virtues, because they are well-suited to each other, but above all out of True Love. Many people seek and are attracted to a partner for much more superficial and egotistical reasons. For example, they may perceive a potential partner to appear “glamorous”, “attractive”, “wealthy”, famous or otherwise more “desirable” in the eyes of others. In these cases, the ego is in full control over something as fundamentally important as relationships and a major reason why so many marriages fail.

The ego has delusions of grandeur and likes nothing more than to be noticed, recognised, flattered and admired, as well as to experience power, influence and control over others. In reality, nothing ever makes anyone “better” or “superior” to anyone else.

Every single person, without exception is a completely equal and Unconditionally Loved aspect of God, made in the true Spiritual image of God. Those who judge others, equally judge themselves.

The other side of the ego is when it feels inferior in comparison to others. People might perceive themselves as useless, unworthy, unwanted, the need to be "managed", led and controlled, and many other such negative self-perceptions. There really is no difference at all between this side of the ego and the one suffering from delusions of grandeur. They are all positive and negative polar extremes of the same thing and all equally false and unbalanced. The ego will revel in exerting its influence over the lives of other people. For example, many people like to feel sorry for themselves. Such people will often feel everything is "hopeless", that they feel burdened with demands and responsibilities they believe they cannot handle. They feel unappreciated, misunderstood, and a victim of "misfortune" or "bad luck".

The ego also revels in always feeling busy. The more a person dwells on this illusion of "being busy", the busier they will believe they really are until reaching a point where life seems "too much" leading to mental illness and even a loss of will to live. Worse still, if the ego believes a person is not busy enough, it will create work in order to justify the illusion of being very busy, often repeating the same chores and tasks over and over again to prove it.

The ego also often revels in disaster and misfortune, particularly when it happens to people who are not liked. People often enjoy the misfortunes of others of whom they feel jealous for some reason. This is another extremely negative and insidious attribute of the ego, needing to create an illusion of superiority over others. This need is often the result of an underlying feeling of inferiority.

It is for every human being, over the course of countless "lifetimes", life experiences of High Self, to ultimately subjugate and therefore neutralise the influence of the ego, and thereby to align with Divine Love. Then and only then does the glorious journey on the path to conscious realisation and Oneness with Source, Divine Love, truly begin. This is the ultimate purpose of the ego and life as a human being on Earth, the kindergarten of the Universe of All That Is.

Chapter 15: Spheres of the Mind

Ultimately there is only One All Encompassing Mind, All Inclusive, Omniscient, Omnipotent and Omnipresent Mind that we may refer to as Universal Mind.

Universal Mind is the Source Mind, of which we are All Divinely, Infinitely, Unconditionally Loved Expressions and aspects.

Although ultimately all Mind is a seamless continuum, humans can experience Mind in the context of different spheres of mental activity, which are:

1. **Conscious mind.** This is the logical, rational ego mind that delights in taking control over every thought and action, and craves money, material possessions, power, control, recognition and more, as discussed in the previous chapter.
2. **Subconscious mind.** This is the personal sphere of mind activity which automatically controls and regulates all bodily functions, thereby maintaining Life Principle in the body, while executing perfectly, and without question, all instructions received from the conscious Sphere of Mind.

The conscious mind is responsible for maintaining the life functions and integrity of the physical body, is an intermediary between conscious mind and Higher Self, and executes instructions from the ego conscious mind whether such instructions were intended or not. It is the Subconscious Mind that can be influenced through suggestion in a trance state to carry out instructions.

3. **Superconscious mind.** This is the sphere of activity of Source Mind of the Higher Self, with which Subconscious mind permanently communicates and directs activity at a personal level. Ultimately all power invoked by conscious and Subconscious sphere of Mind originates through the Superconscious mind of Higher Self, the Eternal Spirit.

When humans arrive on Earth as individuated human beings originating from and expressions of Higher Self and ultimately of Source, in addition to the physical body there are two subsets of Universal Mind that are known as "conscious" and "Subconscious", both required in order to function in the physical.

Subconscious mind represents the vast majority, of total Earthly sphere of Mind activity, although this is not apparent, the conscious ego Mind being the balance.

The Subconscious mind also exists in the realms of the Collective Mind on the Mental Plane of the Human Mind where there is no perceived separation of the ego. It is only the conscious, ego aspect of Mind, that perceives everyone and everything as being "separate" from others and "separate" from Source, God.

