

The Our Ultimate Reality Newsletters

**The
Our Ultimate Reality
Newsletters**

Volume 3 - 2007

Adrian P. Cooper

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The Our Ultimate Reality Newsletters

**The Our Ultimate Reality Newsletters
Volume 3 - 2007**

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7 January 2007

How to attract your “New Year Resolution”

A new year is always an excellent time to make “resolutions” to change your life for the better, providing always of course the “resolution” is actually adhered to.

But therein is a major issue for many people. A “resolution” is made in good Faith, but the “will” to follow through is often sadly lacking, and a major reason why, for many, life simply continues to “happen”.

Also, new year resolutions are usually made in the “future tense” - for example “I will stop smoking this year”.

In this context the resolution is very similar to an affirmation.

An affirmation should always be expressed in the present tense such as “I quit smoking easily”. This is because in reality there is no such thing as the “future” - we always create our reality in the present moment of Now. If we use words such as “will”, we place ourselves in a perpetual state of “willing” but never receiving.

A “new years resolution” can be extremely powerful if expressed in the right way, and even though we are a few days into the new year, it is never to late to make one.

Here is how to make a new years resolution much more powerful:

1. Spend some time deciding what you really wish for in 2007. This must be a deep desire, not some frivolous “hope” like winning the lottery. It must be something tangible that will make you happy.

7 January 2007 - How to attract your “New Year Resolution”

2. Write down your resolution on a sheet of paper in the present tense, i.e. “I have.....” and write it down in as much detail as possible. After you have written it down, spend some time looking at what you have written, and feel the excitement, satisfaction and above all gratitude for having it in your life.
3. Put your sheet of paper away in a safe place.

You will find that this method of making your “new years resolution” is much more powerful than “wishful thinking”, or an empty statement of intent, because you are invoking one of the most powerful Universal laws - The Law of Attraction.

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The crucial importance of Diet

My newsletters usually focus on the Spiritual or “inner” or Universal aspects of our eternal existence and evolution.

However - while we live on Earth the quality of our physical existence is of crucial importance, and none more so than the health and well-being of our physical body.

As Spiritual beings currently experiencing a physical existence, who we are is the total of every aspect of our Being - Body, Soul and Spirit, all of which should be maintained in perfect balance.

If one aspect of our Being is unbalanced, then it will be reflected in the aspects of our Being, our other “bodies”, manifesting in many different ways, in the case of the physical body as a physical “dis-ease”.

The Emerald Tablet of Hermes Trismegistus teaches us:

“As Above, so Below, as Below, so Above” - which can also be expressed more accurately - “as Within, so Without”.

This is the basis of holistic healing - looking after the “whole”.

If we abuse our physical body then it will be reflected within our inner bodies, the Soul and Spirit, with many negative consequences, both immediately felt, and relative to ongoing Spiritual evolution.

7 January 2007 – The crucial importance of Diet

There are few aspects of our physical life therefore that are as important as nutrition, our diet - the foods we eat, which has profound implications in every way and at every level.

In previous newsletters we have discussed the implications of choice of diet from an ethical, Spiritual and Universal perspective.

We can summarise this briefly by noting that the human desire to satisfy the sense of taste is resulting in the most terrible abuse and slaughter of animals such as cows, pigs, sheep, hens and other sentient Beings on a horrifically massive scale.

Plain and simple - animals are equal to humans, differing only in form and abilities. Every animal, like a human beings is an equal aspect of The Source, of God, and accordingly whatever we do to animals we equally do to ourselves in accordance with the immutable Universal law of cause and effect, and which actions will accordingly be reflected in Spiritual progress and other ramifications that can manifest in an infinite number of ways.

Even if a person does not actually kill the animal they are eating for dinner themselves, the fact they are in fact eating that animal makes the person a part of the chain of causal events commencing with the birth of the animal, and ending on the dinner plate.

An extremely important aspect of Spiritual progress is to understand these profound truths, and to treat animals, and indeed all life with equal respect.

My book, *Our Ultimate Reality*, includes a chapter on “Respect for All Life” for this very reason. It is crucial to progress.

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The animal and dairy food industry itself is horrific in every way.

Countless millions of animals are being horribly treated, tortured and murdered in order to satisfy the human sense of taste and for no other reason. The creature that provided the “Happy Meal” for a child was very far from happy with its “life”, and those vibrations continue even after death and on to the dinner plate or fast food box.

Again - we have discussed this aspect of eating animals before, and there is no better proof than this short documentary which everyone should watch:

<http://www.ourultimatereality.com/meetyourmeat.html>

In this newsletter therefore I wish to address the more fundamental issues of the effects of the so called “modern diet” on the human body, and therefore, in accordance with “as above, so below”, the Astral and Mental bodies, the Soul and Spirit.

Before addressing the consequences of diet, specifically eating animal and dairy products on the human body, it is necessary to ask why people eat these things in the first place.

Babies do not arrive in the physical world as avid meat eaters with an inherent taste for animal flesh, so why do people eat meat at all?

The reason is simple - because, as with many things, a child is programmed from an early age by parents, relatives and teachers that it is “normal” or “expected” of a person” to eat meat along with all of the other conventions, expectations and indoctrinations of “modern society”.

7 January 2007 – The crucial importance of Diet

From a young age a child is fed a wide range of meat products, often made into shapes the child can identify with, taken as a treat to McD's for a happy meal, or KFC for “nuggets”, and that child grows up believing that eating meat and products based on milk intended for baby cows is the right thing to do.

As with many things, that child, thus programmed, is running on that program for the rest of his or her physical life, never thinking to question it.

However, the consequences of eating meat and dairy products are clear for all to see. Obesity, in particular child obesity, diabetes, colon and other cancers, heart disease, high blood pressure and countless other ailments have never been higher.

Health services spend literally trillions of dollars each year treating diseases that are directly attributable to diet, and this situation is getting worse, much worse.

Why?

Because plain and simple human beings are not “designed” to eat meat. At the same time we are seeing more and more “fast food” and other junk food outlets, the food sold by which is increasingly processed and mass produced to satisfy demand.

Children are taken to these fast food outlets by parents as a “treat”, not realising that every fast food meal is adding to a shorter, less healthy life - some treat.

It is a fact that almost all burgers are made from dairy cows who could no longer produce sufficient milk to make them “economically viable”, and almost all “nuggets” are made

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from hens who no longer produced enough eggs to make them “economically viable”.

It is true that our ancient ancestors ate meat - but this was due to the need to survive under very adverse conditions where there was often no other choice. These ancient people were fortunate to live to 25 years, and 35 years was considered old, so the consequences of their diet would never have been known.

The truth is, the human body is designed to thrive in maximum health on harvestable, uncooked whole foods such as nuts, pulses, berries, fruits, fungi etc..

Even when people eat vegetables, for example peas, carrots, broccoli etc., which are not the same as the above, they cook the vegetables by boiling them in water, thereby destroying most of the nutrients and all of the enzymes, thereby rendering them almost nutritionally worthless and that is a fact.

The vast majority of food displayed on supermarket shelves is surrounded by brightly coloured packaging designed to attract the eye of the shopper, while concealing the much darker origins of the “food” and the countless chemicals and artificial ingredients that have been added to enhance the taste and extend the shelf life.

You might find these facts difficult to believe after a lifetime of living in a society where eating meat and dairy products is considered the “norm”, but conclusive, absolutely indisputable proof is at hand in the form of a book called “The China Study” by Dr. Colin Campbell. Dr. Campbell, who is widely recognised as the greatest nutritionist alive today, and almost certainly the greatest nutritionist that has ever lived, is known among his peers in

7 January 2007 – The crucial importance of Diet

the nutrition and medical professions as “the Einstein of nutrition”.

The China Study itself is the result of 20 years or intensive, meticulous and extensive research involving three major international Universities.

I have written a review of The China Study here for you:

<http://www.ourultimatereality.com/thechinastudy.html>

I very seriously recommend that everyone reads my review and then visits the page on Amazon, the link to which I have provided in my review, and read the numerous independent book reviews including many peer reviews.

I further recommend, most strongly that you purchase this book, which I regard as one of the most important books ever written.

It is not an over-statement to say that reading this book could easily save your health, and even your life, and that of your family.

In fact I can honestly say that I regard this book as so important to you and your loved ones, that I would be absolutely failing in my responsibilities to my most valued newsletter readers if I did not bring this book into your awareness with my strongest suggestion that you read it from cover to cover and take the necessary actions.

Plain and simple, if you are eating meat and/or dairy based products you are shortening your life and exposing yourself to all manner of preventable, often extremely debilitating diseases.

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In particular, if you are feeding your children meat and dairy products you are exposing them to very serious health risks which I know, as a loving parent, you would never, ever knowingly do.

I realise that this will come as a shock to many people. I realise also that many cannot imagine life without meat or dairy products.

But with knowledge comes power and progress.

We are all here to learn by experience and to learn from others. If anyone fails to learn the lessons the Universe delivers to them, that person should not be surprised if they pay the price both physically and Spiritually.

The desire to eat meat and dairy products is, as with everything, entirely in the Mind due to long-term programming from childhood.

Using the power of the Mind anything is possible, including the switch to a healthy diet.

It might be “easier” in the short-term to take the path of least resistance, disregard the truth and disregard your Higher-Self, but in the medium to long-term the price will be paid in terms of health, longevity and Spiritual progress and that is a proven fact.

Those who will make the most progress Spiritually, which is why we are here after all, are those who have the courage to resist the expectations of society, relatives, friends, neighbours and others to conform, and to bravely use their own freewill to do what is right for themselves and in particular their children.

7 January 2007 – The crucial importance of Diet

Ask yourself this - do you want to be taking your son or daughter for hospital appointments in a few years time, condemning them to a life of medical treatment, insulin injections and therapy, simply because you ignored the facts about proper, healthy nutrition?

I realise my message will be extremely unpopular with some people, but I make no apologies. If this newsletter saves the health or life of just one person, especially a child who is too young to make their own decisions, then it will have been worth it.

So why not make 2007 the year where you started by reading *The China Study*, and went on to live a much healthier, happier life, consistent with your long-term objectives.

Have the strength to ignore what others might say and become free to break away from socio-economic pressures and programming and the expectations of others to conform, and go on to shape your own destiny at all levels - Body, Soul, Spirit and quality of life itself.

There is one additional factor I would like to mention. Eating meat and dairy products requires considerable Energy. By eating the correct harvestable whole-food type diet you will retain much more Energy for inner pursuits such as Astral projection, healing, and using *The Law of Attraction* to attract those things you really wish for in life, and you will have the health to enjoy them.

It is a fact that Vegans live on average 7 years longer, and usually much more, and are far healthier in every respect than meat and dairy eaters.

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Many people have sent me messages asking for recommendations on books for becoming Vegan.

The best book available is called “Vegan - the New Ethics of Eating”, by Erik Marcus.

Erik has made his book available for download in order to promote the importance of these matters, and you may download it from here:

Right-click and then select “Save target as.....”

<http://www.ourultimatereality.com/files/Vegan.pdf>

And finally we must consider the bigger picture - the effect on our planet Earth upon which we depend in physical incarnation:

Here is document that summarises it excellently – again right-click and select “Save target as.....”:

<http://www.ourultimatereality.com/files/EatingtheEarth.pdf>

And again, here is my review of The China Study:

<http://www.ourultimatereality.com/thechinastudy.html>

14 January 2007 – Unusual weather conditions

14 January 2007 Unusual weather conditions

I have received many messages from around the world regarding the extremely unusual weather conditions that seems to be prevailing at this time; in fact for many weeks or even months.

We are for example seeing countries or areas with much higher or much lower than average temperatures for the time of the year, much higher or lower rain or snow falls, very high winds and more.

Where I live we are seeing temperatures consistently 10 Celsius above average as well as experiencing very strong winds indeed.

There seems little doubt that these conditions are not normal for this time of the year by any standards. One of the most curious aspects of this situation is the almost complete lack of comments in the media as if the meteorological people are as baffled as anyone.

This does not however necessarily mean anything more sinister at this stage or an indicator of things to come. The worst thing we can do is to actually worry about it. As we know, we all create our own reality at every level, and worry, fear and doubt are powerful emotions with equally powerful properties of attraction.

Our outer reality is always a perfect reflection of our inner reality; of our thoughts, emotions and imagination.

At his stage I would simply like to mention that I am currently tracking and investigating these weather

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anomalies and will report anything of importance I discover in future newsletters.

14 January 2007 – Food update

**14 January 2007
Food update**

As always when I discuss the subject of food, always an evocative subject, I receive messages from people protesting about the idea of “giving up meat” or “giving up cheese” and other harmful products, usually at the same time putting forward very tenuous justifications for continuing to eat these animal based materials.

My position is simple; I consider it my absolute responsibility to make you aware of these extremely important matters, regardless of how people might think or react to this information.

I am simply presenting the facts as I personally know them to be, and would be failing readers of my newsletter if I failed to do so.

I realise that many people have made food an important focus in your lives and that changing the programming and habits of a lifetime is never easy. Facing change rarely is.

Many, if not most writers will only tell you what you want to hear.

Here however we are only concerned with one thing fundamentally - Truth. We must never detract from presenting the truth of these crucially important matters, especially when such fundamental facts as health, well-being and Spiritual evolution are at stake.

At the final analysis everyone has the freewill to accept and change accordingly, or allow such factors as the Ego, physical senses and the pressure to conform to the expectations of others to dominate.

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I cannot make those choices for you, but I would be failing you to not at least bring them to your attention.

Even if some are not willing to make the necessary changes, we should all at least consider the future health, happiness and well-being of our children.

No child in years to com is going to thank a parent for having to face the majority of their lives with a serious food related disorder such as diabetes, obesity and a constant battle with weight and all of the associated health risks.

In this newsletter we will always face the truth; however popular or unpopular it might be.

Anyone not prepared to face the truth and thereby face themselves is always free to un-subscribe from this newsletter and remain in denial, wondering what might have been.

However, avoiding the truth will not make the truth go away. We are all here to learn and thereby live and above all evolve through experience. If we remain a slave to our childhood programming or to the expectations of others it is not possible to make much progress.

Make no mistake; the ones who will make the most progress both in physical life and Spiritually will be the ones who fearlessly face the truth and above all have the courage to take necessary actions.

Taking the path of least resistance might seem the simplest in the short-term - but make absolutely no mistake; in the longer-term there might be a heavy price to pay.

14 January 2007 – Food update

Above all; there is no escape. Each and every one of us has the choice to face our destiny now, or to face it later, often in a future life or often after many future lives.

This is the nature of The Path upon which we are all travelling.

All paths lead to the same ultimate destination; our Supreme Creator, the only factor differing being whether we choose a long, winding path akin to a game of “snakes and ladders”, or the short, direct, glorious path.

I suggest the latter is what everyone should aspire to.

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14 January 2007

Emotions and Attraction

I receive many messages from people who have successfully used The Law of Attraction to attract seemingly amazing changes in their lives, and these messages are always truly wonderful to see.

From time to time however I also receive messages from people who are frustrated, not having achieved the success they had hoped for.

After communicating with these people it is evident to me that one absolutely crucial ingredient for success has been missing; emotion.

It is simply not enough to “think” about your wishes, or to “visualise” the object of your desires, or to mechanically think positive thoughts.

Emotions, like thoughts are Energy, very powerful Energy and the catalyst for success in attracting our desired reality.

We can clearly see this with negative situations for example debt.

People in debt tend to be very emotional about it. They frequently look at the mounting bills, the phone calls from creditors and debt collection agencies, the perceived lack of food on the table and become very emotional, often feeling very sorry for themselves.

People in debt worry, always fearing the worse, and always focusing on it.

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Worse; people in debt often go to bed with these same thoughts, worries and negative emotions, taking them into the sleep state.

The inevitable result of this is attracting even more debt and an existence that spirals out of control until eventually inevitably something has to give.

But here is the good news.

If you inject the same level of emotions into attracting your greatest wishes and desires; you will attract them much more rapidly.

The only way to combat debt is to focus on wealth.

Even if you focus on “getting out of debt” you will attract even more debt because “debt” in and of itself is a negative word with a negative vibration, and one that Subconsciously evokes negative emotions, therefore it the only way forward is to focus on wealth.

Also extremely important is Faith. I do not mean “blind Faith” as with orthodox religion for example; but a much deeper level of Faith, a knowing beyond all doubt, a deep conviction that your wishes are already yours.

A further important ingredient is gratitude. By being grateful for having received your wishes, and most importantly for everything you have, including the gift of life itself, you will attract more.

And finally, the most important and powerful emotion of all - the emotion behind all creation; Love; Unconditional Love.

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So what does this mean in practical terms?

It means quite simply that the more emotion you can infuse your conscious creation with; the more successful you will be in manifesting it and sooner.

Not only that, but if you can maintain these high states of emotion, you will find your life will be “magically” and “miraculously” transformed.

The natural state of the Universe is a constant flow of “Well-Being”. As humans, aspects of the Divine, we can either allow the flow of Well-Being, or, as all too many people do - deny or block it. Negative emotions are contractive and will block Well-Being; positive emotions, in particular Unconditional Love will open us up to the flow of abundance of the Universe.

Faith is also important. if we doubt the ability of the infinite power of The Source to deliver our wishes, then that will become the reality.

Faith however is a big issue for many who simply cannot accept the fact that “there is nothing we cannot be, do or have”.

To overcome this blockage start with attracting something small, such as a car parking space, and once you have Faith in the process you will have the Faith to attract anything.

Many people are living “magical lives” because they expect success.

We are only limited by our own beliefs and limited thinking. What might seem massive to us is absolutely trivial to the Universe.

14 January 2007 – Emotions and Attraction

Faith is extremely powerful. Even the Christian bible makes this point:

“And Jesus said unto them, because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.” – Matthew 17:20

As mentioned previously; Unconditional Love is the most powerful of all emotions. If you infuse all your wishes with Unconditional Love, Faith and gratitude, and feel the emotions; your life will be magically transformed.

Our Ultimate Reality includes full instructions on how to use the power of emotion in conjunction with The Law of Attraction.

Another question that often arises is that of “knowing” whether what you “think” you need is right for you, whether you are heading in the right direction, making the right decisions etc.

We all have an “emotional guidance system”.

The emotional guidance system is our inner connection that guides us through life; but only if we allow it to.

Unfortunately; many people are so dominated by the Ego, materialistic motives or the expectations of others that they totally block their emotional guidance system, and always pay the price sooner or later. They make the mistake of instead of listening to the emotional guidance system, they listen to other people, the Ego, and the demands of the physical senses, and almost always pay the price sooner or later.

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Our emotional guidance system is always, always, always correct.

We should therefore always pay close attention to our feelings, intuition and inner messages.

Before doing anything, pause for a moment and silently ask yourself “am I doing the right thing”, and await the response.

The response will arrive in the form of a feeling, knowing or even a voice.

Very often feelings will arrive in the lower stomach corresponding to the Solar Plexus. The Solar Plexus has associated with it an Energy Centre or “Chakra”, the Solar Plexus Chakra, which is our connection to our Higher-Self and the Universe within.

The “sinking feeling” people sometimes feel in the pit of the stomach in adverse situations is a powerful message from within.

So we should make maximum use not only of our emotions, but also our emotional guidance system to create the reality we wish for.

The Law of Attraction is our “Master Key” to life and through life.

These are all extremely important but at the same time huge subjects to address effectively. This is why I spent years putting together the ultimate book collection The Law of Attraction.

14 January 2007 – Emotions and Attraction

I receive countless messages of thanks and testimonials from people who have experienced great changes for the better in their lives after applying the invaluable principles included in this definitive collection; a sample of which you can read on the site.

Remember; thoughts are things, so treat them with the greatest respect.

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21 January 2007

Secrets of healing and health

Every week I receive many messages from people, some with serious ailments which have not responded to “conventional medicine”, asking whether Spiritual, i.e. true healing really works.

Well here is the paradox - if you have to ask that question it cannot work.

One of the first laws of self-healing is Faith in the process, to trust the Universe completely and with gratitude. As with manifestation, doubt is an Energy that will block the healing or wish from manifesting.

An excellent illustration of this is the “placebo” effect.

A placebo is for an example a pill consisting of nothing but sugar, or an injection of salt water. During medical research a group of patients are divided into two groups, with one group receiving the actual medication and the other group the placebo - neither group knowing which is which.

Very often the group receiving the placebo show an almost miraculous recovery, while the group taking the medication show less of a recovery or often no signs of recovery at all.

How can this be?

The reason for this is that the patients taking the placebo believe they have taken the real medication, and believe, without the slightest doubts in their Mind they would be healed - and so they were healed.

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The group taking the medication showed less healing due to the fact the effect of taking the medication is telling the Mind of the person at a Subconscious level that they are placing their Faith in a concoction chemicals made in a laboratory instead of the Universe.

The same principle applies to the famous waters of Lourdes where people go to be healed. People making the pilgrimage to Lourdes have so much Faith in being healed by the “holy water”, that many experience what are often regarded as “miraculous” healings.

The Roman Catholic church has very strict rules for what might be recognised as a “miracle”, but has nevertheless recognised 68 “miracle” healings at Lourdes.

The fact that the waters of Lourdes have no healing properties in and of themselves, demonstrates that the people experiencing these “miracles” healings have actually performed the “miracle” upon themselves.

When most people contract an ailment they often consider themselves as “unlucky”, or “unfortunate” or even “cursed” and go on to feel sorry for themselves and expect others to feel sorry for them too.

They place their Faith in doctors, surgeons and medications and in so doing they are blocking the true source of healing.

All diseases without exception originate from our inner bodies as a manifestation of an Energy imbalance, very often caused by wrong thinking - the Mind always has dominion over Energy and in turn the physical body and experience at every level.

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Medications, surgery, therapy etc. are not “cures”, they are simply masking the symptoms. The only way to heal any ailment, however serious, is to heal it its source, the inner Energy bodies, and the only way that can happen is by using the Mind. This is why true healing, often regarded as “miracles” work, and conventional medicine fails. Even when conventional medicine appears to work it is often due to the “placebo effect” where the patient believes they will be healed.

Many diseases are a warning mechanism by our inner bodies that an aspect of our Being has become unbalanced that we might have the opportunity to correct the imbalance by altering our thinking.

Some might say - “didn't you say that what we eat affects our health?”.

The answer is yes it does.

But why do we eat what we eat?

We eat what we eat by choice, in other words it is a decision of the Mind, which then influences Energy. When we make the mental decision to become vegetarian or better still Vegan, our thought processes influences the way in which we think about eating animal based foods. In the USA alone there are now 5 million people who have made the choice to become vegetarian, half of them Vegan, twice the number of just a couple of years ago and the number is increasing dramatically.