The Subconscious mind, exists beyond the illusions of "time" and "space", knowing only absolute Oneness, both with all other personal spheres of Subconscious mind activity and ultimately of Universal and therefore Source Mind.

Astral Projection, like Out of Body experiences as well as dreams, is actually a "projection" of consciousness within the sphere of the personal Subconscious mind, therefore the realms of the collective Subconscious mind, all within the context of Universal Mind.

As previously discussed, the "Astral Planes", the "afterlife", are the shared spheres of activity of the conscious minds and Souls of people of the same vibratory Energy frequency after "passing on".

It is the Subconscious mind that manages every aspect of the physical body, maintaining all vital bodily functions, for example breathing, digestion and assimilation of food, flow of the blood and beating of the heart, functioning of organs and much more that most people take for granted and therefore goes unnoticed.

After being born into the physical world the Subconscious mind maintains total dominion over every aspect of the physical body.

This is why so many people unknowingly make themselves ill. The Subconscious mind is simply following "instructions" in accordance with the thought processes of the conscious mind. If for example a person sees someone sneeze, assumes they have a "cold" and expects to "catch the cold" themselves, the Subconscious mind will duly oblige by bringing about the conditions necessary to experience a cold.

Perfect Health is always a choice, not a lottery.

The Subconscious mind can also therefore be impressed to heal absolutely any physical or mental ailment without limitation.

Human beings exist only as ideas, thought forms, unique configurations of Energy within Universal Mind under the Expression of Source Mind Who knows only Perfection.

This is what is meant by the biblical statement that we are "made in the image of God". "Image" does not mean humans physically look like an anthropomorphic likeness of God, but rather "imaged" after the true Spiritual Perfection of God, Source.

Subconscious mind never, ever makes decisions, argues, proactively performs actions or anything else. Subconscious mind is sublime instead taking its instructions from conscious mind except for the basic bodily functions "ordered" by Universal Mind.

Whatever a person thinks about or feels persistently, fuelled by emotions, focus and intent, Subconscious mind will thus accept as true and bring into the sphere of consciousness of temporal local experience, either directly in the case of the physical body, or through the power of Source Mind in the case of everything else.

We will conclude this chapter by looking at the Superconscious Mind of the Higher Self aspect of Source Mind.

As previously discussed, The Higher Self is who humans truly are beyond the individual incarnations on Earth.

The Higher Self Is The Eternal Spiritual "I".

Also as previously discussed, after the cycles of physical incarnation has been completed, the journey inward towards God is continued as "Higher Self", as an individual Spiritual Being, the sum of all physical lives, and onward on the quest and journey of perfection and the ultimate destiny of the potential to become consciously realised with Source, God, from Whence we came.

Chapter 16: The Eternal Now

As previously discussed, that which people perceive and experience as “time” is, like “space”, quite simply a temporal illusion, albeit a very persistent illusion rooted in duality. “Time” is, a human construct, contrived for convenience in order to measure and record a perceived “past”, “present” and “future”.

In reality there is only the Eternal Moment Of Now where everything that has "happened", is "happening" and ever will "happen" relative to the construct of time and space. Beyond Earth, the concept and illusions of “past”, “present” and “future” simply do not exist and cannot therefore be experienced. Earth is the only experience where human beings accept the notion of "time".

The tendency of the human ego to force everything to happen in compliance with a notional construct of “time” has a most adverse effect on life experience.

When a person thinks in the future tense and says, “I will”, “I want”, “I could”, the implication of those thoughts will be a perceived “future” that never actually arrives. So if someone thinks, says or behaves in a manner that implies “I want”, that person is placing themselves into a perpetual state of “wanting” but of never actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and Vibration to actually receive what they really “want”.

The reality of the Eternal Moment of Now must be fully grasped, understood, experienced and lived by. Only by living in a continuous and blissful state of Being and Oneness of the Eternal and Only Moment of Now , aligned with Divine Love, can true peace, joy, harmony, freedom and fulfilment ever be realised.

It is only when a person completely transcends the influence of the ego and lives only in the Eternal Moment of Now can true progress both on Earth and Spiritual evolution be realised.

Those who do live their lives for the Eternal Moment of Now, beyond the ego, conscious thinking Mind, in accordance with these Universal Principles will always seem to others to live a perfect life. In fact such people are actually living a “magical life.

Ultimately to transcend the influence of the ego, the primary objective of Earth experience, is to exist and experience beyond all "thought" processes, in complete alignment with the present and only Eternal Moment of Now, aligned with Source, Divine Love.

One of the best ways to experience and ultimately become one with the Eternal Moment of Now is through pure meditation, as in for example Zen meditation, during which conscious thoughts and the impulses of the ego may be disregarded, and eventually transcended completely, thus arriving at a blissful state of Pure Being in the Moment of Now, aligned with Divine Love.

Ultimately this state must be perpetuated beyond the practice of meditation to become a way of life, living and Being in the Now.

Chapter 17: The Flow of Life

Most people progress through each life on Earth without any true sense of purpose, understanding or control over their own true meaning or destiny. To many, “life” still seems to be something that simply “happens” or to be tolerated, or to simply “survive”, doing little more than merely existing from day to day, in what is often perceived as a harsh, unfriendly, unforgiving world, providing for themselves and their families as best they can, often wondering whatever will “happen” next, attributing everything that “befalls” them to superstitions as “luck”, “chance” or “fortune”.

Many people resign themselves to accepting their “lot” in life, while feeling envious of those whose lives they perceive to be much better than their own. They give little thought to the vast numbers of people who are much worse off than themselves.

And so it is with human life generally, people carried along like corks on the ocean, controlled and swept along by the tides of their ego, striving to gather as much money and material possessions as possible during what is perceived to be an only “life”.

In accordance with the immutable Universal law of Cause and Effect, nothing in the Universe happens by “chance”. Everyone is responsible for who they are, what they have and what they become. There can never be blaming “circumstances” or “others”.

Birth circumstances should never be seen as a “curse” or the result of “bad luck” or the result of being dealt a “bad hand”. The circumstances of every birth have been specially chosen by Higher Self . Higher Self is always ready to inspire and guide those open to such communication with the Higher Self, but most are either closed to such communication or allow their ego to reject it.

Humanity is at a transitional crossroads of one cycle of humanity to a new cycle of humanity. These cycles of humanity, spanning tens of millennia, have taken place for millions of years, but each cycle is far beyond the history or recall of the previous cycle.

Not only is the individual Higher Self seeking to evolve, at a deeper level, beyond conscious awareness, humanity is seeking to evolve as a whole, and everyone is a part of that process.

Previous cycles of humanity failed in this objective as the ego gained absolute control ultimately largely resulting in self destruction and having to begin over again with few individuals.

Evolution to a new glorious era for humanity of peace, harmony and freedom is not for any particular group of people to orchestrate and neither can any such group of people orchestrate it. Evolution of the human race as a whole rests entirely with the personal evolution of each individual, together comprising the Whole.

To be in The Flow of Life is to be in complete alignment with the Universe, Universal Principles, Source, God, Divine Love.

Do what does this mean and how may it be accomplished?

Being in the flow of life should become a way of life.

Always live in the present and only Eternal Moment of Now.

Never be tempted to plan your life ahead, or be influenced by what has “happened” in the “past” even though the ego will protest.

Never let anyone or anything, under any circumstances distract or persuade you from being in the natural flow of your own life.

Being in the flow of life means living only in the present Moment of Now, following the Heart, not the ego. This provides freedom from the pressures of feeling compelled to make decisions based upon arbitrary factors, freedom from pressures to conform, and freedom to fulfil your purpose and destiny as a channel of creative experience and Expression of Source, the First Cause, God.

As previously discussed, human beings have no "freewill". The notion of freewill is an illusion of the ego. The Universe of The All is already complete and Perfect in the Eternal Moment of Now.

There are only two choices.

Be subservient to the relentless material demands and cravings of the ego, thinking about things, being bound by "time", living for an imaginary "past" and "future", taking life seriously, and thus experiencing misery, suffering, frustration and discord.

Live in The Eternal and only Moment of Now, fully aligned with the Natural Perfection and Order of the Universe, living in the moment, following the Heart, with a completely free Mind - and experience peace, harmony, freedom, fulfilment joy and bliss.

Chapter 18: The Path of the Ancients

Until two thousand years or so ago, ancient civilisations, in particular those of the Far East, knew their purpose on Earth is to realise and become One with Source, Divine Love, living their lives accordingly and with complete dedication.

One of the very oldest and purest Spiritual traditions, going back many thousands of years is the Hindu tradition.

The Hindu tradition is blessed with the most ancient and purest Spiritual texts of all, in the form the Vedas, Gitas and many other profound, extensive texts originally written in ancient Sanskrit.