These are all life choices we make as part of our Spiritual evolution, and as we make these choices we experience fewer and fewer diseases as we listen to, and take action on

21 January 2007 – Secrets of healing and health

what our Mind is telling us through diseases manifesting within the physical body.

Many people cannot understand the mechanism of healing or that it can really happen at all.

The astounding truth is this - parts of our body are replaced every day, some parts take a few months and others take a few years, but within a few years we each finish up with a brand new physical body.

The only way for diseases to maintain themselves in a body, or even for the body to age is by the process of thought. Wrong thought will manifest illness and ageing, whereas right thought will maintain perfect Well-Being. Some of the great Spiritual Masters of the past lived for hundreds of years until they chose to return to the inner spheres.

Another factor dramatically affecting health is our vibration. High vibrations are consistent with health, wealth and happiness, low vibrations are consistent with disease, poverty and despair.

Many people with diseases feel sorry for themselves, are in “woe is me” mode, and expect everyone else to feel sorry for them too.

These are precisely the thoughts that will cause the disease to not only linger, but to escalate.

The truth is - if a person has a disease and they talk about it, feel sorry for themselves, believe they are the victim of some intangible factor such as “bad luck”, they are providing the perfect vibration for the disease to become worse, and perhaps eventually eject them from their physical body

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altogether, because the Soul and Spirit can no longer inhabit the body under those conditions.

So one of the major secrets to healing is attitude and emotions.

If anyone requires proof of what is possible by using the Mind alone, visit:

<http://www.themiracleman.org>

And please watch the videos and read through the entire site.

Morris Goodman, “The Miracle Man” crashed his plane and almost totally destroyed his body - his spine was crushed from the neck down, his diaphragm was destroyed, his swallowing reflex was destroyed, in fact all he could do was blink his eyes. The doctors said even in the unlikely event he lived, he would be totally incapacitated for the rest of his life.

Using a system of blinking his eyes as a doctor pointed to letters on a board, Morris said he would walk out of the hospital on his own two feet by Christmas and shake the doctor by the hand - and he did. If he had allowed the doctors to influence his thinking, he would have been totally bed ridden and dependant on others for the rest of his physical life.

His wife, Cathy, was diagnosed with breast cancer. Knowing the truth about healing she set about healing herself.

She never thought about her ailment and kept her emotions high by watching funny movies that made her laugh. Day

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after day she would say “thank you for my healing” over and over again, feeling the gratitude, and knowing in her heart she was already healed. She saw herself in perfect health, as if she had never contracted cancer in the first place.

Within 3 months the cancer left her body completely, without any form of medical treatment whatsoever and she was completely healed.

Cancer would have struck fear into the hearts of most people, they would have worried about it, felt depressed and sorry for themselves, not knowing that these actions, in and of themselves would ensure the cancer would spread and take a further hold.

The truth is - no disease can live in a body that is in a high emotional state, and a Mind that knows only total health - it simply is not possible.

Likewise with ageing - if people fear “growing old”, look in the mirror fearing grey hairs, deteriorating eyesight, loss of mental functions and all of the other things people associate with growing old, then that will be the reality. If people expect to be dependant on others after retirement - then that will become their reality. This is why some people are healthy and active in advancing years while others live out the rest of their life sitting in a chair in the lounge of an “old peoples home”.

Never think about ageing - only of perpetual health and youth.

So what can we conclude about health - well here is a summary:

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1. **Meaning:** Know that a disease of the body is a Spiritual message - a message from within telling you that all is not well. It is saying that an Energy imbalance exists at some level due to your thoughts, emotions and attitudes, and that you must take steps to resolve it, and thereby restore harmony to your Body, Soul and Spirit.
2. **Introspection:** Take time to relax, where you will not be disturbed, and ask yourself “what is the meaning of this disease”.

Also ask just before sleep at night and be ready for the answer as soon as you awake.

An excellent exercise is introspection. Take time each day to list all your faults being brutally honest with yourself. Write down everything you can think of and do not stop until you have a list of at least 100 faults however insignificant it might seem to you.

When you have your list, each day transmute one of your faults into its polar opposite. For example, if you have a tendency to be intolerant of people, or a person in particular, resolve from that moment on to stop yourself whenever you recognise the feeling of intolerance, and replace it immediately with a feeling of tolerance, understanding and love.

Continue to do this until tolerance, understanding and love is your natural state of Being. After that proceed through your list transmuting every negative trait into its polar opposite positive characteristic.

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This is the true meaning of alchemy - the transmutation of the heavy “lead”, low vibration of negative traits and emotions into the “gold”, high emotions of positive high emotions and characteristics.

I cannot stress enough how important this is and why I discuss it so extensively within Our Ultimate Reality - it is the very basis of the true meaning of life which is to return to our Divine Creator, The First Cause, “God”, from whence we came, in a state of perfection.

3. Positive thought: Never, ever focus on anything negative including health. Only know and think about the very highest levels of glowing, perfect health, happiness and Well-Being, and if ever a contrary thought enters your Mind dismiss it immediately by saying “Cancel”, Cancel!, Cancel!” until the thought dissipates.
4. Emotions: Always maintain the highest emotions such as joy, happiness and above all Love.

Disease cannot survive in the presence of the vibrations of high emotions, so think and do whatever necessary to maintain these states of Being. If you ever feel “sad” or “low” or worse “hate” towards another person, who is of course in truth another aspect of yourself - then immediately recall times of joy, happiness and Love, and maintain those feelings. After all - why would you hate yourself?

You are an aspect of “God”, made in the Spiritual image of God, an immortal, eternal, Divine Being,

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just setting out on your path back to the Supreme Being Who gave you the gift of life, and Who watches over you for all eternity, a path of glories beyond the comprehension of man in his Earthly shell - what could be more of a cause for joy, happiness and Love than that?

5. Gratitude: This is another extremely powerful and important state of Being.

By being grateful for what we have right now we are sending the right vibrations back into the Universe making it effortless to attract even more.

To be “grateful” does not mean “giving thanks” by means of empty words mechanically recited from a book without feeling – true gratitude is a feeling, an emotion, a high vibration.

By knowing that we are in perfect health, are enjoying our every wish, are already living the life of our dreams, and being grateful for it, we reinforce the reality of these experiences.

Every morning before you do anything - be grateful!

Be grateful for everything you have now, because you asked for it and the Universe delivered by The Law of Attraction. Be grateful for your perfect health and perfect body. And above all be grateful for being created by our Supreme Creator as a glorious Spiritual Being, made in the image of the Supreme Spiritual Being.

As a man thinketh, so he is.

28 January 2007 – Further food update

28 January 2007 Further Food update

I have received numerous messages on the subject of food after my newsletter on the subject and in particular from those who have read The China Study. For the benefit of those new to the newsletter, here again is my review of the The China Study book:

<http://www.ourultimatereality.com/recommended.html>

I am delighted that so many of you have decided to take the crucial step of moving to vegetarian or Vegan diet. You are in excellent company - there are now around 5 million vegetarians in the USA alone, around half of whom are Vegan, a number which is increasing exponentially in recent years as awareness of the implications of eating animal based products both in terms of health, well-being and the Spiritual consideration spreads.

In recent years this has led to a proliferation in the range of vegetarian and Vegan foods and even specialist restaurants available.

For those who have not taken this important step yet I would ask this of you - please make the commitment to yourself, your loved ones and the Universe to dedicate just one week in the very near future to eating only vegetarian food as a first step to becoming Vegan. If the whole family participates so much the better.

Contrary to popular belief this does not mean eating lettuce, celery sticks and carrots all day - there are some excellent foods available.

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Many supermarkets and health store are now stocking a wide range of raw foods, such as fruits, berries, pulses etc. which are extremely nutritious and tasty.

Please make this one week no meat of dairy commitment for me, yourself, your loved ones, all animals and for the Universe, God, of which we are all equal aspects.

28 January 2007
The Law of Attraction fundamentals

For our main subject this week we will take a close look at some of the main fundamentals for ongoing success with The Law of Attraction.

Increasingly more people all over the world are becoming aware of The Law of Attraction, many of whom are making an effort to use the many methods being taught to change their life for the better.

However, unfortunately I hear of many people complaining that they have “tried it” and it “just doesn't seem to work” for them.

Whenever people write to me with these experiences I always take the time to ask what exactly how they have used the Law of Attraction in their life.

Almost always the response is the very similar. Having made the decision to use the Law of Attraction to attract something, they have taken the time to relax and follow an “exercise” which often involves visualising the desired object.

The person will often then start to wonder if or when they will receive the object of their visualisation, and a short time after that they start to worry about why it has not yet arrived.

The truth is this - any chance of the desired object manifesting as a result of the visualisation exercise will have been greatly diminished or cancelled by their subsequent contrary thoughts.

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So let us analyse what has apparently “gone wrong” and how it can be corrected.

The Law of Attraction should be a way of living, thinking and in particular feeling, and not something to be treated as a “service” where for example you might log-on to a website, find the product you desire, click the ordering link, click your shopping cart and then enter your delivery address and credit card number, and later if the goods do not arrive send a stern email to find out why.

So let us take a look at five of the main fundamentals for success with The Law of Attraction.

1. Feelings: Your feelings are your “emotional guidance system”, your “feedback mechanism” from the Universe which should be recognised, listened to and followed at all times.

Very often when people hear about The Law of Attraction they perceive it as a means of grabbing as much as possible, regardless of whether they really need it or not. The truth is it is important to be in vibrational harmony with your wishes.

For example - there have been many cases of people winning vast fortunes on the lottery, but within a couple of years end up with less than they had before the lottery win. The reason for this is that they were not in vibrational harmony with the money they won.

The very first thing we need to do therefore is to know whether we really need whatever it is we might think we need. This is one of the first hurdles many people need to overcome - actually knowing,

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what they wish to attract as opposed to being motivated by the Ego, or a negative emotion such as greed, jealousy or “keeping up with the Jones's”

The best way to find out whether you are in vibrational harmony with your wishes is to send out the thought and await the response.

If for example you think you need a new car, visualise the car you would like, wait a few moments, and then ask yourself how you feel.

If you feel joyful then you are in harmony with your car, if you feel indifferent or receive no response at all then perhaps the car is not for you after all.

We all have an “emotional guidance system” - if we feel good about something we are in harmony with it, but if we feel bad about something then we are not in harmony with it. We should only seek to attract those things that we are in harmony with.

By paying attention to our feelings, our emotions, and being guided by the inner feedback received, we will always be in harmony with our wishes, our life, and the people around us.

2. Detachment: Many people having performed a Law of Attraction exercise soon start thinking about the object of their wishes throughout the day, and worse, later, start to worry if it does not arrive.

In order to attract anything it is important that the Energy you send out is consistent. If for example you wish for a new car, but every time you think about it the colour, style, make etc. changes,

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then you are sending out conflicting Energy vibrations causing you to not harmonise with your wishes and create a “solid” thought form.

This is like watching your favourite program on television while someone is constantly pressing the buttons on the remote to switch channels - your vision of the program will be very fragmented. Your thoughts are like the channels of a TV each of which is tuned in to a unique frequency - in order for you see the complete picture the frequency must remain consistent and unambiguous thought.

3. Faith: It is crucial to know, beyond any doubt, that the Universe will deliver, every time, if you will allow it. Any doubt, worry or fears will send a negative vibration which is contrary to your wishes, effectively saying to the Universe, “I do not believe you can deliver this”, and that will become the reality.

Faith in the process is fundamental and a part of that Faith is understanding. If for example you are manifesting a car parking space in a certain place at a certain time and when you arrive it is ready for you, it does not mean that the Universe physically lifted another car out of the space you wished for in order to make it available for you. In the matrix of the Universe the space was always available. If the space was occupied by another car before you used The Law of Attraction, then the matrix of the Universe rearranges itself in such a way that the other car was never there.

There is no “space” or “time” only Now. Every single thought re-arranges the entire matrix of the

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Universe so whatever we focus on is always reality in the present moment of now. If you genuinely wish for a new car and are emotionally attached to it, there was never a “time” when you did not have that car, because your thoughts, emotions, imagination etc. are the “real thing”, while what you experience on Earth is the physical manifestation of the real thing constructed from atomic particles and ultimately pure Energy.

4. Inspiration: Many people believe that if they use The Law of Attraction to attract for example a new car, the car will suddenly be created out of nothing as in these movies where a “wizard” waves a magic wand, chants a “spell” and something instantly appears in a dramatic flash and puff of smoke.

The truth is the Universe operates through Mind, in this case the Minds of men. So in the case of the new car, a series of events will be orchestrated by the Universe that will allow you to have your car. It is not for us to ask or guess where the car came from, that is the domain of the Universe Who knows the big picture.

An extremely important aspect of this process is inspiration. If you suddenly have an inspired thought or feeling to do something, then it is absolutely crucial that you do it without question. If you question or worse dismiss that inspired thought, you will slow down or shut out completely a channel of manifestation.

As humans on Earth living in a temporal physical shell we call a “body”, most people can only see “life” from a very narrow, temporal, physical

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perspective. The Universe on the other hand can “see” the entire picture in all eternity and always knows the most efficient route to manifest your wishes.

So whenever you receive an inspired thought, feeling or even dream, always act on it immediately and without question, even if it does not seem to make sense at the time.

5. Gratitude: This is extremely important!

Gratitude does not mean for example in a religious sense “giving thanks to God” by means of “worship” and “songs of praise” - it means literally feeling intensely grateful.

Let me make it clear that we should not be feel grateful because “God”, the Universe has an inflated Ego and demands or expects words of “thanks”, “praise” or “appreciation” of some kind, these are all human characteristics that religion ascribes to God.

Gratitude puts us in harmony with what we have and what we desire.

Gratitude recognizes the true nature of ourselves and of the Universe and ensure that we never “take things for granted”.

Gratitude recognizes the fact that everything we have we have attracted to ourselves from the infinite abundance of the Universe as infinite, unlimited, Divine creators.

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Gratitude during conscious creation is a powerful fundamental for success. By feeling intensely grateful for already having and enjoying the object of our wishes, we reinforce the fact that we already own it, are enjoying it, and that we have the God-given power to participate in the ongoing process of creation as a Divine, infinite, immortal Spirit.

So always know there is nothing that you cannot be, do or have, but the Energy of being, doing and having is feelings and emotion, detachment, absolute Faith, inspiration and above all gratitude.

Your objective is not to mechanically practice these only when you desire something, but to make it a way of life in which you will effortlessly attract all you could possibly wish for in abundance.

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4 February 2007

Global weather patterns

Weather patterns throughout much of the world continue to be very unusual as I am sure most of you have noticed. Here we are consistently seeing temperatures 10 Celsius above average for the time of the year which is extremely significant and unprecedented.

There are various possible causes for this including solar activity, changing gulf stream and of course the least likely of them all, the so called “global warming” due to “human activity”.

Of these, solar activity is currently top of my own list of reasons, due mainly to the fact that similar changes are being observed on other planets within our solar system - on Mars for example.

The big question is - are these current weather anomalies linked in some way to 2012?

I personally believe it is too soon to make that connection, but I am anyway currently analysing both weather anomalies and evidence that will provide a better idea as to what 2012 might bring, and I will be reporting my findings in this newsletter from time to time.

I do believe that we are here on Earth during very exciting times, there has never been a better time to be a human on Earth – we clearly carefully selected this incarnation to be part of and experience whatever we might face in the next few years.

Whatever happens, it is crucially important to face the “future” with joy, anticipation and gratitude, and in the

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knowledge that we are infinite, immortal, Divine Beings
Whom no harm can befall.

That said, if, as seems likely we are facing an eschaton, the next phase of evolution of mankind, it is extremely important to be prepared on all levels. We may well be facing a “window of opportunity” to make the transition to the next phase of life, in which case it is likely that only those who are prepared will make that major evolutionary transition - it really could be a great opportunity, and one that has taken tens of thousands of years.

Of course life generally will continue regardless - whether on Earth or another “Earth-like” planet in the Universe, or more correctly “Multiverse” - there is nothing to fear, the Universe is in perfect alignment and everyone is evolving - only the path differs.

4 February 2007

The three levels of Creation

One question that frequently arises is why the physical world is so similar to the Astral worlds in some respects, but not in others - specifically why the mid-Astral for example looks so similar to Earth but yet is so much more harmonious.

There are three fundamental levels of creation - these are:

1. Universal
2. Collective or consensual
3. Individual

Let us look at each one.

1. Universal: Universal creation is the domain of The Source, The Prime Creator, God - the Creator of everything that Is.

The entire Universe is the “Mind of God”, consisting of conscious, intelligent, vibrating Energy in which we all have our Being.

The Source, The First Cause, God, literally “thought” the Universe, or “Multi-verse” into existence, and therefore we, and all creation exists as “ideas” in the Mind of God in the form of “thought forms” or Energy configurations.

We therefore each exist as a unique “Energy Field” within the Great Energy field of the Mind of God. As we continue on the path to perfection, the

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Energy field that is each of us vibrates at an every higher frequency, and as we do so we transition to the level of the Universe with a corresponding frequency of vibration.

God, The First Cause, The Source thought and continues to think into creation the “infrastructure” of the Universe - Quanta, sub-atomic particles, atoms, molecules, planets, solar systems, galaxies and other physical manifestations at a physical level, as well as many other glorious manifestations at a non-physical level.

God also thought into existence each one of us, every animal, plant and all life and forms of matter through which God experiences and expands.

God is the creator of the Macrocosm.

2. Collective or consensual: All life and therefore humans are creators in our own sphere of life - the microcosm.

Groups of life such as humans “think” as one at levels of consciousness known as “planes”. There is a “plane of the human Mind” where humans share “collective thoughts”.

Other forms of life do this very overtly - you might for example have seen vast shoals of fish, or flocks of birds, often consisting of many thousands or even millions of individuals acting as one massive formation.

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When one moves they all move instantly in the same direction as if they are one huge organism, which, on their plane of Mind, they are.

Each form of life including minerals - i.e. rocks etc. which are every bit as much life as organic life, has a corresponding "Mental Plane". So even though one variety of birds or fish might act as one, birds or fish nearby will not react at all to the thoughts and movements of other species.

In Our Ultimate Reality I discuss this in depth, illustrating it with what is known as "the hundredth monkey effect".

Humans behave in this way when building town, cities, in fact anything "man-made", all of which are consensus creations which exist only due to everyone observing them and "agreeing" they exist.

If every person in the world was to suddenly stop focusing on man-made structures, then everything would disappear because the illusion, maintained by the consensus thoughts of man, could no longer be perpetuated. This has been proven by quantum physics.

This is also why the mid-Astral worlds where most people transition after the "death" of the physical body are all extremely similar to the physical world - so much so that many people cannot accept the fact they have "passed on".

The Astral worlds are the consensus creation of people who believe that "Earth" is reality, and have therefore created the same perceived "reality" after making the transition.

So the Astral worlds are the direct result of the thoughts of

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countless people “agreeing” what reality is. There are many planes of these “realities” representing every age and culture of life on Earth. Animals also have their own consensus realities.

Of course - like Earth itself, the Astral worlds are an illusion held together only by the Minds of people still clinging onto material thoughts such as “houses” and other material possessions, and where they can satiate their material desires before seeing these desires for what they really are, after which they can progress.

Again - the collective, or consensus human Mind is extremely important as we progress towards 2012. As more people “believe” one outcome or another, as with Spiritual awareness or awakening, as more people adopt that awareness a critical mass is reached at which point on the plane of the human Mind it becomes a reality which propagates to all members of that plane.

3. Individual: This will be familiar to long-time readers of this newsletter who will know that we all create our own reality by The Law of Attraction.

So within the Universal creation of The Source, The Prime Creator, God, and the consensus creation of humans, we create our own individual reality with our individual thoughts. Whatever we focus our thoughts and feelings on we attract into our personal reality.

Everything man-made on the physical world therefore is the collective result of the individual thoughts of people. So for example we might live in a town which is the result of the collective thoughts

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of hundreds of thousands or perhaps even millions of people both from the present and past relative to Earth “time”, but our personal reality, our homes, car, situation is the direct result of what we have attracted with our own thoughts, feelings and emotions.

Just as we can change our own reality with out thoughts, so too can mankind change the existing reality of the entire planet with collective thought, including all of the serious issues facing mankind today.

Again, and this simply cannot be stressed enough, the consensus thought of humanity, and indeed all life, will ultimately determine the outcome of whatever we face in 2012 which is why humanity focuses only on the best scenario, and not be influenced by the ignorance, prejudices and covert influences of the “popular media”.

Mankind thought physical “civilisation” into existence, and mankind can either transform it into the “kingdom of Heaven on Earth” or destroy it completely - and that time might be soon.

It is for everyone to therefore focus on and know only “the kingdom of Heaven on Earth” where everyone lives in peace, harmony and Unconditional Love, and service to others before service to self becomes a central principle, and that will be the reality.

11 February 2007
The illusion of illness and ageing

Although we have mentioned this before, it is well worth mentioning again - we can only “catch” diseases such as colds and flu if we believe we can catch them.

All too often we see situations where a person will cough or sneeze or show other symptoms of illness, and those around him or her will say or think to themselves “now I will catch that cold”, or “now I will get those germs” or “now I will catch the flu” or words to that effect. Or if they imagine feeling unwell they might think “I must have caught that cold that is going around”, or “I must be going down with something”.

It does not matter what the words are, the “feeling” and therefore the vibration that is being sent out by this person is that of “become ill”, and that will become their reality, every single time.

We often hear of “sickly” people who always seem to be ill in one way or another. The only possible reason for this apparent “ill health” is the fact that they “believe” they suffer from “ill health”, and ill health is therefore what they will always attract.

It is absolutely impossible for any illness or disorder to exist in a body that vibrates health and well-being - even disorders that are perceived as serious such as cancer.

My own children often bring home “bugs” from school at this time of the year, but I never, ever catch a cold or flu because I know, beyond any doubt, that I cannot catch a cold or flu or anything else, and that I always remain in perfect health.

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Another major area where people are conditioned by society is ageing.

People have been programmed to believe that as we grow “older”, our hair must turn grey, our skin become wrinkly, our memory or “mental faculties” start to deteriorate etc., and for most this becomes a reality. Worse - many believe they will become incapable of caring for themselves and will end up in an “old people's home”.

These are all beliefs that have either been programmed or have entered the consciousness by observing other ill or old people.