A very well known aspect of the Hindu culture is Yoga. In the west Yoga has generally become very much westernised and has largely lost its original true meaning and purpose. In the East however, notably India, Yoga is still practiced and revered as a pure and inclusive Spiritual practice to approach the Divine.

The word "Yoga" originates in Sanskrit and literally means "to join", "to become one with", "to unite" - with The Divine.

Pure Yoga as practiced in its origins in the East is a multifaceted and holistic Spiritual discipline which includes every aspect of the human being - body, Mind and Spirit.

Yet another series of very ancient and profound Sanskrit texts are known as the "Vedas", which from Sanskrit means "Knowledge".

The Vedas are considered to be the most ancient of the Sanskrit texts and are considered to be "apauruṣeya", which means "not of this world", in other words from "higher sources".

The Vedas - Rigveda, Yajurveda, Samaveda and Atharvaveda - are both extensive and deep, consisting largely of mantras and benedictions, for the purpose of expanding the consciousness of the practitioner on the path to realisation of the Divine.

Mantras are a major and crucial component of the Vedas. Mantras are a series of words or verses chanted or sung repeatedly, often 108 times, each with a very specific energy and meaning to invoke a higher state of consciousness and Divine realisation.

The most powerful and revered mantra of all is considered to be the "Gayatri Mantra" of the Rigveda, written around 3500 years ago, and which encapsulates the very essence Spiritual practices.

This is the Gayatri Mantra in Sanskrit:

"Om Bhur Bhuvah Svaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat"

Transliterated this means:

"We meditate upon the spiritual effulgence of that Adorable Ultimate Supreme Divine Reality Who is the Source of the physical, the astral and the Celestial spheres of life. May that Supreme Divine Being Enlighten us, that we may realise the Supreme Truth".

Mantras are extremely powerful, not only containing a prayer or devotion, but also a very specific Energy signature. These mantras have been sung and chanted for thousands of years, each for a specific Spiritual purpose. The energy and vibration of these mantras remains in the mental planes of the human mind, and when sung or chanted invoke within the practitioner the same transformational vibrations and higher state of consciousness.

Mantras also form the basis of another ancient and noble Spiritual tradition which also originated in the Far East - Buddhism.

Buddhism seeks to transcend the influence of the ego and the illusion, delusion, duality to achieve Oneness - Buddha nature.

Note: Buddha is not a specific person but rather a state of Being, Buddha Nature, Enlightenment, Oneness, Pure Consciousness.

There are many forms of Buddhism, many of which focus on the teachings of "the Buddha", Siddhārtha Gautama as a doctrine.

The purest form is the Zen Buddhist tradition which rather than focussing on a doctrine, devotes itself to the way of the Buddha.

Zen Buddhism approaches the objective of transcending the influence of the ego to experience a pure state of Being and Oneness through the disciplined practice of pure meditation,. Zen meditation includes observing and controlling the breath, observing and thereby transcending the influence of the conscious ego mind, and through "koans", which in broad terms are questions or statements, used to provoke "doubt" as a test of progress.

Zen meditation can be practiced both alone and very often in groups as would be the case in a Zen monastery for example.

Like Hindu chants, Buddhist chants have the same intrinsic power and for the same reasons being based upon meaning and vibration.

The most powerful chant of all is just one syllable - "AUM", sometimes written and pronounced as "OM" - which is universally considered to be the most sacred Divine sound or vibration. .

The implications and purpose of chanting "AUM" or "OM" are diverse, profound and extremely powerful which is why it is shared by both the Buddhist and Hindu Spiritual traditions.

AUM or OM has many actual meanings and purposes, the specific of which are a matter for personal mediation and realization.

AUM or OM is however generally and broadly recognized as the most sacred sound, energy and vibration of Creation, which came forth from Source, creating The All.

AUM or OM is therefore considered to mean The All, Ultimate Reality, The Universe, Truth, Supreme Spirit, and much more.

Ultimately chanting AUM or OM either alone or in groups invokes a very powerful, sacred Vibration of Energy which is transformational, a primary purpose among Spiritual traditions.

Another Divinely Perfect creation of God, Source, Divine Love is the female and male genders - the Divine Feminine and the Divine Masculine.

Male and female are of opposite polarity and opposite gender, two halves of the Divine Whole.

The ancients knew this and always held the Divine Feminine, the Goddess as supreme, Divine Love above the masculine ego.

The male gender polarity is characterised by absolute ego which must be fully subjugated and in order to align with Divine Love, the female, the Divine Feminine, the Goddess, the temple, birther and nurturer of Life. This is why ancient cultures held the female, the Divine Feminine, the Goddess as supreme. They knew that it is for the male to sacrifice himself and his ego to the perfection of the female, Divine Feminine, Divine Love that they may become One.

Probably the most well known Spiritual tradition focusing on the Divine Feminine as Divine Love and Perfection are the Sufis which are the mystical tradition of Islam

The most well known Sufi is Jalāl ad-Dīn Muhammad Rūmī, who is widely known for his beautiful poetry about Love.

Contrary to popular belief however, the poetry of Rumi is not about romantic love in any way whatsoever.

The Sufi represent Divine Perfection, Divinity, Divine Love as the female, "the Beloved", and the ego as the male, the "Lover". In Sufi poetry including that of Rumi, the Lover desires nothing more than to be united with his Beloved, and knows that the only way to

realise this burning desire to become One is to sacrifice his ego that he may rise to meet the Beloved in that place of Divine Love.

So all Sufi poems of Rumi are about Spiritual evolution, the sacrifice of the male ego to become One with Divine Love.

Over the last two millennia, the female, Divine Feminine has been subjugated and repressed by a male ego dominated society based around patriarchal religions with their anthropomorphic male deities, egotistically seeking to hold the males as superior. Thus the Divine Feminine, the Goddess, Divine Love within every woman was suppressed by the male ego, and in most women driven deep within in order to survive in a male dominated world.

Today the world is dominated by the male ego manifesting as inequality between genders, social groups and races, bringing misery, suffering, discord, constant wars and more, all bringing Earth and humanity to the brink, lost to itself and to The Divine.

During times in the evolution of humanity when humanity falls in to the darkness of the ego, and connection with Divine Love buried very deep, and the people of Earth suffering and lost in the darkness, a being of the Celestial spheres will, with Divine Blessing, come to Earth as an Avatar to lead humanity out of the darkness and back towards the Light, God and Divine Love.

Around 2100 years ago after the fall in to the darkness of the ego, such an Avatar came to Earth who came to be known as "Jesus".

Despite the fact that the teachings, wisdom and guidance of Jesus were hijacked by religion and greatly altered for its own purposes, and the true , personality and history of Jesus surrounded by myth for the agenda of the church, the core teachings of Jesus survived.

He who became known as "Jesus" had one core message, Love and Compassion which he showed by Being Love and Compassion.

He who became known as "Jesus" also taught that all human beings are as One and Divine, and all Sons and Daughters of God.

The teachings of Jesus can be encapsulated in these quotations:

“Love God with all your heart and with all your soul and with all your mind.”

"Love your neighbour as yourself."

"As I have loved you, love one another"

"The Kingdom of Heaven is Within us all"

Jesus teachings are very straightforward and profound truths.

Love God With All Your Heart.

Love All People With All Your Heart.

Love Yourself With All Your Heart.

Love All Life With All Your Heart.

Chapter 19: The True Nature of God

Many of organised belief systems of the western world are based upon orthodox organised religions which rely heavily on the doctrines, words, rules and "commandments" of their respective "holy books" under the control of their churches and ministers, representing themselves as "intermediaries" of their idea of God.

Many people still live their lives by the literal word of ancient texts of which have been greatly, mistranslated, misinterpreted, misunderstood and with large amounts being deliberately omitted and altered to suit the controlling objectives of the religion.

Many people subscribe to a religion due to strong, historical family beliefs and traditions which have been handed down through generations, and which are accepted and followed religiously. Most simply accept that these doctrines are true, without question.

Orthodox religions package a contrived "belief system", offering people comfort and convenience. Churches tell their congregations they will be assured of a "ticket to heaven" providing only that they follow the creeds, dogmas and doctrines of that religion and of their appointed church leaders without deviation or question.

While we must always respect the religions and beliefs of others, we must also show people the glorious truth that we are all integral Aspects and Expressions of the same One True Divinity, Source, Prime Creator from Whence we all came in the beginning.

Religions have sought to control humanity with often devastating consequences, leading humanity not towards God, but ever further away from God And All That God Is.

If humanity is to progress it must now fully understand the true nature of God and the true relationship of God with humanity, all life, the Universe and All That Is in all spheres of life.

So what then us the True Nature of The Divine, God, Source?

God, is Omnipresent and Within every human being and all life.

God Is The Divine Source Of All That Is.

God Is Infinite Source Mind, Consciousness And Perfection.