The truth is this, and this is fully recognised by science and the medical profession - every single cell in our body is renewed every hour, every day, every week, every month or at the very most every couple of years depending on the part of the body.

After a few years we all have a totally brand new body - this is a scientific fact. In principle therefore it is impossible to become ill or to age unless of course we attract illness or ageing.

The only way to become ill or to age therefore is by believing it.

Only know perfect health and youth - and that will be your reality.

If you are suffering from an ailment at his moment, then heal it and know you can never become ill again.

11 February 2007
Law of Attraction successes

When learning the Law of Attraction and how to apply it, it is often better to start with something believable in order to gain confidence in the process, and then progress to greater things.

In reality we are “God”, “The Creator” and nothing is “impossible”, for us, but due to the conditioning of a society that preaches a doctrine of “life is hard” and “nothing comes easy”, it is understandable that many believe that attracting anything desired is “impossible” or just some sort of crazy notion.

So starting with smaller things is a good way to gain confidence in the Law of Attraction process.

Here are a just a couple of the many messages I receive that illustrate this very well.

“I just moved to Denver and needed a job. I visualized myself getting this job and let Faith and the inspiration of living in Colorado take over.

I kid you not about a week later after I have been focusing on this desire, I had a dream about a co-worker that I used to work with in Texas called her up and ask if everything was alright. She ask me how I was doing and I explain that I made a huge move to Denver, it so happened she know someone that could get me a job and that they needed someone soon. Of course I got the job and after that I became a true believer.” -- M.K.

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“The fact is, I have a hundred times seen how the Law of Attraction works without exception. I love listening music. I have a CD reader, and since I don't much like to know the track-list, I use it in “Random playing”. The songs are played randomly. Sometimes, when a song comes to its end, I tell to myself that the next track should be this or that, and when the song ends, I imagine myself listening to the song I would like to hear now. Well, the CD reader effectively chooses this song!!

That made me believe that, wanting to hear this song, I sent a thought to the universe who answered by making the CD reader choose this song.” -- Lyes.

I suggest you make the commitment to attract something “believable” into your life, and once you have succeeded move onto greater things.

Always keep in Mind though that success is all about:

1. “Knowing”, beyond doubt, that you already have and are enjoying the object of your desires.
2. “Feeling” the emotions associated with it.
3. “Gratitude” for enjoying the object of your desire.

It is crucial to have Faith in The Law of Attraction.

This is what Jesus has to say about Faith:

“And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you.” -- Matthew.17:20

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“And Jesus answering saith unto them, Have Faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea - and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass - he shall have whatsoever he saith.” -- Mark 11:22-23

“God”, in this context is The Universe, of which we are all an equal creator and equal aspect.

And to conclude this section a very relevant and true quotation:

“Let us remember, so far as we can, that every unpleasant thought is a bad thing literally put in the body”.

--Prentice Mulford

So see only perfection in yourself and others, and that will become your own reality, attracting perfect health, perfect wealth and perfect happiness.

If you ever experience difficulty seeing the perfection in others, whoever they may be or what they represent, remember the Mayan greeting - “In Lak'ech” - “I am another yourself”.

18 February
Attitude towards “money”

One of the most frequent type of messages I receive relates to money - or rather the perceived lack of money or perceived difficulty in acquiring it.

First of all I should mention that it is much better to focus on “things” you desire rather than the money to “buy” them with. The Universe is like the ultimate store which stocks absolutely everything you can imagine and more - but everything in this shop is free. If you want something from this shop you only have to ask for it and you shall receive, every time, providing you ask and receive in accordance with the workings of The Law of Attraction.

However - many people wish for money, and cannot understand why they can never acquire it, or they are always “broke”.

The reason for this is almost always the same - focusing on lack instead of focusing on abundance. Wishing for money will not attract money if you are focussing or thinking about “debt” or “lack”.

People are conditioned from an early age to believe that “money” is hard to get, that you have to “work hard” to acquire it, or those with money must have obtained it by dishonest means.

These are very powerful beliefs and vibrations that are guaranteed to keep a person holding those beliefs “broke”.

Money - like everything else in the Universe is Energy which flows into your awareness and out of your awareness like a stream.

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And like a stream, if you place obstructions in the stream the flow of water will be slowed, and if you build a dam the flow of water will stop altogether.

Many people are building these obstructions and dams with their thoughts, attitudes and feelings, which are slowing or stopping the flow from the infinite abundance of The Source into their lives, then blaming it on such notions as “luck”, “chance”, “fortune”, or on other people or circumstances.

Everyone, without exception can enjoy an infinite flow of health, wealth and happiness if only they created a stream wide enough a stream with no obstructions or obstacles to overcome.

This means focusing only on infinite abundance. The Universe knows is an infinite flow of well-being and abundance that we either allow or deny.

A great many people for example focus on debt, and the more they focus on debt the more debt they attract and the more they focus on debt and so on, and they become trapped in a spiral of debt.

This is because they have slowed or blocked the natural stream of abundance with vibrations of debt, lack and hardship.

Debt is a very powerful emotion of course, but if the power of that emotion was transmuted into “wealth”, then wealth would arrive in abundance. The reason people do not do this, apart from not knowing or understanding The Law of Attraction, is because “debt” is something they believe in due to life-long programming, whereas wealth is something they believe is “hard to get”, or “only for the privileged

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few” or “you have to be lucky” etc., all attitudes guaranteed to keep the person in a state of lack.

Let us look at the reason we are here for a moment.

We are here for one fundamental reason - to evolve through experience and through which experience The Source experiences and therefore expands. Everything is in a natural state of expansion - never contraction.

In order to evolve, without any restrictions, using our own freewill, we must have access to everything we believe that we need in order to evolve. If we were denied those things the Universe would be restricting our ability to evolve through experience, and would therefore be restricting the Universe to evolve through experience, and that is absolutely contrary to the entire order of Life.

This is like a child who is given toys to interact with in order to learn. If a child were denied those toys, the child would be denied the means to learn.

Eventually just as a child outgrows their toys, having learned from them - humans will outgrow material toys having learned the lessons contained therein, and, like a child can progress to the next stage of life.

In the context of the Universe, humans on Earth are babies, and the planet Earth is the kindergarten humans attend, and the “things” that humans crave to play with are the toys.

The objective of humans on Earth and indeed in the Astral planes, the “afterlife”, is to out-grow the toys having realised them for what they really are, in order to graduate to the next phase of education, which in the case of humans, having graduated from the Astral, are the Mental

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planes, the world of Spirit which exists beyond form and the illusion of material things, and where we experience our true Spiritual essence.

So getting back to money - if it is the “toy” known as “money” we desire, all we have to do is allow it into our experience.

If you have debts then it is important to forget them - any focus on debt will keep you in debt. Even if you were to focus on “getting out of debt”, the vibration going out into the Universe is still “debt”, and the toy known as “debt” is what our parent, the Universe will lovingly provide. The Universe makes no judgements.

If you have debt - I don't mean a mortgage I mean debt that affects your ability to live life to the full, then find a voluntary organisation to manage it for you. In the UK for example there are many free services that will manage your debt for example.

Never, ever go to a “debt management company” that has any form of charges or conditions attached whatsoever. Only go to approved organisations with a charity status - these are often government funded.

Do whatever you need to do to put the debt out of your Mind completely.

Now you can focus on abundance instead. Think abundance, talk abundance and behave abundance at all times, and abundance will be your reality.

Countless people who are now multi-millionaires or even billionaires were at one time living in poverty or were bankrupt at least once.

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They dealt with their debt and started to focus only on wealth, and wealth now flows to them constantly - anyone can do the same.

Never worry about spending money - it sends the wrong vibrations.

Spend with joy in your heart and with gratitude, and you will attract even more to spend. When you pay bills be grateful.

Another very powerful way of attracting wealth is by giving wealth, for example to charities.

Giving is such a powerful act at many levels - it says to the Universe that you have so much abundance you can give some away, and that will attract even more abundance.

In giving we also receive by helping others and therefore ourselves.

Above all giving is an act of gratitude, one of the most powerful vibrations of all.

It is a powerful fact that many of the wealthiest people in the world give away vast amounts to charitable and other humane causes.

So in conclusion money is an attitude, a state of Mind and above all Energy.

We always receive what we think about, focus on and send out the most emotional Energy to - so only think about, focus on and send out vibrations that are in absolute harmony with your desires.

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And finally - this quote is very appropriate to what we have discussed today:

“The Spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your Faith in it and your demands on it”.

-- Charles Fillmore.

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Who is “God”?

1. An inseparable and integral aspect of the Divine, The Source, The First Cause, God
2. Conscious, intelligent, vibrating Energy

Since the dawn of time, human beings have always felt the need to “believe” in something or someone bigger than themselves. A good way of looking at this is from the perspective of a young child who feels fearful and lost if there is not an adult close by.

Mankind, for tens of thousands of years has resolved this feeling of “helplessness” and of feeling lost, by creating “deities”, who they believe are “up there” looking over them. In the past there have often been entire pantheons of deities, each endowed with different powers or responsibilities.

With the onset of Christianity, a single deity emerged, often known simply as “God”, often depicted as a kindly old gentleman, in a white robe, with long flowing white beard, flanked by “choirs of angels” all playing their harps as they float around in the clouds.

This picture, in and of itself is quite harmless, even poetic.

Unfortunately however the various religions have often vested their version of God or Gods with terrifying powers which would be used to smite anyone who dares not to believe or who does not worship them or adhere to a book of rules dictated to a “prophet”.

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The reasons for these deities being endowed with so much power has often been for political reasons and reasons of control, rather than out of respect, and in particular as a form of mass Mind control.

Worse, God has even been portrayed as a jealous, vengeful being who will cast a “non-believer”, or anyone who does not follow his “commandments” into a pit of fire and brimstone for all eternity.

As a side note, I have truly lost count of the number of times people have offered to “save” me or told me that I would “go to hell” for my writings. I usually simply thank these people for their concern.

I do not wish to analyse this vengeful, jealous, wrathful version of God - to do so would be to give it Energy, and it would also be disrespectful of those who still choose of their own freewill to believe in this concept of God.

Instead we will look at the Universal God, the God of Whom you, I and everyone and everything in creation is an equal aspect.

This God is the entire Universe of infinite conscious, intelligent, vibrating Energy in which all existence has its Being.

As humans, as indeed does all life, and everything in creation, each of us exists as an Energy field within this infinite Energy field, each with a unique vibration that makes us who we are.

As we progress on the great path during the process of perfection, the vibration of our own unique Energy field increases in frequency, i.e. vibrates faster, and we

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automatically transition to the Energy level of the Universe that exactly matches that frequency.

After the change known as “death” for example, where a person transitions to is determined by their unique Energy configuration.

This is why people with a low vibration, those who seek to hurt others for example, will transition to a correspondingly low aspect of the Astral, which looks very like the religious concept of “hell”.

Those who have fixed beliefs, for example strong religious beliefs, often transition to lower area of the Astral worlds known as the “belief system territories”, where they will find people of their own kind in a place full of churches, where they will get to “worship” as often as they wish.

Of course everyone can and will progress from these areas, and indeed every level of the Astral when they realise the illusion they have been living and desire to move on.

This is one reason I wrote my book, Our Ultimate Reality, because only by knowing the truth about the change known as “death”, and what happens afterwards and why, can the right way of living and thinking be adopted in order to make as much progress as possible while the opportunity of living in the physical Universe on Earth still exists.

As aspects of God we are also co-creators of the Universe and of our own reality. We learn by experience and God expands though the collective experience of everything God thought into Being. Each of us therefore potentially contributes to the expansion of the Universe with every thought, feeling and experience.

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As such as co-creators in the Universe, we can have anything we require simply for the asking in accordance with The Law of Attraction.

All we have to do is to unambiguously “vibrate” our wishes and the Universe responds with the corresponding vibration which manifests in the form of what we desired, every time, without exception.

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

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

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

The One true God does not punish people for failing to believe in Him/Her, for failing to attend a church or place of worship or for failing to accept another equal human being as their “saviour”.

This same One true God does not in any way require intermediaries or “go betweens” to be positioned in the physical world between Him/Herself and “common man” in order to interpret, represent and convey the “will” of God. No such intermediary has, has ever had or ever can have the ear of God, or indeed possess any other sort of special connections or relationship with God.

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No such self-appointed representative of God can possibly know “God's will” or accordingly convey such “will” to the people, and neither can such intermediaries convey the wishes of the people back to God.

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

So our “God” then is Unconditional and Perfect. Each and every one of us has the equal ability to have anything we wish for without limitation, and above all to travel the ever more glorious path back to God from Whence we came.

As Beings of Energy we, as Energy fields, are always in harmony with the great Energy field of The Source, God. It is this Energy field that enables us to “communicate” our wishes to The Universe through vibration boosted by emotion and other feelings, and also to potentially communicate with each other through telepathy, which is the fundamental level of communication beyond Earth.

25 February 2007 – Medicine

**25 February 2007
Medicine**

A few weeks ago we discussed the fact that all dis-ease originates from within, and therefore can only be healed from within.

Medicine is something that requires thought and recognition.

First of all I must stress, beyond any doubt, that if you are taking medicines for any serious or life-threatening condition then it is important to keep on doing so for now. The same applies to any medicine prescribed for a serious condition.

What matters is not the medicine, but rather how you think of it.

Let us take a look at the real effects of medicine.

As we know, all dis-ease that manifests in the outer, physical body has arisen from within - there are no exceptions to this.

There are various causes, stress is a major cause of “dis-ease” – in other words a body that is not at ease.

If you place stress on your inner, non-physical bodies with your thoughts and emotions,, it will manifest in your physical body in some way.

Worry is a major source of “dis-ease”. If you worry about your health, you will remain un-healthy and your health will worsen.

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If you believe you can “catch a dis-ease” such as a cold, you will catch it.

For example - I know that I that I cannot catch a cold or flu – no matter where I go or who I am exposed to - and therefore I never do.

So what does this mean in terms of medicine?

To taking medicines is sending out the vibration - “I have a dis-ease and therefore I am taking this medicine for it”.

The medicine reinforces the dis-ease. When you take a medicine you are thinking about the dis-ease you are hoping to cure, thus attracting more of the same.

It can however and often does work in the opposite way - if you believe that taking the medicine will cure you, it will - this is how the “placebo effect” works. But in this case it is not the chemicals contained in the medicine that has brought about the “cure”, it is the knowing that it will cure you that has affected the cure.

There is a term given to an aspect of this “Eucharist”. A eucharistic act is the act of eating or drinking something while associating it with a thought. The substance being eaten or drunk is of no importance, but the action combined with a corresponding thought serves to re-enforce the thought and give it more power.

The eucharistic effect of the medicine, combined with unhealthy thoughts, reinforces and perpetuates the disease.

So it is important to keep medicine in perspective. It is never a good idea to pump chemicals into your body if it can be avoided.

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It can be avoided in two ways - by not becoming ill in the first place by thinking only healthy thoughts, and thoughts conducive to remaining healthy.

If you do contract a dis-ease, know and think beyond all doubt that you are in perfect health, feeling the emotions and gratitude associated with it.

For example - if you get a headache, or sneeze, or feel uncomfortable in any other way, do not think “I must be going down with something” or similar thoughts while reaching for your favourite cold remedy, instead think about how well you feel, and do anything to keep your emotions and therefore vibrations high - for example sing or play your favourite song, fetch your favourite fragrance such as incense, do something that makes you joyful.

Disease cannot exist in a body in a high emotional state.

Again though, and I cannot stress this enough, if you are taking medicine for a serious condition you should continue to do so.

However, know the medicine for what it is, and know, beyond all doubt that you are in perfect health, and that you have the power to remain in perfect health without the need to consume man-made chemical compounds. Soon your doctor will be amazed that you are no longer “ill” and in fact in perfect health - he will ascribe it to the medicine or even a “miracle”, but you will know the truth.

The truth is this - there is not one single ailment, illness or disease in existence that cannot be healed using the power of the Mind - not one.

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From now on know only perfect health, and if you do think you are “going down with something”, immediately reject those thoughts, and affirm to yourself your perfect health, and know it is impossible to become “ill” and that will be your reality as it is mine.

25 February 2007 – Karma

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Karma

I receive many messages from people asking about “karma”, often having done something “bad” and worrying what the consequences will be.

Karma has a great stigma attached to it, not to mention associated with fear, superstition and misunderstanding.

It is apparent that many people believe there is some sort of “higher court” that sits in judgement of all wrong-doings, and dispenses “punishments” accordingly.

Some religions believe that a wrong-doing can be reconciled and cancelled by an act of “confession” under whatever circumstances is appropriate to their belief-system.

The ultimate example of this is the “death-bed confession” - where a person will “repent” their “sins” and accept a figure as a “saviour” in the belief that they will be allowed into “heaven”.

The truth is these are all superstitions. Mere words are meaningless - we are Beings of Energy, and it is therefore what we vibrate that matters, which in turn is what we truly think and believe, and above all who we “are” as the total of all of our thoughts and character.

Karma is related to The Law of Attraction, in turn related to the Universal law of Cause and Effect. This is also related to the process of where a person transitions to in the Astral worlds after the change known as “death”.

Plain and simple - whatever you vibrate you will attract.

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In terms of Karma it means this:

If you do a “bad” deed or just as importantly think a “bad” thought, there will be a corresponding effect which will match that thought or action perfectly, every time.

So - if you do something “bad” - it does not mean that the “judges on high” will levy a suitable punishment of their choosing.

For example, if you steal something, or are dis-honest in some way, it does not mean you will be “sentenced” to suffer a broken leg.

The Law of Attraction works by attracting to you whatever you think about and therefore vibrate.

Karma is the same. If for example you think about, or vibrate being dishonest to someone, then the vibration of dis-honest you therefore transmit will attract “dishonesty” back to you, which might in turn manifest as someone being dishonest to you over something similar.

There is no “time limit” for this to occur. Time is an illusion and does not exist.

This process might occur immediately, or even in another life-time.

For example - if someone murders another human being, they might return in the next life as a victim who is murdered by someone else.

Karma is best thought of as a learning experience not retribution.

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We are all here for one purpose only - to learn and thereby evolve.

Earth is the kindergarten of the Universe. A child learns by being given toys and the child knows that if he or she breaks a toy, they will suffer by not being able to play with it anymore.

If you wish to avoid the effects of Karma, then only think thoughts of Love, Service and Gratitude, and you will find that is what you will receive in return, and accordingly you will not suffer the discomfort attracted by a “discomforting thought” and their corresponding actions.

Asking or praying for “forgiveness” will not work either. The results of your actions have already manifested and the lesson will be learned. The correct course of action is think and behave in such a way as to only attract wanted things, and others will benefit accordingly.

So in summary - Karma is an aspect of The Law of Attraction.

Where it differs is in that The Law of Attraction refers to thoughts and their corresponding manifestations as they relate to ourselves, whereas Karma relates to thoughts and their corresponding actions as they relate to others.

I will conclude with a verse I have repeated several times before, but here it is again for the thousands of new readers since the last time:

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I hold it true that thoughts are things -
They're endowed with bodies and breath and wings -
And that we send them forth to fill
The world with good results, or ill.
That which we call our secret thought
Speeds forth to earth's remotest spot,
Leaving its blessings or its woes
Like tracks behind it as it goes.
We build our future thought by thought,
For good or ill, yet know it not.
Yet, so the universe was wrought.
Thought is another name for fate -
Choose, then, thy destiny and wait,
For love brings love and hate brings hate.

---Henry Van Dyke

4 March 2007
The Nature of the Universe

I hope that you were able to enjoy the lunar eclipse last night - it was quite a spectacle here, and the Universe blessed us with clear skies to observe it fully in all its glory.

Looking up into the night sky affords us an opportunity to gain some perception of just how vast the Universe really is.

Yet what we see is not only a very tiny fraction of the physical Universe of matter, it is also a tiny fraction of infinite of the entire infinite Universe of Energy, of which the outer Universe of matter is a miniscule outer aspect.

The Universe can be likened to a balloon, with the outer flexible rubber skin representing the 3D physical Universe of matter and Energy, while the body of the balloon is the greater, non-physical Universe of Energy.

However, unlike the balloon which will eventually burst if over-inflated, the Universe can continue to expand infinitely.

The outer skin of the Universe can be thought of, as the great quantum physicist David Bohm described it - “frozen Light”.

In the beginning, when The Source, The First Cause, “thought” the Universe into existence, Energy radiated out from The Source, and as it did so the vibration progressively slowed down, and as it did so the Energy density increased, until finally Energy precipitated into undifferentiated matter.

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This process is described by Einstein's equation "E=MC²" which demonstrates that even while resting, Energy has an equivalence.

Isaac Newton also recognised this when he stated:

"Are not the gross bodies and light convertible into one another, and may not bodies receive much of their activity from the particles of light which enter their composition."

This of course is absolutely true but ultimately there are no "gross" i.e. "physical" bodies, or "light" bodies, ultimately there is only a single body of Energy with an infinite range of vibration.

My book - Our Ultimate Reality - describes this process, and the true nature of the Universe in great detail in the chapter "The Wisdom of Quantum Physics", further details at.

The Universe then is in a constant state of expansion.

Scientists cannot understand this process - they still mostly believe in what they call "the big bang theory", thinking that as this "event" happened billions of years ago, the Universe must by now have stopped expanding.

Of course time and space are in and of themselves illusions, therefore this, as with any process did not happen "billions of years ago" which is a human concept, it happened, is happening and will always happen in the Now.

There is no "beginning" or "end" there simply "Is".

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Scientists are noting that the distance between stars and galaxies is constantly increasing and they are at a loss for an explanation.

In fact, believing the Newtonian physical Universe of Matter is “all there is”, and that “space travel” as for example in Star Trek is the only form of “exploration”, is no different to the scientists of a few hundred years ago believing the earth is flat and the Sun travels around the Earth.

In all of these cases these errors are made due to physical observation and measurement. They believe that if it cannot be seen or measured by scientific instruments, it simply does not exist.

The only true exploration is inner exploration, the exploration of Astral Projection, Mental Projection and meditation, all of which are encompassed in my book.

Now let us look further at the truth of the Universe using our balloon analogy.

Take a balloon and partially inflate it. Then pinch the neck of the balloon to prevent the air from escaping.

Now, while keeping the neck of the balloon pinched to retain the air, take a black marker pen and draw on the surface of the balloon several small circles. These circles represent galaxies.

Next - start to blow more air into the balloon to inflate it further, and then stop and pinch the neck again to prevent the air from escaping.

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Observe what has happened to the black circles, our galaxies.

They have moved apart relative to each other.

This is exactly what the scientists are observing but cannot simply cannot at this stage understand.

The truth is, the Universe is in a constant state of expansion from within, radiating outwards from The Source, The First Cause, The Mind of “God”. It should be mentioned that these describe the entire Universe which is one infinite Mind. The infinite Mind of God is not separate from the Universe, He/She and all creation is expanding also.

As the Universe expands from within, the outer physical, 3 dimensional manifestations of the Universe, the Stars, Solar Systems, Galaxies etc. move apart.

So what exactly is the force behind this process of expansion?

The power behind this expansion is “Mind” Energy in the form of thoughts, emotions and experience.

In the beginning all “life” in the form of Spirit came forth from the Logos, and individuated as aspects of The Source, each with an individual Energy field, “made in the image of God”, The Source.

Each individuated Spirit, which includes every human being, every animal, every fish, every plant and every rock, stone and mineral became a channel through which The Source can experience and therefore expand.

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Each Spirit is an individuated Energy field within the great Energy field.

In the physical world we can see this by means of the “Aura”.

Everyone, every form of life and every form of matter has an Aura.

The Aura is Etheric Energy which is constituted from the 4 Universal Elements, Fire, Water, Air and Earth plus the quintessence of these, the Akasha, or Spirit.

The Aura can be viewed clairvoyantly and be seen to consist of numerous colours, the hue, brightness and distribution of which represents the characteristics of the entity being viewed.

The Aura is a major subject in its own right that is included in the Our Ultimate Reality book.

Our Energy field has a unique vibration representing Who we “Are”.

As we “experience” simply by Being, three main things happen:

1. Our Higher-Self, more correctly Inner-Self gains experience.
2. The Source, through our Higher-Self experiences.
3. The Universe, All that Is, expands.

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Note - our Higher-Self is the total experience of all of our incarnations on Earth or on another planet. After our final incarnation, our Higher-Self assumes the characteristics of our final incarnation, and we move on to greater things as glorious, infinite, unrestricted Creators and experiential aspect of The Source as pure Spirit, beyond the illusions of the form of the physical and the consensus creation of Astral worlds based upon the concept the residents there have of reality, based upon physical world experience.

As we perfect our immortal Spirit, the vibration of our unique Energy field increases, and we transition to the Energy level of the Spiritual planes of the Universe that precisely matches our individual vibration, until eventually our vibration approaches the vibration of The Source, and we will have arrived back from whence we came in the beginning.

This process of perfection is crucially important to everyone, and forms the basis of my book, Our Ultimate Reality - Life, the Universe and the Destiny of Mankind.

So in addition to the individual quest for perfection, what causes the Universe to continually expand?

The solution is Mind in the form of thoughts, experience and emotions as well as other thought processes.

Positive, joyful, high vibrational thoughts are expansive.

Negative, fearful, low vibration thoughts are contractive.

This is reflected at a personal level by The Law of Attraction whereby positive, joyful, high vibration thoughts will attract the equivalent experience, as will negative,

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fearful, low vibration thoughts attracting their own experience.

The Universe ensures harmony at all levels by matching frequency of vibration.

As we perfect our own control over our own individual life, and therefore vibration, our individual experience expands, our Higher-Self expands and ultimately the Universe expands.

So every single thought is a cause which has a corresponding effect on the entire Universe in all spheres of reality. In accordance with the laws of Cause and effect, and therefore Karma, every thought will have a corresponding effect on your life - so choose them carefully.

The highest vibration of all is Pure Unconditional Love, the vibration of The Source, and when every manifestation of the Universe has attained perfection and a constant vibration of Unconditional Love - The Source will have achieved realisation.

This however is an eternal process with no beginning and no end, and we are all so blessed to be a part of it.

In order to realise your own expansion and to contribute to the expansion of The Universe, think only positive thoughts, strive only for positive things, know only Joy, Service and Love, and your contribution to yourself and the Universe and therefore to others will be great and the Universe will continue to expand as it should.

11 March 2007
Manifestations of Mind

This week we will discuss probably the most important aspect of the Universe - "Mind".

By now most people will know that everything in all existence is "Mind", manifesting as conscious, intelligent Energy from which all things are "made".

This "Mind substance" is the connecting force between everyone and everything in the Universe without exception, and the force that makes such things as "psychic powers", telepathy, telekinesis and much more possible. There is no separation, Mind is all there is.

In one of The Matrix movies Neo watches a young boy bend a spoon.

The boy points out that the spoon really does not exist, and therefore if he wishes to bend the spoon, he must bend his perception instead. He says that the spoon does not bend, it is him that must bend.

But what exactly then is "Mind"?

There are an infinite number of levels of Mind, some of which are more well known than others.

Each "group manifestation" of Mind is an aspect of the whole, and can communicate with the whole, but at the same time has a group aspect specific to the group Mind as well as an individual aspect with absolute freewill.

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No individual aspect of Mind is forced to belong to a group, everything in the Universe is a result of harmony and cooperation with all other aspects of Mind at all levels.

Let us look at some of the levels of manifestation of Mind.

The Universal Mind: This is the Supreme Mind - the First Cause, some may call “God” or “the father”, in which everything and everyone has Its Being.

The Universal Mind is the Supreme Energy Field, and everything and everyone else resides as an Energy field with Its own unique vibration and manifestation of Mind within the great Energy field.

The Galactic Mind: Galaxies are group manifestations of Mind formed by the next level of Mind groups, the Star and Planetary Minds, and are formed under the instruction of the Universal Mind.

The Star Mind: Stars are members of a group known as “Galaxies”, which arrange themselves according to the Galactic and Universal manifestation of Mind to form Galaxies.

The Planetary Mind: Every: The manifestation of the Star arranges groups of manifestations of Planetary intelligences to form a group intelligence known as a “Solar System”.

Each Planet, such as Earth is a living Being with Its own unique intelligent, vibrating body of Energy. The body of Earth, often known as “Gaia”, includes all mountains, rivers, seas and all other organs comprising the “Planetary Body”.

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All life including Galaxies, Stars and Planets as well as all life are in a constant state of evolution towards The Source, the First Cause.

The Group Mind: Within the Universal Mind we have the Group Mind manifestation comprising groups of “like Minds” of similar vibration.

Most people will have heard of “channelling” of Higher Beings – as opposed to the many who are not really channelling such Beings or indeed anything for whatever reason.

True Higher Beings channelling to Earth never claim to be an individual. They might have an individual name for convenience, and for understanding on Earth so people can relate to them, and they have individual Mind with freewill, but they always refer to themselves as “We”, out of respect for Oneness of the group and all creation.

As people progress, and the human Ego loses its grip, and separation is seen to be the illusion it truly is, it then becomes apparent that we are all individual aspects of higher orders of Mind.

For example, we have our individual Mind which in turn is a member of the group Mind of our Higher-Selves, which then become members of a higher group Mind manifestation. It is groups such as these that are channelling information to Earth out of Unconditional Love and Service.

Sometimes individual members of these group Minds choose to incarnate on Earth with a mission - such Minds are often known as “masters” or “prophets” or even “gods”. People such as Jesus, Buddha, Mohamed and many others

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are almost certainly members of such higher level group manifestations of Mind.

Higher Self: Our Higher Self is the sum of all of our individual lives on Earth, throughout all time zones relative to the Earth concept of “time”. Each incarnation is a “personality”, the total of which constitutes the whole.

The Consensus Mind: Every form of life has a group “Consensus” Mind upon the Mental plane of that group. This enables Beings to behave as a Group to fashion Group reality as well as individual reality.

Every man-made structure on Earth is the result of the group Mind manifestation focusing on those things “existing”. If everyone in the world were to withdraw their focus on the man-made creations of the world, the illusion could no longer be perpetuated and all man-made things would simply disappear leaving only those things of the Supreme Mind - the natural beauty of the mountains, lakes, oceans etc.

This also applies to the illusions known as the “Astral planes” which are manifestations of group Mind.

An excellent example of a group Mind is a massive shoal of fish, or flock of birds, containing sometimes millions of individuals, but yet they move as one, regardless of the distance between them. They are tuned in to the Mental Plane of the group Mind of their species.

The Individual Mind: The Individual Mind controls our individual body as well, as with all manifestations of Mind, being and interacting with the whole. The individual Mind is usually

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considered to manifest as two aspects of the same Mind, often, erroneously, considered to be separate, these Minds being the conscious and Subconscious Minds.

The Subconscious Mind: The Subconscious Mind is immensely, in fact infinitely powerful. The Subconscious Mind communicates directly with both the Higher and Universal Minds as well as the conscious Mind in order to manifest our thoughts into experiential reality.

The Subconscious Mind is sublime, that is to say it never questions an impression from the conscious Mind, rather executing that request with absolute precision, every time, utilising the fastest, most appropriate and most efficient means.

It is the Subconscious Mind that is responsible for our bodily vital systems such as heart, digestive, blood etc., which most people take for granted.

It is the Subconscious Mind therefore that is totally responsible for healing, health, and all bodily functions and conditions without exception and for creating the reality we experience at an individual level.

It is also the Subconscious Mind therefore that manifests by The Law of Attraction by communicating with whatever level of Mind is necessary to manifest the wish, which, being sublime, it does with immutable precision and reliability whether the thought was intended or not.

Whatever thoughts we impress upon the Subconscious Mind with the Conscious Mind, the Subconscious Mind will bring into experiential reality whether it was intended or not. So it is a good idea to only communicate those

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thoughts to your Subconscious Mind that you wish to see manifest in your individual experience.

The Conscious Mind: The conscious Mind is the normal waking Mind of most people. It is the Mind that experiences through the mediation of the five physical senses, makes decisions, and learns by experience, passing the benefit of that experience through the Subconscious Mind, Higher-Self, Group Minds and eventually The Source Who is the total of all experience in the Universe.

The conscious Mind is all too often driven by such traits as the Ego, materialism and selfishness, which results in unhappiness, which in itself is a learning experience.

When the conscious Mind can subjugate the Ego, achieve balance, and knows the illusion of the physical and Astral worlds - it can move on. Most are here to learn those lessons through experience.

The Organic Mind: Every organ in our body, and the body of every animal, plant, vegetable etc. has a “group Mind”

Most people believe the brain is the Mind which is incorrect. Our entire body is Mind, divided into group Minds, just as all life in the Universe within is a member of a group Mind.

So the brain has a Mind or more specifically “intelligence”, but is not the Mind. It is simply a major organ associated with numerous communication processes. The Heart has its own independent thinking processes which it uses to regulate its function, always under the ultimate instruction and control of the Subconscious Mind. So to increase heart beat, the Subconscious Mind can send the instruction to the Heart intelligence, which will accept and execute that

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instruction. This applies to every organ in the body including the skin.

The Cell Mind: As with all “higher” manifestations of Mind, each cell has its own intelligence which responds to instructions from the Subconscious Mind.

When we were developing as foetus and later an embryo, and throughout our physical lives, our body and organs develop or are modified by the Subconscious Mind communicating with the intelligence of individual cells, telling them how to come together to form structures known as “organs” limbs”, “skin” etc.

This is how true healing works. We can remain healthy or heal or modify our body in any way we wish by communicating our wishes to the Subconscious Mind, Who will then orchestrate the manifestation of those wishes into experience in the fastest, most efficient and most harmonious way.

Doctors, surgeons and medicines never heal using physical means, it is simply not possible, they simply seek to alleviate the physical symptoms without healing the source of the disease.

The Molecular Mind: Next in the hierarchy of manifestations of Mind we have the group Mind of the Molecule.

Molecules are groups of atoms comprising the physical elements, which come together under the guidance of the higher manifestations of Mind to take the shape of a substance, which may them be fashioned into an object by man or another Being.

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The Atomic Mind: Atoms are the building blocks of the Molecules. So higher manifestations of Mind guides the atomic manifestation of Mind to come together to form group Mind molecules of matter.

The Sub-Atomic Mind: Atoms are comprised of many types and levels of sub-atomic particles, which are too numerous and complex to mention here. But suffice it to say groups of these particles are guided to come together to form the group Mind of the Atom.

The Quantum Mind: And finally we arrive at the most fundamental manifestation of Mind - the Quantum Mind.

Quanta are individual units of Mind in the form of individual units of conscious, intelligent, vibrating energy.

Quanta have been proved, through the Quantum Mind, to be able to communicate with each other beyond the boundaries of all concepts of “space”, “time” or “dimensions”, and is the Energy that flows through everything in existence.

As these manifestations of Mind, intelligence and form become “smaller”, so they become more responsive to thought, and therefore Quanta can be thought of as the building blocks of all creation.

Although we have spoken about different “Minds” it is important to know that there is ultimately only one manifestation Mind - the Mind of and in which we have our Being.

But each individual of Group Mind has been endowed by the Universal Mind with “Freewill”, the freewill by which

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we can create our own reality, and therefore experience, and thereby evolve by that experience.

We absolutely, through the power of our individual Subconscious Mind control our own reality, and our experience also contributes to the evolution of our Higher-Self, and of the Whole.

It can therefore be seen that Mind has dominion over everything at all levels, both group and individual, and all manifestations of Mind communicate to form the Whole.

Nothing in creation ever happened or happens by “chance” - everything in creation at Universal, Group and Individual levels of reality, are all intelligent manifestations of Mind.

Once science and medicine come to understand this, and human beings come to understand this, then the World will become “the Kingdom of Heaven on Earth, and this is indeed a possible outcome of 2012.

No one should wait for the unknown outcome of 2012 to learn and apply this knowledge. We all create our own individual reality through the infinite power of the Subconscious Mind in the Now, and where we will each be before, during and after, relative to the concept of “time” any 2012 event, will be directly proportional to these, and which forms the basis of my book - Our Ultimate Reality.

Remember - your Subconscious Mind is infinitely powerful - we all have unlimited powers, if only everyone would believe it. Failing to achieve anything is always a result of limited thinking.

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The Bible and The Law of Attraction

Every week I receive many messages from people who clearly wish for a better life, the life that they believe God should automatically provide in return for their devotion.

These same people, upon learning of The Law of Attraction are afraid of using their natural God-given inner powers lest it go against their religion and therefore God Whom they wish to appease.

In previous newsletters I know I have from time to time been negative towards the Christian religion, due to its influence over mankind during the last 2000 years or so.

The fact is, all religion, as with all experiences in life be they very small or very large, during times of peace or war and whether people feel justified or not exist for one reason; experience.

Everything in life including all the religions and belief systems of the world are a learning experience, a primary principle of why we are here. Accordingly experiences, including the experience of religion are neither right or wrong, they simply Are.

All experience including religion is a valuable stepping stone towards a greater experience, without which there can be no progress.

Many people have chosen at some level to learn by the collective experience of a religion, just as they may learn by any other collective experience, and have been granted the freewill by God to do so.

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In future therefore I will be emphasising the positive aspects of this large-scale learning experience known as "religion".

It is evident from the numerous messages I receive that many people would really like to use The Law of Attraction to make their lives better in some way, but are afraid that their church would not approve or the bible does not provide for it, and would therefore bring some sort of retribution upon themselves from above.

The Bible, regardless of its origins which are unimportant, both old and new testaments do in fact contain considerable wisdom and historical record, much of which however is written in symbolic or metaphoric terms, terms which have been taken often too literally, and their meaning accordingly lost.

One thing I would really like to do is to decode the true meaning of the Bible, thus producing a modern version that people can use in a practical way. This of course would be a massive task due to the size of the bible.

I receive many messages from people pointing why a certain Universal principle does not agree with the Bible.

Let me say from the outset that the approach of reconciling the Universe with the bible will always lead to frustration. This is attempting to make the infinite agree with the finite.

A much better approach is to reconcile the bible with the Universe; i.e. reconcile the finite with the infinite.

So this week we will make a start by looking at how the Bible teaches The Law of Attraction.

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Before we begin we need to recognise some important fundamental teachings of the Bible and in particular these:

"So God created man in his own image, in the image of God he created him; male and female he created them"

-- Genesis 1:27

Note: "male" and "female" gender are only relevant to life in the physical world, a creation of nature as a method of perpetuating physical vehicles of life. Although the concepts of "male" and "female" also exist in the Astral worlds, they do so because the people living their still believe that the physical world is reality, and they perpetuate that illusion in the next phase of life in order to feel comfortable, or "at home".

As immortal Spirits we are neither male or female, we are androgynous as is The Source or God. Our Higher Self Who is the sum of all physical lives has experienced numerous physical lives as both male and female gender. Anyone who thinks that "male" is superior in any way to "female", usually because they believe "God" is "male", is being driven by the ego and lack of knowledge of their true Spiritual nature.

"For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring"

-- Acts 17:28

"In that day you will know that I am in my Father, and you in me, and I in you" -- John 14:20

So what do these phrases tell us exactly?

These all demonstrate one fundamental truth; that each and every one of us is "made" in the Spiritual image of God,

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not in a physical sense as people often believe; God is not "male".

The principle that has become known as "God", i.e. what I will refer to as the "God principle" may be thought of as everything in existence, all that Is. Nothing exists outside of the Universe, and therefore of God, and everyone and everything has its Being within the Universe, within the infinite Mind of "God".

The God principle is therefore The First Cause, our Prime Creator, infinite, conscious, intelligent, vibrating Energy.

We "live and move and have our Being" within this great Energy field as individuated Energy fields "made" in the image of God, the macrocosm, and as such we share the same powers of Creation as "children of God", the microcosm. I should point out that as Energy we were never "created" as such; Energy cannot be created or destroyed.

This then is where The Law of Attraction becomes important to the way we create our experiential reality.

Everyone, without exception as a "Son" or "Daughter" of God has the same powers of creation, but in order to realise those powers, certain principles need to be observed.

One of these principles is Faith. The Bible or Jesus teach the importance of Faith time and time again. But it is important to first define the word "Faith" in the context in which it is written in the Bible.

"Faith" is not some abstract "belief" based upon what someone else has said, Faith is rather a very powerful

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feeling, a knowing and trusting beyond all doubt that we do indeed have God-given powers which will manifest anything at all in accordance with our thoughts.

Here is what the Bible says on Faith:

"Whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith".

-- Mark 11:23

And Jesus admonished his disciples for not being able to achieve their wishes due to a lack of Faith in their own God-given powers:

"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." -- Matthew.17:20

Here Jesus is saying that nothing is impossible, and that we are only limited by our belief in our ability to create in accordance with thought. In fact we have no limitations; moving a mountain would be simple to anyone who had the Faith in their own God-given ability to do so.

The source of our ability to achieve anything we desire is the Subconscious Mind. The Subconscious Mind is infinitely powerful, beyond the comprehension of most who fail to understand the powers of their own Subconscious Mind.

The Subconscious Mind is not a separate Mind, but rather an aspect, by far the largest aspect of our total Mind. I

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should point out that the brain is not the Mind; the Mind resides in every cell, molecule, atom, subatomic particle and quanta of Energy that comprise the Energy field that constitutes what we perceive with the five physical senses as our "body".

The Subconscious Mind will accept any sustained impression, particularly fuelled by emotion, and therefore any sustained thought, and bring it into manifestation without question. It is the task of the conscious Mind therefore to choose carefully which sustained thoughts and impressions the Subconscious Mind receives.

This is what the Bible says about these important truths:

"Marvellous are thy works; and that my soul knoweth right well". -- Psalm 139:14

The "Soul" in this context is the Subconscious Mind.

The Subconscious Mind controls every aspect of our body as well as our individual experiential reality, and has so from the moment of conception. The Subconscious Mind originally created our body from the genetic blueprint contributed by both parents, maintaining every function including for example, heartbeat, breathing, digestion, immune system, cell regeneration and much more; in fact every component of the body is controlled by the Subconscious Mind by communicating the levels of Mind that comprise them.

This is the basis of true healing. If we wish to heal ourselves we simply impress our wishes on the Subconscious Mind as if it is a reality Now, and the Subconscious Mind then executes the wish immediately and completely. We therefore have total control over every

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aspect of our body including health, healing and bodily characteristics, appearance and function; they are not subject to some external factor, although of course wrongful eating for example will result in disease if left under the control of the cravings and ego driven desires of the conscious Mind.

Likewise if we wish for something to manifest into our experience, the Subconscious Mind will do this every time through its intimate connection with the Universal Mind; the Mind of God.

However, it is absolutely crucial that we know these powers beyond any doubt.

Doubt is a powerful vibration which tells the Subconscious Mind that your conscious Mind, your ego, does not believe the Subconscious Mind can achieve your wishes, which, as many have already discovered, will become your experience, a reason why The Law of Attraction does not appear to work for some people.

An excellent way of impressing your wishes on the Subconscious Mind is by prayer. Now prayer is a whole new subject and one which I will discuss in the future, but let us define what "prayer" is not.

Prayer is not mechanically reciting a verse either from memory, read from a book, or by repeating words after someone else. These things might be called "prayer", but in reality they will have very little or no effect beyond a personal satisfaction.

True prayer is designed to influence reality, for example changing something in our lives. This is what the bible says about prayer:

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Whatsoever ye shall ask in prayer, believing, ye shall receive. -- Matthew 21:22

Now it is important to note here that "believing" does not mean a dogmatic belief in for example "God". Many people think that if they "believe" in God or Jesus or the Bible or some other religious icon or concept, that alone would be sufficient to "please" God enough to deliver the request and later admit them to "Heaven".

This is a complete misinterpretation of the true meaning of prayer.

God, the Universe is incapable of being flattered, or "pleased" or gratified in some way; they are all very human concepts that do not apply to the Infinite.

So let us look at that statement again:

"Whatsoever ye shall ask in prayer, believing, ye shall receive."

This is saying that if when you pray, in other words you "ask" for something, knowing beyond all doubt it is already yours, then so shall it be.

Another of the disciples confirms this when he said:

“What things soever ye desire, when ye pray believe that ye receive them, and ye shall have them” -- Mark 11:24

So you see; these important truths for using The Law of Attraction are emphasised time and again throughout the Bible.

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The reason is this; true prayer is not and never was intended to be dogmatic in nature, or conform to the creed or dogma of others, it is rather a science, in other words true prayer is used in the unshakable knowledge that immutable Universal principles will be influenced in the direction of the prayer, or rather the thoughts and emotions behind the prayer which must always be stated as if you have already received the object of the prayer.

Another important aspect of prayer is "Faith".

Now again "Faith" has been very misunderstood in the past taken by people to mean that providing they have Faith to their chosen religion, or to an icon of that religion, they will be duly rewarded by having a request granted, and eventually be allowed into "Heaven".