God Unconditionally And Absolutely Loves All People And Life.

God Above All Else Is The Ultimate Expression Of Divine Love.

We Are All Infinitely Loved, Eternal Expressions And Aspects
God Through Infinite Divine Love In The Perfect Eternal Now.

Chapter 20: The Dream

This chapter is dedicated to sharing with you a most beautiful and profound allegory by The Baron Eugene Fersen, author of *Science of Being*. This is the story of "Lucifer" entitled "The Dream".

"The Dream".

"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 vapour. 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 colour 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 colours of the rainbow. Its flat roofs, towers and domes are golden clouds upon which the glow of the spreading Light is shedding its morning splendour.

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 moon rays 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 colours 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 sombre 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 vapours 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 colours 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: M "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".

The Meaning of "The Dream"

Transliterated from ancient Hebrew, "Lucifer" means "Light Bearer." or "Bringer of the Light".

So what does the allegory of Lucifer mean?

The allegory of Lucifer portrays the struggle between the polar opposites of the ego and Divine Love, thus illuminating the way for every ego bound human being to experience the journey of Lucifer on the sacred path to Divine Love from Whence we came.

Not content with the peace, tranquillity, harmony, bliss and perfection of his celestial home with God and the other Angels and Divine Beings, Lucifer became discontent and jealous, wanting to be worshipped himself as God. And so the ego was born.

The low vibrations of Lucifer's growing ego could not be sustained at the very highest and purest vibration of Divine Love.

Lucifer with his ego which could no longer be accommodated within the Celestial Realms was thus sent by God to the outer reaches of the Universe, to a vibration equivalent to his ego -the physical universe. There, still wanting to be followed as a God, he created what he called his "heaven on Earth" but which in reality was nothing more than a reflection of his own ego.

Eventually Lucifer began to greatly miss the bliss and glories of his true Celestial home with God, asked God how he may return.

God replied , telling Lucifer what he must do to redeem himself.

"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 so Lucifer was unconditionally blessed by God and given his path to "salvation", which was to completely sacrifice his ego and realign with Divine Love from whence he originally came.

Lucifer is every human being and as such every human being has the same ultimate destiny as Lucifer, to subjugate the influence of the ego, to bring Divine Love from Heaven to Earth, and thereby to truly set out on the sacred path of return to Divine Love, God.

Although living on Earth may seem "hard" for most people, with one long succession of "trials and tribulations" it must and can only be this way. Without the challenges of the "material world," the cravings of the ego and living amongst people of every conceivable nature, it would be very difficult or impossible to overcome the ego. So even the ego has a Divine purpose.

Finally God shares with Lucifer the most profound truth that none of his experiences actually "happened" - it was all a dream - a dream within the Infinite Mind Of Source, God Divine Love.

"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"

And so it is with all human beings and life. What human beings believe is "material", "real" and being lived and experienced, is nothing but a very real and experienced dream within the Infinite Mind of God, during which the entire process of Spiritual evolution from ego bound human being on Earth to Spiritual Evolution and return to Source, God, Divine Love is experienced.

The only possible way to awaken from the dream is to transcend the influence of the ego, realise Divine Love, God, Within and joyfully journey along the sacred path to absolute realisation of God, Divine Love.

Like Lucifer, every human being is an Infinitely Divinely Loved Expression and Aspect of God, Divine Love.

There are no "lesser" or "greater people - these concepts are of the ego - All Are Equal and All Life Is Equal before God, Source, Divine Love and all equally, Divinely Loved.

As Lucifer quickly discovered, the ego and lust for power, control and recognition can only ever bring misery suffering and discord, and that therefore the only way to "salvation", to the peace, harmony and bliss of Divine Realisation is through Divine Love.

Chapter 21: The Meaning of Life

The diverse nature of human beings on Earth is unique. At no other Energy vibratory frequency of The All does this diversity occur.

Earth provides for the perfect environment for learning, experiencing and thereby evolution.

Earth is a Spiritual kindergarten, a sandbox, where human beings can evolve through experience, without the untamed ego causing havoc in the inner levels of the greater Universe as a Whole.

Human beings were not sent here by Source, God, Divine Love to suffer, but with the blessed opportunity to experience Joy Peace, Harmony and Freedom, - this is the meaning of "Heaven on Earth.

Personal "salvation" - freedom from the ego - and the "salvation" of humanity can only be achieved through first waking up and realising the Truth, and with that Truth travelling the True Path.