This is not the meaning of true Faith. True Faith is an absolute Faith in the infinite power of the Subconscious Mind, that whatever you wish for has already manifested, and is not subject to some external influence.

Now this is a very important point to note; the power of Jesus as a healer was due to the Faith that his followers placed in him. They believed that Jesus was Divine and the "son of God", of course we all are, and that he had special God-given powers of healing.

If the people he healed had not believed this, then they would not have been healed. Here is an excellent demonstration of this:

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"And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched he their eyes, saying, according to your Faith be it unto you. And their eyes were opened; and Jesus straitly charged them, saying, see that no man know it".

-- Matthew 9:28-30.

The blind man was healed by the power of his own Subconscious Mind due to his Faith that Jesus possessed special Divine powers. He knew, beyond doubt, he would regain his site and so it was. Had the blind man not believed that Jesus possessed very special healing powers, he could not have regained his sight, because he would not have sent the impression of "sight" to the Subconscious Mind to restore.

Jesus knew this when he said "see that no man know it" he was cautioning about telling others lest they mock him, and cause him to lose his Faith in the healing process.

If he lost his Faith in the healing powers of Jesus, upon which his healing rested, and started to believe it could not be true, then his Subconscious Mind would have receive the thought that "his sight could not be true", that would be his reality, and he would lose his sight again.

Mark confirms this when he said:

"If thou canst believe, all things are possible to him that believeth" -- Mark 9:23

Again though; a word of caution here as with "Faith". "Believe" does not mean some abstract belief in God or Jesus or any other external agency, it means belief in who we are and the powers we accordingly have available to us

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through our own Mind in particular subconscious Mind, powers that are infinite and unlimited, powers that are only restricted by the ability to believe in those powers.

As Matthew rightly said;

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you".-- Matthew 7:7

We have confirmation of these truths in this passage:

"Thou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways" -- Job 22:28.

What this means is simple; once you have experienced the power of The Law of Attraction by utilising Universal principles, then you will know beyond doubt it is real and true, and will go forth in joy in realisation of being a Divine creator.

This is why it is important to achieve your first success; when you do your life will change and your life will rejoice from that point on in the knowledge that you really do control your own reality and your own destiny.

As Mark said:

"Go thy way, thy Faith hath made thee whole"
-- Mark 10:52

And again; "Faith" does not mean in religious terms; Faith means true Faith in the knowledge of our true reality and our infinite powers of the Subconscious Mind as an integral aspect of the Universal Mind to manage our own life and destiny.

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It is important to reconcile the union of conscious and Subconscious Minds.

Very often the ego or the conscious Mind will object to your use of The Law of Attraction because it prefers to be in control, and will want to convince you that it is all fantasy.

An important part of progression is to subjugate the ego completely. The first step however is to silence your conscious Mind when using The Law of Attraction, because your first success will quell the doubt of the ego.

The Bible teaches this in the following verse:

"If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven". -- Matthew 18:19

The "two of you" referred to in this passage are the conscious and Subconscious Minds. Before anything can be achieved, both need to be in harmony. The Subconscious Mind is always in harmony and never argues about anything, so it is the conscious Mind, the ego, that needs to be convinced.

The Law of Attraction and other Universal principles are always in immutable operation. Every thought, every emotion is a cause with a corresponding effect whether intended or not.

So if your thoughts towards others are not of a positive nature, or worse you wish them harm in some way, the result will be such that whatever you thought of others will be attracted into your own experience.

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"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again" -- Matthew 7:1-2

The fact is this; from a purely temporal perspective you cannot know why a person is who they are, or why they are acting in the way they do. Judging people by your own standards, expectations or prejudices is a serious mistake, and one which has to manifest in your own experience in the same way sooner or later.

This is the meaning of "karma" which is not a punishment and reward system, but rather the immutable, perfect operation of the Universe through which we learn by experience.

Very often the emotion that blocks people achieving their desires is fear in one of its numerous manifestations. As the saying goes "there is nothing to fear but fear itself".

Fear is a destructive emotion alongside its close relative "worry".

There is nothing to fear because we all control, manage and create our own reality.

If you are experiencing fear, then the best action, rather than fight it, is to ask your Subconscious Mind to free you from fear. The bible in fact teaches exactly this:

"I sought the Lord, and He heard me, and delivered me from all my fears"-- Psalm 34:4.

The "Lord" in this case is again a metaphor for the Subconscious Mind.

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One of the most common fears of people next to the illusion of the change known as "death" is the perceived inevitability of "ageing".

In fact people only age because they believe they can, as a result of programming from an early age.

People believe that at a certain age you must gain grey hair, teeth fall out, wrinkled skin and then comes mental degradation and senility before finally the release of "death".

Here is the truth; our entire physical body renews itself constantly. Some parts renew in hours, some days, some weeks, others perhaps months, but after a short time we have a brand new body; this applies to everyone in physical life

So why is it then that people age?

The reason is because they believe they will age the Subconscious Mind happily accepts that belief and manifests the signs of aging in accordance with those beliefs.

Some might say that it is due to oxidation of tissue due to free radicals in the blood. This may or may not be true, but even if it is, the Subconscious Mind will use whatever mechanism the Subconscious Mind deems appropriate to achieve the desire in the quickest, most efficient and most effective way, and if that is by free radicals then so be it.

The body cells are forming body parts in accordance with the instructions of the Subconscious Mind. If the Subconscious Mind instructs the intelligent skin, hair and

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eye cells to form wrinkled skin, grey hair and poor eyesight, that is what they will do.

"Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle" -- Job 29:2-4.

This passage from the Bible demonstrates that once you know that you cannot truly age then that will be the reality, and the reality will be:

"His flesh shall be fresher than a child's: he shall return to the days of his youth" -- Job 33:25.

I could say much more about the true teachings of the Bible, but I will return to this subject from time to time in the future.

I am happy to do this in the knowledge that, as in the title and subject of my book, there is only one ultimate reality and one truth, a truth so infinitely powerful that its light will penetrate where no false teaching can ever go, a truth so intense and unmistakable for what it is that there is no need to point out the false truths, creed and dogma originating at a time when the originators either did not understand, or sought to distort the truth for their own convenience.

Every belief system, religion and tradition has elements of truth, but the absolute truth is a thread that runs through all.

Be conscious of one most important truth. It is fine to desire material things that genuinely help the learning process, and to bring genuine joy. No material thing

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however, in and of itself, obtained by the demands of the ego, or vanity, or to look better than others can bring true happiness, fulfilment and above all the very reason we are here; Spiritual progress.

"But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, Faith, meekness, temperance: against such there is no law" -- Galations 5:22-23

And finally always remember; only you can create your own reality by the thoughts you hold in your Mind; the Bible also knows this truth:

"For as a man thinketh in his heart, so is he"
-- Proverbs 23:7.

**25 March 2007 – Feedback from The Bible and The
Law of Attraction**

**25 March 2007
Feedback from The Bible and The Law of
Attraction**

I would like to thank everyone for the absolutely phenomenal response to the newsletter of last week on the Bible and The Law of Attraction.

As I mentioned a couple of weeks ago, I am making more time for my children, but have done my best to answer all of your messages. If you have not received a reply then I really do apologise and please do send your message again. I regard all messages as important and will do my best to answer them as soon as I can.

If the message is genuinely urgent in that you need help, please mark the message as urgent and I will give it maximum priority.

As I also mentioned I am developing ways to more efficiently answer messages in a way such that everyone will benefit from general type questions.

Questions of a private nature will of course be answered privately.

So great was the response to the issue of the Bible and The Law of Attraction that I will be re-visiting this subject from time to time, and also perhaps including the books of other religions.

Several people were surprised that I discussed this subject at all knowing my position on orthodox religion. To clarify - my own position is this:

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It really does not matter at all who or what the person called “Jesus” really was, or of his circumstances or of his arrival, physical life and departure from the physical planet Earth.

Neither does it matter about the religions and their doctrines that mankind of 1500 years ago created around Jesus with whatever motive.

The truth is this - all religions and belief systems are large-scale human experiences serving a valuable purpose in the grand scheme of things.

This applies to all religions whether it be Jesus, Mohamed, Joseph Smith or any other figure around which a religion was created.

Yes many people have lost and continue to lose their physical existence in the name of religion - situations that might be called “evil” from a temporal perspective, but in reality there is no “evil” there is only experience, an accordingly the creators and continuer's of these religions are simply, unbeknown to them, instruments of human experience, and therefore ultimately instruments of experience of the Universe, The Source.

It is most unwise to accentuate the negative in anything in that we will attract more of the same. Every experience, however large or small, individual or collective is valuable to one or more people, and should therefore be valued for what they really represent on an individual level.

Always seek the positive, and only the positive will be realised.

25 March 2007 – Feedback from The Bible and The Law of Attraction

Adherence to a religion or doctrine will, in and of itself rarely result in realisation of why we are here - to progress ever inwards back to The Source from whence we came in the beginning, becoming more perfected as we progress.

Progress can only ever be achieved by correct individual actions which will raise the vibration of our bodies of Energy, thus allowing us to transition to the corresponding vibration as we travel back, first to our individual Higher Self, and then onwards as the complete Self once all physical incarnations are complete.

With regards to Christianity - I have no doubt that the person who came to be known as known as “Jesus” existed. My view is that he is probably a highly Spiritually advanced Individual, sometimes known as a “Master”, who chose to incarnate on Earth at that particular time and location over 2000 years ago for a specific reason or mission - probably because he knew that his teachings would have the maximum ongoing effect.

It is important to note that the teachings of Jesus were formulated in a way appropriate to the time, and the ability of people to understand. This is why he often spoke in terms of parables and other metaphors and symbolism, much of which unfortunately over the centuries have been totally mistranslated, misinterpreted and often misrepresented for selfish reasons of the time.

The future does not exist, so even a Master cannot know how the future would progress, and how his teachings would be interpreted and used. I am certain that Jesus did not intend his words and presence to be used in the way they have been.

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The only thing that matters however is that the teachings of Jesus and of the bible generally contain numerous extremely important lessons that have, until now, been misinterpreted. I intend to set the record straight and show the true value of the bible - not only the New Testament but also the Old Testament, and from time to time of other books as well.

This does not mean I have suddenly become “religious”, or “born again” or anything else - nothing could be further from the truth - but only in as much that I recognise the true nature of the religious experience that has affected and shaped the physical lives of billions of people over the centuries, and accordingly still maintains great power and influence over billions of people.

Nothing in the Universe ever, ever, ever happens by “chance”, and “Jesus”, the influence of Bibles and religions are no exception.

We must therefore look deeply into these mysteries in order to reveal and embrace the truths most certainly contained therein, and that is something we will be doing from time to time in the future.

**25 March 2007 – Poem: We are the One We Are
Waiting For!**

**25 March 2007
Poem: We Are The One We Are Waiting
For!**

After last weeks longer than usual newsletter I am keeping this one shorter, and what better way to end than with this beautiful and wise poem composed by newsletter reader Doreen Agostino, whom I thank very much, entitled:

We Are The One We Are Waiting For!

Everything is Energy from a 'Single' Conscious Source
Known by many Names including God of course,
God Consciousness evolves through human being's
Beliefs, thoughts, words, actions and feelings!

Our divine purpose is harmony, JOY, celebrations
Without judging, criticizing or blaming God's Emanations!
What darkens segments of a Divine Plan?
Absence of awareness in child, woman and man!

Unlike creatures, our thoughts bring into form
Creating unconscious results became the norm
Focus 'ONLY' on what you want - focus deliberately
Your willingness to shift sets everyone free!

Imagine a circle of darkness around our Earth
Holding our human family in lack and low self worth
Unloving choices brought darkness in many a form
Seeing through eyes of love is the way to transform!

God's Infinite Substance awaits you within
Remembering oneness is where to begin,
Understand and experience who you truly are
A unique particle of God Consciousness from afar!

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Beliefs hidden in our Subconscious Mind
Project events and people divinely designed
To unblock what we are ready to release
Restoring joy, harmony and inner peace.

Buried beliefs originate from unfamiliar places
Some from our own forgotten faces
Traumas experienced barricade our heart
Seek guidance from within to heal your part!

All you have to do is ask and receive
Knowing Intelligent Substance will begin to weave
Whatever you require to shine the Light
Of awareness to awaken your eternal insight!

World peace is other than the absence of war
After eons of protests who can keep score?
Individual peace of Mind makes world peace possible
Healing within makes this entirely plausible!

The whole is greater than the sum of its parts
Imagine the BLISS in uniting our human hearts
In the doing comes the knowing what more can I say
For those with ears to listen, WE ARE THE WAY

Doreen Agostino.

1 April 2007 – What do I eat?

1 April 2007

How effective is “hypnosis?”

Hypnosis can be very effective if conducted by an experienced hypnotist.

However, there are certain things to keep in Mind:

There is actually no such thing as “hypnosis” in the way most people think of it, in that no one can cause someone do something against their will.

When we observe the “stage hypnotists” “making” people do apparently silly thing, the people doing these silly things must desire to do them in the first place. In these situations “subjects” are carefully selected from hundreds or thousands of people in an audience, for their willingness during pre-show screening to behave in a “silly” manner on stage - in other words they have given their permission to “act silly on stage”.

All the hypnotist does then is to appeal to the Subconscious Mind to deliver the silliness in order to amuse the audience, which of course is all harmless fun.

A skilled hypnotist suggest to a willing subject that they can see, taste or hear things differently, but again this requires the cooperation of the subject.

All hypnosis is actually “self-hypnosis” in that the hypnotist is addressing the Subconscious Mind of the person being hypnotised, which in turn executes those instructions.

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It is the Subconscious Mind that is responsible for every aspect of our Being - it maintains breathing, blood circulation and indeed every automatic bodily function.

The Subconscious Mind will accept any suggestion or prolonged thought from the conscious Mind and execute it without question - even if it is detrimental to health - this is why it is so important to be Mindful of our thoughts.

This is to our advantage however in that we can create our own reality at any level through the power of the Subconscious Mind, and indeed it is the Subconscious Mind that invokes The Law of Attraction for attracting our desires into our experiential reality.

Hypnosis does work therefore, but it is really weak way of addressing the Subconscious Mind coming from the voice of another person who lacks any sort of interest in the desire.

A much more powerful way of achieving the same objective is to experience your desire, including all of the emotions, feelings and gratitude involved, immediately prior to sleep at night, at which time you are much closer to your Subconscious Mind, and emotionally involved with the result - thus making a much more powerful impression upon the Subconscious Mind, which, unlike hypnotism, can be repeated as often as necessary to achieve the desired result.

Although words alone will work, when they are directly associated with imagination, feelings and gratitude, especially at night, just before sleep, the words become much more powerful by orders of magnitude, because you are impressing on your Subconscious Mind the meaning behind your words.

1 April 2007 – What do I eat?

1 April 2007 What do I eat?

After my previous newsletters on diet, I receive many messages from people asking me what I eat myself.

For the benefit of those new to the newsletter here are the main considerations regarding food:

1. By destroying or participating in the physical death - e.g. by purchasing such food at a supermarket, of an animal or plant, you are killing a part of yourself, in accordance with all Universal and Spiritual principles. There is no getting away from this.

All animal and plant life is here on Earth for the same reason as mankind - to Spiritually evolve without unnatural interference. Breeding animals or plants for food does not get around this – all life is of the Divine - not of humans.

2. Animal and dairy based foods have been proved conclusively, beyond any doubt, to be toxic to the human body, resulting in reduced life span and exposure to debilitating diseases such as obesity, diabetes and many forms of cancer, all of which are exponentially increasing, especially among children, as food abuse becomes more prevalent - especially with the rise of fast food outlets. “Happy Meals” are toxic to children - why would anyone poison their own child?
3. Cooking any food, and in particular plant foods such as peas, carrots, cabbage etc. destroys all of the valuable enzymes and most of the valuable nutrients, rendering the food value limited or non-

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existent. In addition it has been proven that cooking many vegetables renders them toxic, because there is a chemical reaction which converts “good” nutrients into toxins.

The fact is, many people eat for enjoyment and to gratify the physical senses at any cost, rather than for maintaining their physical body.

Ask yourself this - if, as is a fact, every single cell of the physical body is completely renews every few years - why do people grow “old” and contract diseases?

The answer is simple - this is due to the thoughts people hold in their Minds, together with the toxicity of the unnatural, toxin and preservative laden foods and the way they are prepared.

1 April 2007 – Spells and Magic?

1 April 2007 Spells and Magic

One of the questions that arises time and again are questions about using “magic” or “spells” to obtain desires. A frequent question for example might be - “what spell can I use to make someone love me”.

Let me say first that it is not possible to “make” anyone to anything against their will.

The word “Magic” is one of the highest of all Universal principles, originating from the “Magi” in ancient times. True Magic is in fact a sacred science which describes the process of living within, and making use of Universal Laws in the pursuit of perfection.

That clarified, let us take a look at the modern meaning “magic”.

The common perception of “magic” is someone chanting a series of words, often known as a “spell”, often accompanied by a series of actions, often depicted as waving a “magic wand”, in the hope of bringing about a desired effect by some magical, mystical, mysterious means.

Magic is often associated with rituals, often associated with dressing up in various types of regalia, sometimes very exotic, depending on the tradition, or quite often not dressing in anything at all, known in witchcraft circles as “sky clad”.

Such use of these concepts of “magic” goes back thousands of years, and stems from the belief that “magical” effects can be produced by using incantations in conjunction with

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a series of actions, often performed at a certain time such as a full moon, but also under much darker circumstances that we need not go into here, but which is generally termed as “black magic”.

There are a vast array of such “magical practices” practiced over the centuries, by a very wide range of traditions, cultures and religions, but all of which are designed to bring about a specific result by some perceived mysterious, “magical” means.

It should be pointed out that stage “magic” is not “magic” it is rather entertainment by the use of skilfully performed illusions.

Now let us take a closer look at what is actually happening during these practices.

Everything we attract into our lives at all levels depends on one factor only - what we impress on our Subconscious Mind” by virtue of our imagination, thoughts, feelings and emotions and gratitude.

Once the Subconscious Mind has been thus impressed, the Subconscious Mind will proceed to use any means necessary, either directly, as in the case of healing and health, or by the intimate connection with the Universal Mind by The Law of Attraction.

So quite simple what these magical practices, be they spells, rituals, actions such as burning candles, imbibing food or drink, or even, as in bygone times, sacrifice does is one fundamental thing - it impresses a specific concept upon the Subconscious Mind.

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So - although the practitioner does not usually understand the mechanism of their actions, the underlying process is always exactly the same - to impress a desire on the Subconscious Mind.

The Christian churches do this with a ritual known as the “Eucharist”, often associated with the taking of “bread” and “wine”, mystically representing the “body” and “blood” of Jesus.

Eucharistic acts are frequently used to impress a concept on the Subconscious Mind, although again, most practitioners see something more religious, superstitious or mystical in the practice.

The Eucharist is actually therefore a magical act.

In relation to the Eucharist of the church, it is better understood in the context of the true meaning of “Lord” or “Soul” both of which are actually metaphors for the Subconscious Mind.

In effect therefore the Eucharist of the Christian church is a metaphor for affirming on the Subconscious Mind that we are all One, nicely summarised thus:

“In that day you will know that I am in my Father, and you in me, and I in you” -- John 14:20

And thus, “eating the body and blood of Christ” reinforces this truth in the ritual of the Eucharist.

So there is nothing magic about Magic.

Today we know Magic as the Law of Attraction, where spells, rituals and regalia are replaced by a more direct and

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knowledgeable act utilising the infinite power of the Subconscious Mind by means of thoughts, feelings, imagination, emotion and gratitude - this is true Magic.

Everything is Magic - every thought, feeling, emotion, visualisation and act of imagination is Magical.

Until the next newsletter - I hope you enjoy a truly Magical week, and always remember - you are a powerful Magician, so use your Magical powers wisely.

15 April 2007

10 factors affecting speed of Attraction

I receive countless messages from people asking why their wishes have not materialised yet, or why there is such a delay, so this week we will take a look at some of the numerous factors that can and often do influence manifestation times.

First let us summarise some of the more common reasons:

1. **Doubt:** This is a very powerful Energy which will work against your manifestation. It is crucial to know, beyond any possible doubt, that the object of your wishes is here now, and feel the gratitude for it.
2. **Lack of Faith:** This is related to doubt but is a factor in its own right. It is crucially important to have absolute Faith in the power of your Subconscious Mind to bring to you the object of your wishes.

Together with Faith is an absolute belief in the outcome.

3. **Emotion:** Thoughts driven by emotions are much more powerful, and will result in the object of your wishes arriving sooner than if you were indifferent about it. This is why people easily attract negative” things, because it is human nature to be very emotional about negative things such as debt, and cynical about positive things which are deemed as “too good to be true”.

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4. Lack of clarity: It is your job to ask and to be absolutely clear about what you desire. Your Subconscious Mind will never second guess you, it is crucial therefore to hold a very clear thought in your Mind about what you are attracting, knowing it is here right now.
5. Thinking in the future tense: Many people still tend to think in terms of "I want" or "I will" etc. - statements which will guarantee that person remaining in a perpetual state of wanting but not receiving. It is crucial to keep everything in the present tense as if it is an absolute reality Now - which it really is in fact.

That said, now let us take a look at some of the more esoteric reasons for delayed manifestation. To do this we will decode one of the parables from the bible to its true meaning:

"He also spoke this parable: "A certain man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. Then he said to the keeper of his vineyard, 'Look, for three years I have come seeking fruit on this fig tree and find none. Cut it down - why does it use up the ground?' But he answered and said to him, 'Sir, let it alone this year also, until I dig around it and fertilize it. And if it bears fruit, well. But if not, after that[a] you can cut it down.'" -- Luke 13:6-9

The true meaning of this parable is this:

Jesus was teaching a lesson about the Law of Attraction, illustrating the fact that the longer it takes for a thought to come to fruition, the greater will be the result, and that the

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Subconscious Mind and the Universe must be given all the time required in order to bring your desire to fruition.

This parable also illustrates the tendency of most people to be impatient if they do not see results soon, often giving up altogether and abandoning the thoughts with contrary thoughts such as “this Law of Attraction does not work!”, which in itself is a powerful thought which could easily prevent that person from consciously realising their desires in the future.

The fig tree in this parable therefore represents a large or complex thought-form that is still in the process of manifestation, but which still has the potential to come to fruition in the future. If the thought does not materialise soon therefore, the parable is saying “do not abandon the thought, simply provide more manure, i.e. fertilizer in the form of Energy in order to enable it to come to fruition sooner.