Simply realising and even understanding the Truth is not enough of course in and of itself. True progress can only be made through transformation from a person controlled by the ego, to a person who is free of the thought processes of the conscious mind and ego, lives purely in the moment, realised and aligned with Divine Love. This was true of all ancient Spiritual traditions who understood their reason for Being on Earth and lived accordingly.

Again, it is simply not enough to know or understand the path.

True progress, joy, peace and freedom, fulfilment and evolution to the inner glory can only be fully realised by walking the path.

The purpose of the foregoing chapters is to show that which people believe to be the "physical world" and "material life" with its related illusions of "time" and "space," are not "physical or "real" at all, and have no basis in fact. The physical, material world is an illusion, a dream, and can be absolutely anything we want it to be.

Many will protest at this and claim that the physical world is "solid" and "real", but even quantum mechanics shows otherwise. Those who practice pure meditation also know this to be true.

We have discussed in this book how "time", like "space" is an illusion and that in Truth there is only the Eternal Moment Of Now, which is Divinely Perfect, Whole and Complete.

We have discussed how living for, or trying to change the illusions of "past" or "future" can only bring misery, suffering and discord.

We have discussed how living only in the present Moment of Now, in alignment with the immutably Perfect Flow of The Universe can bring true peace, freedom, joy and fulfilment of life purpose.

We have also discussed how the perpetuation of a "space-time" illusion provides a valuable purpose, which is to provide the conscious mind, the ego, with an environment it can relate to, while providing the Immortal Spirit with the opportunity to see through the illusion, subjugate the ego and align with Divine Love.

Of all the deepest and darkest fears of humanity, the fear of "death" is the most pervasive. We have discussed in this book that there is no such condition as "death", it is simply an illusion. What people think of as "death" is quite simply the transition from one stage and state of Eternal Life to the next. Phases of life are not something to be feared but rather embraced with anticipation and joy.

The next phase of life beyond Earth is, for most, a state of Being of peace and harmony, an environment beyond anything Earth has to offer. And as humans evolve inwards towards Source, becoming progressively more Source, God, Divine Love realised, life becomes progressively more "heavenly", glorious and beautiful.

We have also discussed that All Is One - All Is The Universe. Therefore when we speak of travelling towards Source, God, Divine Love, Immortal Spirit is becoming more "God Realised".

We have discussed how Life and the Greater Universe of The All is an Infinite Expression of Source, God, Divine Love, of Which all humans and all life is an Infinitely Loved, integral aspect.

The entire Universe including all humans is an Expression of Divine Love. Human beings have only one single purpose to evolve within through experience and alignment with Divine Love to Realise, Become and Express Divine Love, as Source, God.

The progressive fall into the influence of the ego with all its traits as discussed in previous chapters has brought humanity as a whole to the brink of disaster and many people to the brink of despair.

As the saying goes however, "it is always darkest before the dawn". The human race has reached the dawn after the latest multi-millennia cycle and now faces a crucial and pivotal choice.

Move beyond the dawn and fully embrace The Light.

Deny the new dawn and fall deeper in to the darkness.

This is not a choice that any "government", religion, or leader can make. This is always a personal choice. Whatever happens to humanity as a whole, the individual always has the Divine potential to step into the Light and to move forward in glory.

As previously discussed, all human beings are connected as One. Each human being moving in to The Light raises the collective consciousness of humanity as a whole. When enough people transcend the ego to step in to and embrace The Light and live accordingly, then humanity as a whole will follow and a glorious new era of Peace, Harmony and Freedom can and will happen.

Moving out of the darkness and into The Light is not only a choice but is also Divinely natural and ultimately the only purpose of life on Earth and beyond. The Spiritual Self wishes for nothing more.

The first step is to realise the Truth that every human being is an Expression of Source, God, Divine Love. Who is not "out there" somewhere but Within Everyone. and All Life and the Universe.

Life is about fully realising the opportunity to align with Source, God, Divine Love Within, which can only happen by neutralising the influence of the ego, which, in its cravings for influence, recognition and illusory possessions constantly denies the Path.

So how can the influence of the ego be neutralised?

The ego cannot be neutralised through effort or force.

The only way to neutralise the ego is to find and fully realise the polar opposite of Source, God, Divine Love Within and to live and move forward accordingly, thus denying the ego of its influence. The Power of Love is infinitely greater than the mere ego.

Realising Divine Love begins by Loving Self. This does not mean in a vain, narcissistic way, but rather by Loving your own Divine Perfection. God, Source, Divine Love made every human being absolutely Perfect - unique - but Perfect. So instead of disliking yourself or your body with the constant desire to change it in some way driven by vanity, Love your body and Love every aspect of yourself for who you Are - a Perfect Expression of Source, God.

As well as Loving Self, Unconditionally Love all people, no matter race, religion or life situation unconditionally. All are perfect in their own unique way and unconditionally Loved by God regardless of who they are, where they live or life they have led.

All human beings are One with each other, Source, God and All Life. To judge or dislike another Being is to equally judge and dislike yourself. Unconditionally Love others as yourself.

Unconditionally Love all forms of Life, including every creature of every size, form and ability and Love every plant. They are all equal and Divine aspects of Source, God and of ourselves. To intentionally harm another creature, for any purpose whatsoever, or

to condone the harming or destruction of another creature for any purpose including for food, is to harm yourself in the same degree.

Love All The Natural Beauty of Nature - it is the Kingdom of God. Spend as much time as possible in Nature, feeling the Divine Perfection and beauty. Become One with Nature. Nature is pure and a refuge where we can be closer to Source, God, Divine Love.

It is most valuable and wise to practice a pure form of meditation, for example Zen, for at least twenty minutes every day. In this way the influence of the conscious ego mind may be transcended that the Higher states of Mind, Consciousness and Being may be experienced and realised. Then you will know the duality based illusory nature of the "material world" and "time" as revelled in by the ego. Once the illusion of the material world is known for what it is, it can be transcended to align with the only Reality.

Live in the Moment - the Only Pure Eternal Moment of Now.

Never dwell of the "past" or "future" - they do not exist.

Never "think" or allow "thoughts" to enter the Mind. Live in the Divinely Perfect Flow of Life in the Present Moment, acting intuitively from the Heart, never impulsively through the ego.

Always remember there is no such thing as "freewill". The Universe of The All is already an Eternally Perfect Expression of Source in the Eternal Moment of Now and can never be changed.

Again, the ONLY choices are:

Be subservient to the relentless influence of the ego and experience misery, suffering, discord, frustration and lack of fulfilment.

Live purely in the Moment of Now, intuitively, aligned with Higher Self, Divine Love and Perfection and experience Peace, Harmony, Joy and Fulfilment - a "Heaven on Earth".

The meaning of life" is the ultimate question philosophers scientists and others have sought for centuries.

The answer to this question however can never, ever and will never be discovered by means of "science" or the conscious ego mind.

Source, God, the Universe is Within everyone and All. Therefore the answers to the greatest questions are within everyone.

Today most people are buried deep beneath the countless layers of programming, indoctrination and false beliefs, of the ego and conscious mind. For most people therefore the Source of all knowledge and truth is out of reach behind countless layers of locked doors deep within and out of the reach of consciousness.

These inner doors can be unlocked.

Everyone intuitively recognises the truth when presented with the Truth. The Heart, Soul, Spirit, Higher Self knows the Truth.

Universal truth can be accessed when the keys to unlock the inner doors appear as knowledge that the Heart knows is Truth.

When the Heart and Eternal Spirit sees, reads or hears the Truth, the Heart jumps for Joy and the Spirit is illuminated.

When reading this book, if your Heart and Spirit know that it is the Truth, then accept it as True. If not then you should reject it.

This book is presenting the Truth of the Meaning of Life. It is for the reader not to accept and believe simply because it has been written, but to Intuitively Trust the Heart which knows the Truth.

Simply knowing and even understanding the Truth is not enough in and of itself. When you know the Truth in your Heart there is no choice other than to live accordingly, experiencing freedom, joy, peace, fulfilment and ultimately evolution to the next level.

The Meaning of Life is as Divinely simple as it is Perfect.

To begin the journey on the Great Path as a mortal human being on Earth, offering the opportunity to transcend the influence of the conscious Mind and ego and to align with Divine Love and to leave the kindergarten, sandbox, of the physical world behind.

To continue to evolve, within the Greater Inner Spheres of Life, becoming progressively more Source, God, Divine Love realised until attaining full Realisation and Oneness with God.

All is Within us All. Source, God, Divine Love, Is Within us All.

Ultimately it is for you, the reader, to discover your own truth, to follow your own Heart and to joyfully walk the Divine Path.

I wish the reader Love Peace and Joy on your own Divine Journey.

For in depth knowledge and guidance I recommend the book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind.

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