We should also keep in Mind that the parable tells us that this tree, the thought-form, is a fruit tree and therefore is capable of seeding further thoughts and associated manifestations of ongoing benefit, and therefore should be given all of the time, space and nourishment it needs for all associated with it to come to fruition.

The moral of this parable is this:

Always allow the infinite power of your Subconscious Mind together with the Universe to bring your thoughts to fruition in the most efficient, harmonious and resilient way.

Another extremely important key to ongoing speed of manifestation at a metaphysical level is “forgiveness”.

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The delay in thoughts materialising is partially an intentional act of wisdom on the part of the Universe.

Earth is like the first year of kindergarten of the Universe, and like any child in kindergarten people can have tantrums, and think things they might not have thought when in a calm state – for example wishing people dead.

Clearly - if these thoughts driven by irrational emotion came to fruition immediately, then chaos would rule and very soon almost everyone would be wiped out by each other.

This does not apply to year 2 of kindergarten, the Astral worlds, where everyone of the same character resides on the same level of vibration, not interacting with people who are likely to upset, provoke or anger them.

Here on Earth in kindergarten year one everyone interacts with a very wide range of people of differing personalities and under different circumstances in the same sand box, and therefore the potential for a temper flare-up and negative, often aggressive thoughts is considerable.

Law of Attraction delays are therefore crucial, safety valves literally for the physical survival of the human race. This does not apply to animals or other life-forms who are incapable of holding an intentionally negative thought against another.

Therefore a key to speed of attraction is forgiveness. Those who can unconditionally forgive others, regardless of the circumstances will always manifest much faster than those who find difficulty in forgiving others.

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So Unconditional Forgiveness goes hand in hand with Unconditional Love as a power behind creation, Unconditional Love being the very highest vibration of all.

Nowhere is this more apparent than the Universe itself which was created out of Unconditional Love in the beginning.

Finally - another major factor in the speed of attraction is selflessness. The Subconscious Mind and The Universe will always give priority to genuine needs and desires as opposed to selfish ones.

It is very important to examine your motives for every attraction.

The most powerful thoughts are for healing, service to others and Spiritual progression. Any thoughts in these areas will produce rapid, sometimes instant results.

On the other hand, thoughts in the direction of selfish desires, wanting things out of greed, will take much longer to manifest.

That said - we are all entitled to be happy, joyful and fulfilled, and anything you wish to attract specifically for those purposes will manifest relatively quickly.

So a great deal of thought must be given before consciously manifesting anything into your experiential reality.

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So in summary - here are 10 factors, in no particular order associated with speed of Attraction:

1. Patience: To allow for natural, harmonious manifestation
2. Faith: In the infinite powers of the Subconscious Mind
3. Belief in the outcome
4. Unconditional Love: Towards everyone, all life and Universe
5. Forgiveness: Of everyone and everything for every reason
6. Selflessness: Ensure your motives are honourable and Spiritual
7. Doubt
8. Lack of emotion including lack of gratitude
9. Lack of clarity
10. Thinking in the future tense instead of Now

22 April 2007 – The Importance of Spiritual Growth

22 April 2007 The importance of Spiritual Growth

By far one on of the most important questions is about “Spiritual Growth”.

As we near the end of an era, the end of one great cycle and enter into the next great cycle, the stage of evolution for each and every individual will be absolutely crucial, both at an individual level and on a collective level - in other words the human race and of all life on Earth, animal, vegetable and mineral and of Earth Herself.

Just as the ancient Maya, the ancient Chinese with their I-Ching any many other ancient cultures new of the coming end of the age, the person known as Jesus came to earth to prepare mankind for this great forthcoming event, which, like the Maya at the same point in time would have known about, by teaching the initial group of teachers known as the “Disciples” or “Apostles”, whose would then be to teach further teachers from those who were ready.

“Then the disciples came and said to him, “Why do you speak to them in parables?” And he answered them, “To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given. For to him who has will more be given, and he will have abundance - but from him who has not, even what he has will be taken away. This is why I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand” -- Matthew 13:10-13

And these teachings to the teachers of the future were in preparation for the end of the age that is nearly upon us which Jesus taught thus:

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“Again, the kingdom of heaven is like a net which was thrown into the sea and gathered fish of every kind - when it was full, men drew it ashore and sat down and sorted the good into vessels but threw away the bad. So it will be at the close of the age. The angels will come out and separate the evil from the righteous, and throw them into the furnace of fire - there men will weep and gnash their teeth. Have you understood all this?” They said to him, “Yes.” And he said to them, “Therefore every scribe who has been trained for the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old.”

--Matthew 13:47-52

These words of Jesus are prophetic and crucial to his mission on Earth. His mission specifically, knowing the end of a 25000 year cycle will be upon mankind in the 21st century was to prepare, or “save” as many people as possible for the great Spiritual “harvest”, those who will “ascend” to the next phase of the journey on the Divine path, an existence of glory, splendours and magnificence beyond the comprehension of most Earthly people.

For those that miss the “harvest” - the “furnace of fire” that Jesus refers to is the “furnace” of achievement on Earth, from which Spiritual growth, progress and enlightenment are forged.

Those left behind will continue their 3D, physical challenges, most likely on another Earth-like planet somewhere in this Universe or even another “parallel Universe”, until their time, lessons finally learnt will finally arrive.

It should be pointed out that this process is happening right now - we do not however know at this stage whether 21 December 2012 will be the pinnacle of this process

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resulting in “rapture” or whether it is the pivotal point, the point of no return for this ongoing process.

Unfortunately - Jesus teachings have been drastically misunderstood by those not ready to understand and who sought to abuse these teachings as a form of mass control over the Minds of people often using the emotions of fear and guilt. Fortunately the very reason the words of Jesus survived was because those who sought to exercise such control simply did not understand the meaning of his words, and thus did not see them as a threat to their own objectives.

Time is running out, but the tide is turning - there is still time for people to learn the necessary lessons in order to progress when the “dragnet” is cast and, in the words of Jesus “Therefore every scribe who has been trained for the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old” after the lessons of thousands of incarnations on Earth have been learned.

So what is required to be included in the “dragnet” of physical life and on to the next glorious phase of life on the path of return to our Divine Creator from whence we came in the beginning?

The entire subject of Spiritual growth and the preparation for the end of the age is a massive one, and the reason it took me over 600 pages to address, but here is a brief overview of some of the fundamentals that you need to practice and assimilate into your very Being in preparation for the “dragnet” at the end of the age:

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1. Subjugation of the Ego: This is a crucially important subject that justified 2 entire chapters of my book to address.
2. The Ego cannot be destroyed - it is who we are - but the Ego must be brought under absolute total control - this is indeed a very important aspect of mastery.
3. Service to others: Service to others before service to self is a crucially important aspect of Spiritual growth, without which again there can be little true progress.

We should live every minute asking how we may best serve others before attending to our own needs. Those who live solely to serve their own selfish interests can make little or no true progress.

4. Identifying with the body or gender: this can be an emotive subject for some people, but nevertheless one that needs to be addressed.

Many people identify themselves as being “male” or “female” or by a name such as “John” or “Joan” for example.

The truth is we are, in our true Spiritual form neither male or female. “Gender” is a convenience of nature for the purposes of perpetuating the species but means nothing more than that.

Our Higher Self is beyond gender - almost everyone has experienced numerous physical incarnations as both “male” and “female”.

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Our physical body is simply a necessary convenience a body with the same density as the world in which we live and through which we can therefore interact - this applies to all Energy levels - we always transition to the Energy level corresponding to the vibration and therefore density of our Spiritual body in accordance to our state of perfection - this is how we progress.

As we perfect our Spiritual body the vibration increases, and as the vibration increases we transition to the Energy level” existing at exactly the same vibration, The Source existing at the highest vibration of all - that of absolute perfection.

This is why people with a very low vibration, those people who are extremely selfish, or have no respect for life such as murderers, terrorists etc., will transition to a “hell-like” lower level of the Astral worlds - worlds which are dull, dreary and heavy – thus reflecting their vibration perfectly. Yes even these people are aspects of the Divine who can and will evolve sooner or later – no one is ultimately left behind.

It is very important therefore not to identify with our physical body or gender by making it the centre of attention, by decorating it for example or by obsessing about the body.

The physical body is an instrument of interaction with the physical world for the purposes of learning - not an ornament to be worshipped and treated with vanity. The physical body should of course, as with any instrument should be treated with respect and looked after that it might perform the tasks required of it, but that does not include making it the centre of attention or identifying with it in any other way.

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Likewise with “gender”. We are all equal, immortal Spirits. Gender promotes the idea of separation as well as other ugly traits of the Ego such as superiority.

Most orthodox, dogmatic religions depict their version of the deity God as male, causing females to be treated as inferior, or often with contempt as if they were out here for the convenience of males.

The more enlightened traditions such as Hinduism, Buddhism and Taoism fully recognise that Divinity is represented by the Universal Law of Gender on Earth in the form of both male and female.

“So God created man in his own image, in the image of God created he him - male and female created he them”.

-- Genesis 1:27

This confirms that God created male and female in “His” own image - except for the fact that God is not really a “He” - this is simply a translational bias.

Anyone believing that female is inferior to male are under the tight control of the Ego, a control which will hold them back in the crucial years ahead. Although the people of the Astral worlds still perpetuate materialistic life as it is on Earth, including gender, they too will, sooner or later understand their own true nature and will be able to move on from the illusion in which they are living.

I hope this brief insight has been of value to you. Please do read the many articles I have added to my website which will be constantly growing, and that my book covers these subjects and how to progress in great detail.

29 April 2007

Law of Attraction success factors

Some people it seems are struggling to enjoy success with The Law of Attraction for one fundamental reason - they are thinking too much about how it works, and such thoughts form the basis of doubt and therefore lack of Faith in the process, which in turn will block or at least slow down the creative process.

One of the absolute conditions of attracting your reality is “Faith” - this does not mean “Faith” in a religious sense, but Faith in who you really are, your relationship to The Source, and in your power as a creator with truly unlimited powers of creation.

First then let us review some Universal truths that apply to us all:

1. Everything in creation, in all “dimensions” i.e. levels of Energy and vibration from The Source, The First Cause, the “Father” to the 3 dimensional Universe of Matter is one principle – Universal Mind, in which we “live and move and have our Being”.
2. We are all, without exception, individualised channels of creation, expression and experience of the Universal Mind.
3. Mind, in the human being has two aspects - Subjective and Objective, often known as Subconscious and Conscious.
4. Our Subjective, Subconscious Mind is under the complete control of our Objective, Conscious Mind.

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5. The Subjective, Subconscious Mind has complete control over every aspect of our experience, from the management of all of our bodily functions which most people are unconscious of, to realising all of our desires in the form of “thought forms” either directly, as in the case of healing, or through the Universal Mind in the case of everything else.

The Subconscious Mind is seamlessly connected to the Universal Mind, and therefore all Subconscious Minds are connected to each other - this is how our wishes come to us.

Creations of The Source, The First Cause, “God” arrive directly from that Source, while those things of humans - e.g. houses, cars, clothes etc. arrive through humans. For this reason self-healing is a direct function of the Subconscious Mind acting on the physical body, and is not therefore the Law of Attraction as such.

It is important to realise that The Law of Attraction or Healing is not a Harry Potter type process where one utters a spell, waves a wand and our wishes arrive in a puff of smoke, these are rather natural Universal process that always harmoniously follow the most efficient creative processes.

It is absolutely crucial to learn these truths and assimilate them completely into your Being - only then will have you complete Faith in the creative process behind the Law of Attraction.

In order to understand these relationships better we can perform a simple experiment:

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Take a large sheet of thin paper, e.g. newspaper, and punch 5 large holes in the paper corresponding to the position of your fingers and thumb. Now push your fingers through the holes.

What do we see? On the surface we see 5 separate fingers representing 5 people. According to the sense of sight these “people” all appear to be totally “separate”. However - if we look underneath the sheet of paper we see the hand, or Universal principle, to which all of the separate fingers, or people belong, and which unites the five people by one common principle.

So you see, “separateness” is only an illusion, but an illusion that causes people to believe they are “on their own” because they fail to see what lies just beneath the surface.

This is what is meant by “Faith” and “Belief” within the pages of the Bible as we have discussed before in recent weeks - i.e. not a blind or an abstract “belief” in “God” or Jesus, it means Faith in the infinite power of your own Subconscious Mind and its connection with the Universal Mind, and “belief” that accordingly we have unlimited powers of creation as aspects of the infinite, The Source, The Prime Creator.

So to conclude, let us take a look at the creative or more specifically “attractive” processes that we all enjoy.

If we desire something the process is as follows:

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1. Create a thought form by imagining, feeling, visualising, with as much emotion as possible the object of your desire as if it is an absolute reality Now - which it actually is from the moment this thought form is first created by the conscious, objective Mind and impressed on the subjective, Subconscious Mind.
1. Continue to impress this thought form on the subjective, i.e. Subconscious Mind by frequent focus on it, using all of the above as often as possible, never allowing contrary thoughts, always knowing it is absolutely true right Now and feeling the gratitude.

It is crucially important to have absolute Faith in this process, and belief that all things are possible as an aspect of God and therefore as an infinitely powerful co-creator in the Universe.

2. In order to experience your desires, you must maintain harmony with those desires in order to receive them. This means thinking and behaving as if you have the object of your desires right Now, and feeling the gratitude, feelings and emotions associated with it.

It is extremely important never to doubt this process by wondering when your wishes are not materialising, or why they are not “working” or by repeatedly checking. Absolute Faith” is the key.

The Nazarene Master, known as Jesus, told several parables to teach these truths, so important are they.

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He also said, “This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how.

“All by itself the soil produces grain--first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come.” -- Matthew 4:26-34

The “seeds” are the thought forms that everyone constantly produces whether they are conscious of it or not. He goes on to say that circumstances arise from these thought forms, circumstances that are considered “good”, “bad” or indifferent depending on the perspective of the observer, but people generally have no idea how they arrived. The “soil” is the subjective, Subconscious Mind.

Jesus goes on to say that as soon as the thought-form has manifested, and a person is enjoying it in their own experience, then the thought-form is released and no further thought is given to it, lest it be influenced further.

Jesus then tells another parable:

“Again he said, “What shall we say the kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest seed you plant in the ground. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds of the air can perch in its shade.” -- Matthew 4:26-29

Here Jesus explains to his disciples that what starts off as a small thought or “seed” will grow in the fertile ground until eventually it grows into a large, powerful, all encompassing tree.

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All you need to do now is start to sow the seeds to create your own personal trees of your wishes, needs and desires, in the fertile garden of your subjective, Subconscious Mind.

6 May 2007 – 2012 and the Cycles of Life

6 May 2007 2012 and the Cycles of Life

As the days, weeks and months roll by I know from the messages I receive that more and more people are becoming aware of the changes occurring at all levels, wishing to know why. Others are anxious about “2012” and what it will mean for themselves and their families.

These changes are manifesting in terms of awareness, consciousness and in the outer physical world where dramatic changes, the details for many of which have been withheld from people generally are taking place. Who could fail to notice these changes with the worlds glaciers melting at a dramatic rate, mass extinctions, and unusual behaviour in the animal kingdom who are highly tuned to change unlike humans who have a predominantly material focus.

It is important to understand however that what we are experiencing is not the end of the world in terms of life but the end of a great age, a great cycle of Energy.

Everything in creation moves in cycles, some of which are vast, and others which occur of much shorter, sometimes imperceptible frequencies, some of which are obvious, others which are not.

For thousands of years our ancient ancestors, free from the material focus of “modern civilisation” were tuned in to these cycles, and by observing the cosmos and many other natural factors were able to chart these peaks and troughs as well as the manifestations associated with them.

Many of these were deeply encoded as for example in the I-Ching, the Chinese “Book of Changes” which rather than

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being for mantic purposes was in fact measuring Energy and cycles at all levels, including forecasting the forthcoming events of 2012.

The Maya, in their now famous Long Count Calendar which also transitions to a new cycle on 21 December 2012, measured and predicted these great events.

According to my current research I believe it is very possible that the person known in Greek as Jesus came here 2000 years ago to prepare mankind for these events, by teaching the teachers who would teach other teachers and so on until finally, by now, everyone should have been prepared:

“Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind - when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

'Have you understood all this?' They answered, 'Yes.' And he said to them, 'Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.' -- Matthew 13:47-52.

Here Jesus is saying that the end of an age is coming at which point there will be a “dragnet” which will harvest those who are ready, and only those who are ready will “be saved” and transition to the Kingdom of Heaven”, while everyone else will be cast back in to the “furnace of fire”.

6 May 2007 – 2012 and the Cycles of Life

Alas, as in the entire bible, the true meaning of these words were lost when men, who were not ready to understand, and also sought control for their own purposes, interpreted these ancient words in theological terms, thus setting mankind on a course that was never intended, and the true meaning was lost until now.

Much of the original meaning was lost, either by accident or design, when it was translated from the original ancient Greek, to Latin and later other languages as well as being creatively interpreted by orthodox religion in such a way as to create conditions for control over people through fear and guilt.

The “furnace” referred to is not some notional fiery existence “down below” as the guest of “the devil”, but rather the furnace of initiation, Spiritual progression, where our Spirit is refined as we progress to the higher levels of vibration of the inner worlds of reality, worlds of glory and splendour far beyond the comprehension of carnate humans, a place that may be conceived as “heaven”.

This is also the true meaning of alchemy, the transmutation of base human characteristics symbolised by the heaviness of lead, to the Gold of the refined, higher vibration Spirit.

The biblical account of turning “water in to wine” means the same.

So 21 December 2012 represents the turning point in just such a cycle where humans and indeed all life have the potential to take the next evolutionary leap, leaving the “furnace” of Earth well behind.

The word to emphasise however is “potential”. When the time comes only those who have realised that potential will

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be “harvested” and move on to the next phase of evolution - this is why great teachers allowed two thousand or more years for this process to take place.

“Harvested” is of course a metaphor for Spiritual evolution based upon consciousness and therefore vibration.

What we are experiencing now is the end game where a culmination of numerous factors that can influence humans, all life and Earth herself is taking place, the results of which, will be determined by one factor only - consciousness at all levels.

There will be no “chosen” ones - each person has the opportunity to determine their own destiny, the only choice being whether to accept it or not, and if so to consciously pursue that destiny.

There has never been a better time to be human on Earth, but opportunities on this scale only coincide with these massive cycles of Energy, so everyone should be at least aware of this that they may shape their own immediate destiny, whether they will be caught in the “dragnet” or be weeping and “gnashing teeth” out of frustration of a missed opportunity this time around.

It has taken millions of years to reach this stage, and we are living on Earth at the time of the birth of a new type of human – “Homo Spiritus”.

Again though, individual and collective consciousness is crucial to the outcome for humans collectively, whether it be catastrophe or Ecstasy - the potential instruments of both are amassing now.

6 May 2007 – 2012 and the Cycles of Life

At the peak or troughs of previous cycles there has been cataclysm such as the great flood, the destructions of Atlantis and Lemuria and many others that we are not aware of.

There have also been ages of great, abundance, happiness and progress akin to “kingdoms of Heaven on Earth”.

The Hindu tradition tracks these ages of darkness and light by means of their “Yugas”.

The Satya Yuga is a Yuga of a golden age where people experience true Spiritual nature with the high vibration that brings, resulting in a Utopian existence of joy, health and connection with our Source.

Then comes the Tretya Yuga and the Dvapara Yuga and finally the Kali Yuga, the trough of existence where humans focus almost entirely on the physical aspect of existence, where materialism and survival rules, and power is the driving force and the craving of many.

So what does all this mean in practical terms?

It means quite simply that we are nearing the end of an age, the turning point of a great cycle of Energy, and an opportunity to determine what happens next at both a collective and individual level.

Each and every person therefore should seize this opportunity for progression to the step on the path back to our Creator and therefore perfection.

Some people ask whether the Astral worlds are “heaven”. The fact is they might seem like heaven to those living there, but they only have life on Earth, after which the

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Astral is fashioned by the Minds of humans, as a benchmark.

The lower to mid levels of the Astral are therefore a reflection of the current age of desire and materialism, and is therefore transient in conjunction with and part of these great Energy cycles.

When life on Earth changes so too will the Astral worlds, until one day the Astral worlds will simply dissipate back into its original substance, no longer required to support human desires.

I would like to conclude with these important points:

1. We do not know at this stage, and will probably never know until the time comes, whether 21 December 2012 will bring a sudden climatic event or whether it will simply mark a turning point.
2. We must be prepared for a climatic event otherwise complacency will cause most people not to be ready for what happens next.
3. Such preparation is of the Mind not in physical terms. If everyone prepares themselves mentally and in terms of consciousness for a great event at all levels, then that is what the outcome will be - there is nothing to fear - the Universe flows only in the direction of evolution, expansion and well-being, and we must flow in the same direction in order to be aligned with The Source and prepared for what happens next.

13 May 2007 – The Logos

13 May 2007 The Logos

In my book in chapter 14, the Emerald Tablet of Hermes I make this statement:

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

Many people have heard of the Logos before, and have asked what it actually means.

To explain this let us look at a quote from the New Testament of the Bible, which, like many parts of the Bible have been mistranslated from the original Ancient Greek leading to numerous misunderstandings.

“In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him - and without him was not any thing made that was made”.

-- John 1:1-3

The original Ancient Greek text of the New Testament uses the word “Logos” as opposed to “word”. In modern Greek “logos” literally means “word”, but in Ancient Greek “Logos” also means “thought”.

So this passage should more accurately say:

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“In the beginning was the Thought, and the Thought was with God, and the Thought was God. The same was in the beginning with God. All things were made by him - and without him was not any thing made that was made.”

Now we have the truth.

In the beginning The Source, The First Cause, God already existed, always did exist and always will exist as The infinitely powerful Thought Form who was alone with Him/Her self.

This powerful Thought, the macrocosm, then desired, although we must be clear that this Thought does not “think” in human terms, to experience and expand and accordingly then Thought the Universe into existence using immense powers of Thought and imagination.

The result was the Thought Forms that eventually took shape to manifest in individuated Thought Forms of everything that comprises the Universe today at all levels of Energy Vibration from The First Cause all the way out to undifferentiated matter, The physical Universe of stars, planets, moons and all other life including of course ourselves as first our collective Higher Self and finally aspects of our Higher Self that we call “human beings”, the Microcosm.

So in the beginning we all left the Logos, The Great Thought Form” as unique individuated Thought Forms - Who we Are.

Each Thought Form has a unique vibration, which, as we progress through the process of perfection, through which the Great Thought Form experiences and expands, and the vibration of the Energy Field that comprises our individual

13 May 2007 – The Logos

Thought Form increases, until our Ultimate Destiny, Our Ultimate Reality is to increase our Vibration to approach that of The Great Thought Form, The logos, from Whence we came in the beginning.

13 May 2007
Believing is Seeing

There is a saying that many, often cynical people use “Seeing is Believing”, and therein lies one of the major factors holding people back from their true, infinite potential.

Most people tend to react to what they see, so they see it first and then react to it. For example, a person might see debt, an old unreliable car, a body that is 30 pounds heavier than it should be, and then they react, usually in the wrong way.

Such reactions, as a result of “seeing first” are usually negative, including but not limited to worry, fear and despair, not realising that they are attracting more of the same, resulting in a spiral until the person often hits rock bottom with sometimes final results.

The fact is however most people have this completely the wrong way around, and therefore the results are the wrong way around.

The saying should be “Believing is Seeing”.

In creating our own reality, the reality we prefer out of choice, we must first create a “Thought Form”, just as the Logos did in the beginning, and bring that Thought Form into manifestation by “Believing” in the process, and having “Faith” in the process and in the infinite powers of our Subconscious Mind.

“Faith” and “Belief” are cornerstones of the Bible, but alas the true meanings of “Faith” and “Belief” have been interpreted to mean an abstract “belief in God” or to have

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“blind Faith” in a deity called “God” and Jesus on the basis that God is a jealous deity wanting people to know how great “he” is for creating us and our planet for our enjoyment, and who exacts a fiery vengeance upon all those who do not respect what “he” has “given” us and conform.

In fact God is not jealous for the simple reason we Are God in every sense - for God to exact vengeance on someone for not believing in him, would be the same as chopping off one off your own finger, because that finger did not “believe” in the rest of your body. In this way many people are cutting off, or more specifically greatly restricting their own connection with God, The First Cause, The Source of all that Is.

The truth is - “Believing is Seeing”.

If we wish to manifest a need into our experiential reality, we must first “see” it in our Mind, thus creating a “seed” Thought Form. We must then nurture that Thought Form, with a strong belief that it exists, and Faith in the infinite powers of our own Subconscious Mind with Its direct access to the Universal Mind in order to sustain it, until such time as it grows strong enough to manifest where we can have that particular need fulfilled and can believe it by virtue of experiencing it.

On the subject of “Thought Form Seeds” as with any seeds that we so, it is crucial to keep them fed, watered and generally cared for.

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“And he said, So is the kingdom of God, as if a man should cast seed into the ground. And should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how. For the earth bringeth forth fruit of herself - first the blade, then the ear, after that the full corn in the ear. But when the fruit is brought forth, immediately he putteth in the sickle, because the harvest is come”.

-- Mark 4:26-29

When correctly decoded, this parable of Jesus is extremely powerful in teaching these truths.

The “seed” is the seed “Thought Form” sown in the fertile ground of our Subconscious Mind. Once the seed is sown it will grow if allowed to do so including nurturing it with Faith and Belief in the process. He goes on to say “we knoweth not how”, because like the Earth, the Subconscious Mind, including the Universal Mind, the Logos, will continue towards the manifestation of the Thought form into a fully mature plant, our desire. Even though we cannot see the seed growing under the Earth, a gardener has Faith that it is growing, and belief that it will soon sprout and grow into a beautiful plant. No gardener would sow seeds in his or her garden while at the same time not having Faith in the process or belief they will not grow an flourish. If a gardener did believe the seed would not grow or have Faith in the process, the seed would not sprout.

Jesus then goes on to say, once the Thought Form has manifested then it is time to “reap the harvest” and enjoy its fruits because the harvest that sprang from your “seed”, your Thought Form has finally come, and you can now release the nurturing of the thought form by constant focus, imagination, and Faith, because you see it in your experiential reality. You Believed and eventually you Saw.

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So you see it is crucial to have Faith in this process, and in particular Faith in the infinite power of our own Subconscious Mind and its intimate connection with the Universal Mind to manifest all of our needs, wishes and desires.

So Believing truly is Seeing. Sow the seeds of your needs in the fertile ground of your Subconscious Mind, Believing and having absolute unconditional Faith in the process, nurture those seeds with constant thought on your desire as if it is true Now, beyond all doubt, constantly giving the seed life by dwelling on the truth of it in your Mind frequently, knowing it to be so, and soon enough you will see the fruits of your thoughts in your experiential reality - every time.

So sow those seeds, nurture them, have Faith in the process and believe in the eventual outcome, and I will return next week with another important subject.

20 May 2007

Wheels of Life Part 1: Reincarnation

Without question reincarnation is one of the most misunderstood aspects of life among the majority of people - or at least those who believe in it in the first place.

Most people who do believe in reincarnation believe that the current personality which represents themselves on Earth now will return to the inner spheres for a time, for example the Astral, before deciding to return again in the “future” as another person.

This is actually an entirely erroneous assumption.

After we “pass on” to non-physical reality most people transition to the Energy level of the Astral worlds that is in precise harmony with the vibration of the Astral body - the Soul.

The vibration of the Astral body is dependant on many factors including state of Spiritual evolution, which is what we are striving for here on Earth, views about what reality really is, and powerful beliefs held on Earth such as religion.

For example - the “average” person might first transition to the mid-Astral worlds which look very similar to Earth. However, harmony always exists because as everyone is on the same level of vibration, everyone has a similar personality, view on “life”, attitudes etc., and there is no money, factories or offices or any form of “work” to consider.

Although peace and harmony rules, it is due to that very fact that progression from the Astral is much more difficult

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due to the lack of challenges to overcome and situations to deal with, and where a person can have anything at any time because at that level of Energy vibration experiential manifestation of thoughts is instant - The Law of Attraction is very obvious there.

So if we wish to truly evolve, and to not get caught up in the trappings of the Astral world, Earth is the place to do it - or of course any physical planet where the appropriate environment exists.

So what about reincarnation?

To answer this question we need to look at who we really are.

Our true Self is actually our “Higher Self”, Who is the total of all our experiences on Earth and in the Astral and then Mental worlds before arriving back with that particular “package” of experience.

Each “package of experience” enhances the Higher Self and therefore the entire Being that comprises the Higher Self.

It is the objective of the Higher Self to collect as much experience as necessary to move on from the cycle of sending “representatives” to Earth to collect experience, to much greater things, the likes of which are beyond the comprehension of most - everyone will, without exception, achieve these exalted states.

It is worth pointing out at this stage that the Higher Self is a perfect reflection of the Universe - everything that occurs does so in the direction of experience, expansion and

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thereby perfection - this applies to every level of life from The Source all the way to individual expressions on Earth. As we evolve, groups of Higher Selves get together to form Entities that empathetically cooperate to help evolution lower down the ladder, and so it is until eventually all Beings are just one single entity - The Source, The First Cause - God, the Logos.

Now the process of reincarnation can be related to a wheel – the wheel, along with the seed and fertile fields makes an excellent analogy for explaining sometimes difficult, conceptually, subjects to understand.

If we look at a wooden cart wheel, we see it has a hub at the centre, spokes radiating from the hub, eventually joining the outer rim of the wheel.

In this context the wheel represents the following:

Hub - the Higher Self

Spokes - time lines relative to Earth

Rim - the physical Universe

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

Each spoke represents an individual experience which takes place by first starting at the rim, for example Earth, and then progresses back up each spoke eventually returning to the hub.

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

The Higher Self will then send a suitable personality down that spoke.

As you will remember, the rim is the planet Earth and the rim is also circular - this means that the Higher Self can send a personality down any spoke and arrive at any time-line in the history of Earth or any other planet in the physical Universe.

The Higher Self also chooses which country, location and parents would best present the opportunities and experiences required for this particular “incarnation”. So the Higher Self could for example send a personality as a female in one incarnation, who will be born to a family of bakers living in London, England in the year 1862.

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

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

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

It is therefore possible for hundreds or even thousands of yourself to be living in the Astral all at the same time,

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although you might not know it. This is why the Astral is populated with countless trillions of people and beings from other planets living in the infinite Astral planes all at the same time.

The Astral planes are only transient however - they have been created by the Minds of Beings such as humans after what they experienced on Earth, believing it to be “reality”.

The reality is that the Astral will dissipate once this phase of evolution of the Universe is complete, an eternal process, just as all illusions dissipate sooner or later.

The Astral worlds are not “home” or “heaven”, they are simply a necessary step for most people at this time on their way back to their own Higher Self with the package of information gained on Earth, then the Astral and then Mental realms of life and reality.

The spoke of each life passes through the Astral and Mental planes before reuniting with the hub of the Higher Self.

I hope that has provided some useful insight into this most important process.

The highest and most noble condition to aspire to and achieve on Earth is self-realisation, at which the cycle of reincarnation is broken forever.

Unfortunately mankind has travelled a path for the last few thousand years at least that goes against achieving these objectives as materialism, self interest, service to self before service to others, fuelled by an uncontrolled Ego, creed, dogma and indoctrination have ruled.

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Time is running out as we approach the end of this great age, and everyone must make every effort to make maximum use of the time that remains - this is what Our Ultimate Reality is all about.

3 June 2007

**Wheels of Life Part 2: The Law of
Attraction**

This week we will continue where we left off two weeks ago with our look at how the humble wheel is such an excellent metaphor for life, this week focusing on The Law of Attraction.

From our previous discussions we know that there are three levels of “Mind” at work in delivering our wishes, desires, and of course unwanted things in accordance with our thoughts.

To remind ourselves, these levels of Mind are as follows:

1. The Conscious Mind: This is the aspect of our Mind that interacts with the physical world through the five physical senses - our conscious awareness. The conscious Mind is still, in many people, motivated by the demands of the Ego and by driven by a desire to collect material things. The survival instinct is also a powerful aspect of the conscious Mind.
2. The Subconscious Mind: This is the aspect of our Mind that is infinitely powerful. Any thought, positive, negative or neutral that is impressed upon the Subconscious Mind will be brought in to our physical experiential reality sooner or later with immutable certainty. The Subconscious Mind never judges a thought – every thought is always automatically deemed to be the desire of the individual and will be processed accordingly.

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3. **The Universal Mind:** The Universal Mind is the Mind of God in which we live and move and have our being, and Who is at once Infinite and Eternal, Perfect, Omniscient, Omnipotent and Omnipresent and Who has always existed and always will exist. We, as humans, as with all Creation exist as Thought Forms in the infinite Mind of God. Our Subconscious Mind, when presented with a thought from the conscious Mind, will either act directly on our body if the thought is of that nature, or with the Universal Mind of which we are all inseparable aspects.

Moving on to our Wheel we can see how The various levels of Mind fit this metaphor extremely well.

If we examine a wooden cart wheel it fundamentally comprises the following:

1. **The Hub:** Positioned at the centre of the wheel the Hub represents the Universal Mind, The First Cause, The Source of All that Is.
2. **The Spokes:** Radiating out from the Hub, each spoke represents an individual human being, a race, a nation, a Galaxy, Star or Planet - indeed anything in creation. As evolution takes place, vibration increases, an consciousness travels up its own unique spoke until finally the vibration is such that it approaches that of The Hub, The Source.
3. **The Rim:** The Rim may be regarded as the cycles of life – these are the same cycles of Life for example that the Maya observed, charted, and used as a basis for their calendrical systems, astrology and of course predictions.

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As a point along each spoke - which we will consider to be a human being in this case - is further and further from the hub, the more the illusion of separation is perpetuated. It is an illusion of course because in reality we all share the same connection at the Hub.

Now, as the Wheel of Life begins to slowly revolve, so we experience, and as the wheel connects with the ground, so we bear the weight of that experience.

But here is the important thing. Because everything in the Universe is connected by the same Ultimate Wheel of Life, of which all other wheels are simply cogs on the Great Universal Mechanism, each experience is shared by every other wheel, and also transmitted back long the spokes to The Source.

The Source therefore receives the benefit of All such experiences as individuated wheels turn, and in so doing The Source Experiences and thereby Expands - and thus the Universe is in a perpetual state of expansion.

As mentioned before, as the wheel turns we observe the cycles of life. These cycles can be infinitesimally small, or they can be so large as to be beyond the comprehension of humans.

Everything takes place in Cycles at an individual level, rising and setting of the Sun, the passage of the seasons and so on. The Mayan Long Count calendar measured such cycles, observing the fact that a great cycle comes to an end on 21 December 2012 - an event the effects of which extend far beyond Earth Herself.

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The Galaxy in which we live has a centre - The Galactic Centre, around which the wheel revolves, and which exerts a profound influence in accordance with its own Wheel of Life.

So there is nothing mysterious about 2012 - it is a wheel that has been turning since the Galaxy was thought into existence by the Universal Mind, and will continue until one day the Galaxy continues its own journey back to The Source.

2012 therefore is not a “prophesy” it is a “prediction” based upon the Galactic Wheel of Life.

But we should never fear any Wheel of Life. The Universal Mind knows only Unconditional Love, and would never “harm” anything in Creation. However - humans can harm themselves, and that is why each and every person must understand these things, and look forward to whatever is to come with great joy and expectation, knowing that it is ultimately for the greater good at all levels.

10 June 2007

Wheels of Life Part 3: Karma

This week we will conclude our three part series on The wheels of life by looking at Karma.

First of all we must define what Karma actually is, or rather is not. Karma is not a punishment and reward system per se, in as much that if we do or think something wrong, we do not experience any form of Divine retribution.

Karma is really an aspect of the Universal Law of Cause and Effect, or more specifically the Law of Attraction.

With The Law of Attraction we attract to ourselves whatever we think about. In the case of The Law of Attraction this is usually applied in the context of wishes, needs and desires. The Universe however does not differentiate between “good” thoughts and “bad” thoughts, simple delivering experiences that are in exact harmony with our thought forms.

In the case of doing something “bad”, this “bad” act must always first be preceded by a corresponding thought, because actions and experiences thoughts are always preceded by the corresponding thought.

So a thought that is intended to harm someone for example, whether that thought is brought into physical experience or not, will always have a corresponding effect which manifests as attracting to the person who thought the “bad” thought” a corresponding effect which will be experienced at some time.

Again it is important to stress that thoughts are karmic as well as actions, so any “bad” thought will result in a

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corresponding effect, every time, so we must always only think positive, expansive, joyous thoughts at all times.

If you believe someone has wronged you for any reason, then immediately forgive them and send them love and peace.

In the context of the wheel of life, karma can occur at any “time” relative to Earth “time”. This is due to the fact that thoughts form beyond time and space, and therefore so do the corresponding effects.

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

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

According to this philosophy, the karmic “entity” is the Higher Self, and the Higher Self is therefore deemed to be ultimately responsible for all the thoughts and actions of the many aspects of itself that visit earth in the form of “physical lives”.

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

The next level of karma is the level of past causes including those from past lives, the effects of which are still manifesting in the current, temporal lifetime. This type of karma, called “Prarabdha Karma”, is a manifestation of karma shaping the current lives of people.

The third level of karma is known as “Future karma”. Future karma is where the causes are being created in the current temporal lifetime, but which will manifest in the future, either later in the current lifetime or otherwise in a future lifetime as its corresponding effect.

Another aspect of karma needing to be considered is that a sequence of “effects” do not necessarily occur in exactly the same order as the corresponding sequence of the causes that gave rise to them.

This is largely due to the possible differences in the magnitude of the original cause, and therefore the first opportunity to become a corresponding effect. A large karmic event, a cause, might not be able to equilibrate itself as a corresponding effect until much later in a lifetime, or indeed very often not until a future lifetime. On the other hand, a small karmic event, a thought for example, might well yield a corresponding effect within seconds, minutes or hours of the original cause.

There are no hard and fast guidelines to this, the only certainty being the law of karma will inexorably exert itself

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throughout and beyond space and time - everyone should know that no person whatsoever is beyond this law.

In terms of the “wheel”, we can see therefore that at the centre of our wheel is our Higher Self, from which all individual lives originate. Each spoke of the wheel represents an individual life with the rim representing the physical Universe.

As individual lives collect karma due to “bad” thoughts or actions, the karmic consequences are the responsibility of our Higher Self to balance, our Higher Self being who we truly “are”.

So relative to the Higher Self at the centre of our “wheel”, karma can be equilibrated by any fact of the Higher self, i.e. physical life”, and therefore at any time-line relative to Earth.

So if you experience something “bad” it is always, without exception due to a previous “bad” thought resulting in a “bad” thought form that could have originated in a previous life, current life or even a future life relative to Earth.

That said, very often karma is experienced during the current life as part of the learning process, the reason we are here in the first place.

In order to progress karma needs to be equilibrated, and this is why during an advanced incarnation, e.g. a final or near final incarnation, many “bad” things seem to happen in order to try us, and because we are strong and wise enough to handle and process the karmic lesson.

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Everyone should therefore always be consciously aware of karma and live accordingly, always ensuring no “bad” actions or thoughts are allowed to occur.

At the same time, when “bad” things do happen they should always be accepted gracefully and embraced as a challenge to be overcome in the knowledge that in so overcoming the challenge, true progress can be made.

Our ultimate objective is to control our thoughts completely, not only to create the precise reality we wish to experience, but also to only send out positive, expansive thoughts into the Universe, regardless of the circumstances, in order that equally positive and expansive thoughts and therefore experiences are received in return.

17 June 2007
Evolution and The Law of Attraction

Every single person without exception should enjoy infinite health, abundance and happiness as a right, or more specifically fact of Being, in all phases of life, both physical and non-physical.

At the same time we choose to incarnate on Earth for one reason only - the physical Universe including Earth is the very best environment for acquiring the experience needed in order to make true progress on the Divine path, thereby to transcend the cycles of reincarnation, and move on, as the Higher Self, to realms and conditions of life, the glories of which are far beyond the comprehension of mortal humans. If people only knew what splendours lie ahead, no one would waste time on Earth indulging in the pursuit of material things, indulging the demands of the Ego.

Yes - life on Earth can be trying, very trying at times, but that must be the case in order to learn, experience and thereby to evolve through experience and by overcoming the trials and tribulations that we knew we would face before choosing to incarnate on Earth into the circumstances and with the parents that we all chose ourselves.

I have heard people wishing they lived in the Astral worlds, where peace and harmony prevails, there is no such thing as “work”, “factories” or “offices”, “money”, or any of the other things that are a catalyst for misery.

Incarnation on Earth is not mandatory. Countless Souls elect not to enter the physical Universe, at least from the outset, but they soon come to realise that true progress cannot be learned without an environment conducive to

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learning, in other words a world confined by the restrictions of matter, and bound by the space-time continuum, a world where people of every possible character must live together and interact with each other.

The fact that we have chosen to incarnate on Earth at all demonstrates a long-term commitment to progress, our Higher Self knowing the glories that are awaiting once our mission in the physical Universe of matter is complete.

That said, we are not intended to suffer while we are here. It is an absolutely, incontrovertible truth that everyone, without exception creates their own reality and therefore happiness or suffering, which we do with our thoughts, imagination and emotions.

Few people will choose the path of suffering of course, but often the thoughts of a person, driven on by the demands of the Ego, and the desire to gather material possessions, while allowing themselves to be influenced by emotions such as jealousy, and the perceived pressure to conform to the expectations of society, family and friends, frequently result in suffering nevertheless.

The Universe does not judge whether we wish to experience suffering or not, rather immutably providing in accordance with our requests conveyed through the Mind in the form of thoughts, emotions and imagination.

The truth is this - if we are to progress on Earth and fulfil our mission, though which The Source also experiences and therefore expands, then we can never be denied the tools we need to do so, whatever we believe those tools to be.

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This is where The Law of Attraction comes in. There is truly nothing that we cannot be, do or have using the infinite power of our own Mind. Our thoughts, whether controlled or not are creative, “ask and it is given” every time, without exception.

Those of you who have read this newsletter for sometime will know the creative process well. We generate a thought or image in our Mind, in the case of many people unconsciously or in response to some external influence or factor. This thought is then in turn impressed on the subjective Subconscious Mind, which in turn either acts directly in the case of healing the body, or impresses the thought on the Universal, Subjective Mind, which then causes the thought to manifest into our experiential reality providing the conditions to do so prevail.

It is however these very conditions that are the cause of most people failing to realise their wishes, no matter how hard they endeavour to get The Law of Attraction working for them.

It is human nature to easily think about and dwell on negative, unwanted things such as debt, and to maintain that focus, fuelling it with emotion, and providing all the conditions required to produce more of the same.

As Disraeli aptly stated: “*Man is not the creature of circumstances. Circumstances are the creatures of men*”.

If that same level of thought and emotion can be applied to positive wishes, needs and desires, everyone would attract everything they could possibly need.

I know from the numerous messages I receive that many people are failing to achieve this, and so this week we will

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take a look at some of the main factors required in order to assure success with The Law of Attraction.

One reason that many people fail to enjoy success with The Law of Attraction is because they endeavour to make the conscious Mind do the work of the Subconscious Mind and therefore the Universal Mind.

In my experience, and from the messages I receive, this is probably the number one cause of failure, along with a lack of Faith and belief in the process, both of which are related as well as inadequate levels of the abilities of concentration and imagination, all of which are very important in the creative process.

So the process typically goes something like this:

A person has read about and has a level of understanding about The Law of Attraction, and decides to make use of it in order to fulfil a desire.

The person will then set about mechanically doing the exercises recommended in order to achieve success at which point the “asking” has been successfully achieved, the Universal Subjective Mind responding instantly, by “sending” the object of your desire towards you at which point you have the potential to receive and experience.

Many people can successfully reach this stage in the process.

However, it is at this point that many people go astray. The doubts start to creep in that the process will work, quickly followed by wondering how their wishes can possibly materialise. At his point many people compound this error by making the limited conscious Mind do the work of the

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Subconscious Mind, by thinking of ways by which the wishes will arrive, and then making the comparatively feeble powers of the conscious Mind carry out those actions.

The task of the objective conscious Mind is to make conscious decisions regarding what is required in order to enjoy a happy, healthy, and abundant life, while realising the lessons necessary for progression, and then handing the actual manifestation of those needs over to the subjective Subconscious and if necessary the subjective Universal Minds.

This is where failure is almost guaranteed. One of the primary laws for success with The Law of Attraction is Faith. Not some abstract Faith as for example with “blind Faith” in a deity, but rather an absolute, unshakable, complete conscious Faith in the power of our own Subconscious Mind and the Universal Mind realise our wishes.

Indeed, we can say, without question, that the level of success we achieve with The Law of Attraction is directly proportional to the level of Faith we experience in the process.

As the great Nazarene Spiritual Master said in one of his Metaphysical teachings:

“And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you”. -- Matthew 17:20.

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And such is the importance of this truth that he emphasises it time and time again:

“Jesus answered and said unto them, Verily I say unto you, If ye have Faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea - it shall be done”. -- Matthew 21:21

And this is the absolute truth. Nothing is impossible for us providing we have absolute Faith in the process, and in the fact that as aspects of God, we share the same infinite creative powers.

Our ability to manifest anything in our lives is therefore directly proportional to the Faith in that process, and indeed we can indeed “move mountains” providing we have the unshakable Faith in doing so.

But it is due to this lack of Faith that after successfully asking, many people fail to receive because the doubts and lack of Faith set in, and they start to wonder how there wishes will be realised. This doubt, or lack of Faith will immediately counter the manifestation process, and again, it is this lack of Faith that is the single biggest cause of disappointment and the reason people feel compelled to endeavour make the conscious Mind do the work.

It is therefore extremely important to develop Faith in this process, in the knowledge that, as aspects of The Source, The First Cause, Our Prime Creator, Who is in us an We in God, that everything is possible by virtue of Source Energy, God working through us, a truth that Jesus taught time and again:

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“Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works”. -- John 14:10

And:

“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also - and greater works than these shall he do - because I go unto my Father”
-- Matthew 14:12

In these teachings Jesus is saying that whatever works, in other words the “miracles” he manifested, can not only be accomplished by anyone, but still greater works as well. Most importantly he says “because I go unto my Father”. This means that, as an aspect of the Father, the Universal Mind, he makes use of that Divine connection, with that infinite Energy working through him, as it does with everyone, by having total Faith in The Father to deliver in accordance with his thoughts.

I would like to emphasise one crucially important truth at this point - when Jesus talks about “my Father” he is referring to the Father we all share - the Source, The First Cause, God.

He confirms this truth in the first line of The Lords Prayer “Our Father Which art in Heaven” which confirms the truth that “Our Father in Heaven” is Father to everyone and everything in Creation, and that our relationship with God is that of Father and child.

So, in order to be assured of success, the most important factor is to do anything and everything you can to achieve that level of unshakable Faith in the creative process

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though the infinite power of the Subconscious and thereby Universal Minds. In other words the first task is to acquire unshakable Faith, born out of knowledge.

I suggest you start off with manifesting something small and believable first, something which, when it manifests, is not stretching your Faith and belief in the process too far. A personal healing is an extremely powerful example.

Once you have manifested something modest, you will gain the Faith to move on to manifesting greater things, in the knowledge that nothing is impossible, there is nothing that you cannot be, do or have, and you can indeed move mountains.

Another extremely valuable ability to practice and become proficient at is creative visualisation. The imagination is an extremely powerful creative force, especially when used with picturisation, i.e. visualisation.

Although all thoughts alone are creative, visualisation adds meaning and clarity to those thoughts, acting as a powerful catalyst in the creative process.

Thoughts alone can be ambiguous, scattered and thereby lacking in focus. However, an image pictured in detail, with the emotion and gratitude in the knowledge of already owning the subject of your visualisation, and depicting precisely that which is desired is unambiguous and much more powerful than a thought or concept alone.

So learning creative visualisation, of which concentration is an important aspect, and developing absolute Faith that the object of your visualisation is already a reality, and all you need to do is experience it, you too can perform “miracles”,

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move mountains, and be, do or have anything atoll that you desire.

And always, always remember to than the Universal Mind, Divine Providence, for providing you with your desires.

Jesus said *“I thank thee, Father, that thou hast heard me.”*

Always remember that anything worth having is worthy of gratitude.

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24 June 2007

Questions on 2012

As the weeks and months progress, I am receiving more and more messages about 2012, and specifically what we can expect, what will become of us and what can we do to prepare?

Many of these questions are motivated by observing changes that are happening right now, and are becoming more and more apparent by the day at all levels. Many people for example have written to me about weather conditions, often very extreme, that they are currently experiencing, conditions that are unprecedented in history.

Others are becoming increasingly aware of changes in consciousness both within themselves and those around them, with people becoming more aware of Spiritual issues, and above all of our connectedness with All that Is.

In terms of the physical changes, weather conditions in particular, we must be aware of the fact that this is nothing to do with so called “greenhouse gases” and other such explanations associated with what is generally known as “climate change”.

These changes are occurring throughout the solar system and probably beyond and will continue to do so at an ever increasing rate.

The same applies to consciousness although of course we can only observe this on Earth within ourselves and those around us.

We do not know yet what 2012 will bring, whether it will be physical, affecting Earth and everyone on Earth, a

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Spiritual event, or simply a continuation of what we are experiencing now, lasting for perhaps tens or hundreds more years.

What we can say for certain is this:

1. 2012 is not a “prophecy” it is a prediction. The Maya for example were cosmologists who created extremely advanced calendars by the scientific observation of the great cycles of the Universe relative to planet Earth.
2. Consciousness and indeed life itself evolves in cycles – there is increasing evidence in the fossil record to support the fact that life evolves in cycles.
3. Whatever happens is therefore all a part of the grand scheme of things and part of the great cycles of the Universe necessary for the evolution of life and consciousness.

Over the coming months and years I will continue to keep you informed about the progression of events, but in terms of actions there is only one form of preparation necessary - inner preparation Spiritually. The coming events are likely to be an opportunity for humanity of the kind that only happens every 25,000 years, but only those who have prepared themselves Spiritually will likely be in a position to take that next major step on the return to our Creator, or, depending on the precise nature of what we are facing, be fully prepared for the next phase of life on Earth.

We must also always keep in Mind one fundamental truth - we all create our own reality with the power of our Minds. Whatever we believe will happen in our thoughts, imagination and emotions will happen, every time. It is

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therefore very important that we maintain absolute control over our thought processes and expectations, not only because of the approaching end of the age, but also in creating our day to day reality and a life of health, happiness and abundance.

Above all remember that your worst enemy is fear. We must approach the future with joy in our hearts knowing that we are infinite, immortal, inseparable aspects of The Source Who only knows Unconditional Love for all creation.

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The Physical Universe

As we are discussing the great cycles of the Universe this week we will take a closer look at the physical Universe of matter in which we live, the outer aspect of the Universe which is still misunderstood by many, including scientists.

When most people think about “the Universe”, they often think in terms of the observable Universe of planets, solar systems, galaxies and other celestial bodies as studied by astronomers, astrophysicists, cosmologists and others. This is the Universe that can be perceived by the five physical senses, through optical equipment such as telescopes, and other scientific equipment.

Science even today tends to make the assumption that if something is not measurable by scientific equipment or the five physical senses, it simply does not exist at all, it is “out of sight and out of Mind”.

In fact, the physical Universe of matter represents only a very small percentage of the entire, greater Universe as a whole. The majority of the Universe exists at levels of Energy and vibration far, far, far beyond the measurement capability of current scientific instruments.

For example, upon passing on from the physical world at the time of the transition erroneously known as “death”, a person is in reality transitioning from the high density, low vibration environment of the physical world to a much finer level of existence at a much higher vibration and lower density than the physical world of matter.

Upon arrival within the Astral worlds subsequent to the transition from the physical world, people find vast,

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dynamic worlds populated by billions of Souls, worlds which are not only at least as solid and “real” as the physical world, but actually much more so.

Matter, by comparison with Energy that has not differentiated into matter, is very crude due to its much higher density and much lower levels of vibration. Throughout the Universe, everything is relative to Energy and vibration. We perceive, experience and progress relative to the Energy level or “plane” of the Universe of Energy at which we are focused and at which our Astral or Mental Body vibrates.

The physical world seems very solid and real to humans living on Earth due to the fact that our bodies are also comprised of similar high density, low vibration physical matter, comprised of molecules, atoms and sub-atomic particles, bodies of matter equipped with the five physical senses through which the physical world is perceived and experienced.

The level of the Astral worlds to which a person will transition after death will always be at the same level of Energy as that of the Astral body. In fact, as previously mentioned, due to the much finer levels of Energy of the Astral worlds and without the physical, dense characteristics of matter, everything seems so “solid” and so “real” that many people initially do not even realize they have left the physical world of matter. This is particularly true when the transition to the Astral has been particularly sudden. So, everything in the entire Universe is experienced in absolute harmony with the relative level of Energy and vibration at which it exists in accordance with the perfect order of All that Is.

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The Universe in its entirety may be considered to be spherical like a planet, with God, The First Cause, The Source at the centre, existing at the highest vibration and lowest density, progressing outward though progressively higher density and lower levels of Energy and vibration until finally reaching the physical world of matter forming the “shell” of the Universe.

Using an apple as a metaphor, the core of the apple can be considered to be The Source, and the skin of the apple the physical world of matter. The thickness of the skin of the apple can be likened to be proportional the “thickness” of the physical Universe in comparison to the Universe as a whole.

Another metaphor that may be applied to the Universe is that of a balloon. A balloon consists of a rubber skin filled with air, with the rubber skin representing the physical world of matter.

Scientists have recently noticed that the Universe is still expanding very rapidly, but are at a loss to know why. The reason is fundamental to all life and the existence of the Universe. In the beginning God, The Source, The First Cause sent forth from the Logos powerful thought forms, thus creating the Universe and everything in it as recognize it today. Through these living, Spiritual creations, for example human beings, God, The Source experiences, and thereby expands. This expansion is therefore from within.

As the Universe and everything in creations is in a constant state of experiencing, the Universe is in a constant state of expansion from within, but in an outwards direction. We can simulate this by blowing up the balloon. If we draw circles on the surface of the balloon with a black marker pen, the circles representing galaxies, and then inflate the

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balloon further, representing the expansion of The Source through experience, we will note that the black circles representing the galaxies will move away from each other, which in fact is precisely what science is observing. So the Universe is expanding from within by experience, thereby causing the outer physical skin of the Universe, to expand.

It should also be mentioned that the so called “big bang” of science did not originate from a point on the physical Universe, it originated at The Source, the core, the very centre, at the very highest vibration, starting, as all creation starts as a thought form, and progressed outwards, the vibration of Energy slowing as it progresses until finally it “freezes”, forms subatomic, atomic and molecular building blocks, finally differentiating in to matter, the physical Universe.

Energy can be considered to be “light”--not physically observable light in the form of photons, but the Divine Light of The Source, Energy, also known simply as “Spirit”.

The physical Universe is spherical and, therefore, has no beginning or end. It would be entirely erroneous to think in terms of “the end of the Universe”. As with travel on Earth, if we were able to travel in a straight line within the physical Universe, we would eventually arrive back at exactly the point at which we started.

So, notions of “travelling to the ends of the Universe” are as erroneous as seeking a specific, physical place in the physical Universe where all creation started with the “big bang”.

Due to the holographic nature of the Universe as a whole, the physically observable Universe is only one of a

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potentially infinite number of “parallel” Universes, both physical and non-physical, all existing concurrently. This is possible due to the fact that everything in the Universe is ultimately pure vibrating Energy, and such concepts as “dimensions” do not really exist except to the limited perception of the human senses, while restricted to the three dimensional physical Universe of matter.

Parallel Universes exist at all levels of the Energy spectrum, not just the lowest aspect where Energy differentiates into physical matter. Science even now is beginning to realize the possibility of these parallel physical and non-physical Universes when such “phenomena” as “black holes” were discovered, with “worm holes” being thought of as portals to these alternative physical Universes.

The entire Universe, including the physical Universe, is maintained in a state of perfect harmony by The First Cause, The Source, God.

In the context of the physical Universe, the same balance needs to exist in order to maintain perpetual harmony. Physical Universes are balanced by the opposite characteristics of matter and antimatter which are configurations of Energy at similar levels of vibration and density but with opposite sub-atomic characteristics, for example whereas an atom in this physical Universe contains anti-electrons, or positrons, and anti-protons. Ultimately, as with all aspects of the infinitely perfect Universe, these opposing characteristics conform to the Universal Law of polarity, one of the Laws that ensures perpetual harmony on a Universal.

“Wormholes”, are conceptual gateways between the physical Universes of matter and anti-matter. Travelling

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through a wormhole would result in the arrival within a parallel Universe of anti-matter, and travelling through a further wormhole would result in arriving at a further parallel Universe of matter.

The word “dimension” is also erroneous, only having meaning relative to the concepts of “space” and “time”, which we know are illusions perpetuated by the five physical senses. Ultimately, everything in the Universe without exception is pure Energy differing only in rate of vibration, and manifestations of that Energy, Quanta which have quantum potential, influenced by Mind.

Ultimately, everything within the Universe from The Source, The First Cause, God to the physical world of matter is an inseparable aspect of everything else.

Governments of the world are currently spending vast amounts of money on exploration of a tiny fraction of the physical Universe at a time when millions of people in the world are suffering from disease, famine, war and other situations. In fact, the destiny of every human being is not to travel within the restrictions of the three-dimensional Universe of matter, but to travel inwards through the glories of the greater Universe on the sacred path back to God.

It is the ultimate destiny of everything in the Universe, without exception, including every human being, to evolve back to The First Cause, The Source, God in a state of perfection - this is the true meaning of life.

True exploration is not about the temporal, observable, physical Universe of matter, but rather about the magnificence, splendours and glories, far beyond the current comprehension of mortal, Earthly human beings, of

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the Infinite Universe of Energy, Mind and Consciousness. Beyond the restrictions of the physical body, the entire physical Universe can be explored at will, instantly, travelling quite literally at the speed of thought. People who Astral project can and do travel anywhere on Earth in an instant or to the moon, including the far side of the moon, other planets, solar systems and even galaxies. Most importantly, they can travel inwards to the inner Energy levels and vibrations of the Astral worlds. Those who learn the ability of Mental projection, can travel even further inwards towards the great Mental planes of life and reality, even meeting some of the powerful Beings residing there, Beings who watch over the evolution of human beings and life on Earth, as well as Gaia Herself. Beyond the physical constraints of the physical body, a person is a true explorer of the Universe, and it does not cost a penny.

While mankind continues to focus exclusively upon the physical Universe as the only perceived reality, no true progress can be made. Only when mankind understands that the physical Universe is ephemeral, temporal and nothing but an persistent illusion perpetuated only by the five physical senses, will true long-term progress be made towards our true destiny, a destiny that will leave the dense, material Universe, far behind, once it has served its intended purpose of the first year kindergarten of this great Universe of conscious, intelligent, vibrating Energy, of which everything is an aspect.

1 July 2007

Subconscious Mind and Natural Abilities

In view of the Developing Psychic Powers opportunity, this week we will take a look at our entire range of natural abilities, and what we, as humans are truly capable of.

Many people believe that psychic powers, Astral projection, Telekinesis and other abilities are enjoyed only by a “privileged” few who happen to have been born with these abilities, or have acquired them in some other mysterious way.

The truth is, as with The Law of Attraction, absolutely everyone has the potential to make full use of these abilities with the right training.

It is true that some people are born with a particular aptitude towards one or more of these abilities, or, due to an accident or other profound experience spontaneously develop them, but everyone, without exception has the same potential lying just below the surface, just waiting to be realised.

Very often, as is evident from the many messages I receive on these subjects, people have heard that they can develop such abilities as Astral projection, Clairvoyance and Telekinesis, but are afraid to do so for fear of contravening their religion or belief system, or what others might say.

Many others believe that these abilities are simply “too good to be true”. The fact is it is true, and this is something you need know beyond all doubt from the outset.

Another myth that I hear frequently is that abilities such as

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“psychic powers” or Astral projection are only available to people who are more “Spiritually advanced”. In fact nothing could be further from the truth - none of these natural abilities have anything whatsoever to do with Spiritual advancement, and anyone who believes they do are either deluding themselves or falling foul of their Ego.

This being the case, upon what does success in these and all other abilities then depend?

The answer, as with all other abilities is the Subconscious Mind.

As we know, success with the Law of Attraction depends on a deep knowing, beyond all doubt, that what we wish for already exists, accompanied by the knowing it to be true and with the emotions and gratitude that go with it. The slightest doubt will compromise the process. Above all an extremely important factor is absolute Faith in the process. As the person known as Jesus said of Faith:

“And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you”. -- Matthew 17:20.

And such is the importance of this truth that he emphasises it time and time again:

“Jesus answered and said unto them, Verily I say unto you, If ye have Faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea - it shall be done”. -- Matthew 21:21

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And this is the absolute truth. Nothing is impossible for us providing we have absolute Faith in the process, and in the fact that as aspects of God, we share the same infinite creative powers.

So while a person regards these abilities as something “special”, or only available to those who were born or endowed with “special abilities”, that will be their reality and experiencing these abilities will elude them.

So where does the Subconscious Mind come in to all of this?

As we know, the Subconscious Mind is infinitely powerful and will accept, and bring in to our experiential reality anything we impress upon it, providing we have absolute Faith in the process and know, beyond any possible doubt that it is true. This applies equally to developing any natural ability whether it be The Law of Attraction, psychic powers or Telekinesis.

Astral projection is an excellent example of this. Every night we leave our physical body during sleep, but because most people remain “unconscious” they are not aware of it except perhaps for remembering fragments of dreams with experiences such as “flying”.

Many people have woken with a start after experiencing a “falling” feeling followed by what seems to be landing on the bed with a jolt. This experience is simply the Astral body re-joining, or re-synchronising with the physical body at the end of the sleep cycle.

However, if the Subconscious Mind is impressed with the thought that as soon as projection occurs we will become conscious of the fact, we can then take conscious control of

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the process and enjoy an Out of Body Experience or Astral Projection. This is a very powerful approach to learning Astral projection and Out of Body Experiences.

Similarly the Subconscious Mind can be programmed to allow us to remember our dreams as soon as we awaken in the morning. This is why it is an excellent idea to keep a “dream diary” by the bed, and make a habit of writing down everything you remember the moment you awake.

In fact, the Subconscious Mind can be impressed to experience absolutely any natural ability providing always we have the Faith in the process, and dispel all doubts.

Just before sleep at night is an excellent time to impress our wishes upon the Subconscious Mind. It is at this time that our brainwaves slow considerably, and bring us closer to the Subconscious Mind. During normal waking hours, the faster speed of our brainwave activity places more of an obstacle between the conscious and Subconscious Minds, but as our brainwaves slow down, this obstacle becomes progressively thinner until eventually it is not there at all.

We can accomplish this by using the imagination, visualisation or by repeating affirmations, always knowing, beyond any doubt, that our wishes are true now, and having absolute Faith in the process.

In terms of developing psychic powers, Clairvoyance, Telekinesis and other natural abilities, the Developing Psychic Powers course will teach you all you need to know, but you can greatly enhance your success by making use of your Subconscious Mind just before sleep, by imagining and knowing, beyond all doubt, that you have these abilities right now. The Subconscious Mind will then bring

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it in to your experience, providing always you have absolute Faith in the process.

There is nothing like your first success to re-enforce that Faith, but you will not enjoy that first success unless you make a start right now.

8 July 2007
Decoding the Bible - An introduction

As regular readers will know, I have mentioned the Bible from time to time in previous newsletters in the context of the subject being discussed, not because I am in any way religious, which could not be further from the truth, but because the great teachings and meanings contained within the Bible have been lost in time, and I believe it is appropriate to resurrect them.

Based upon the numerous messages I receive following each newsletter where I reference the Bible, it is evident that this has been extremely received and accepted by people, who have also requested many more such references in future.

It is clear that many readers are, understandably, still influenced, to varying degrees by a religious upbringing, and the fear that often carries, and need to reconcile this with the Universal, Spiritual reality and truths that we discuss within these newsletters in order to make progress, and not remain trapped in the restrictive confines of creed and dogma, which ironically, is precisely the opposite of what the person known as Jesus intended, part of which was to free the world of “belief systems” and religious practices based around deities contrived by humans.

This week therefore I will commence with an introduction to these important, but greatly misunderstood subjects and expand upon them in future newsletters by interpreting particularly important sections of the Bible. Next week we will commence by taking a parable from the Bible and completely decoding it in order to reveal its true meaning and significance.

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My own position on the Bible is simple. The Bible contains profound knowledge and teachings, but only if the coded, symbolic, metaphoric context of the Bible stories are fully understood.

There is not in fact a single word of theology, dogma or indoctrination contained within the entire Bible, these all being the contrivances of men for their own purposes, purposes which in fact, ironically, are the complete antithesis of the true meanings.

Everyone on Earth, and indeed the physical Universe is at a different place on the great path of return to The Source, The First Cause, God from Whom we came in the beginning. Clearly we cannot teach a 1 year old child University level teachings, and similarly it would be fruitless to endeavour to teach a person, a facet of a Higher Self just beginning their series of adventures in the physical Universe, higher Spiritual truths and expect them to understand and assimilate them. In both cases the knowledge would be lost on them, and most likely to result in more harm than good.

As it transpired, the teachings were ceased by those who could not be expected to understand, and who, due to their own stage of evolution were still very focused on power, control and material things, subsequently turning these great teachings in to the dogmatic religions that persisted and exerted so much influence down through the centuries, still doing so today, even as we approach the end of this great age.

The meaning behind the original teachings of the person known as “Jesus” was to teach the teachers, the twelve “disciples” or “apostles”, who would later teach their own further group of teachers, people capable of understanding

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and teaching the true meanings of the teachings in the purest form to further teachers, and so on down through the centuries, until finally, as we near the end of this great age, millions of people would have been taught, and who would have acted upon those teachings, in readiness for the great transition of the age. The Bible makes this absolutely clear:

“And the disciples came, and said unto him, Why speakest thou unto them in parables? He answered and said unto them, Because it is given unto you to know the mysteries of the kingdom of heaven, but to them it is not given. For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath. Therefore speak I to them in parables: because they seeing see not - and hearing they hear not, neither do they understand. And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not understand - and seeing ye shall see, and shall not perceive, For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed - lest at any time they should see with their eyes and hear with their ears, and should understand with their heart, and should be converted, and I should heal them”. But blessed are your eyes, for they see: and your ears, for they hear. For verily I say unto you, That many prophets and righteous men have desired to see those things which ye see, and have not seen them - and to hear those things which ye hear, and have not heard them. Hear ye therefore the parable of the sower”. --Matthew 13:10-18

This simple passage refers to the multitude at that time in the history of Earth, 2000 years ago, who, although they heard the words of Jesus with their physical ears, and witnessed what seemed to them like “miracles” through their physical eyes, they were still nevertheless “deaf” and “blind” to the true meaning of these teachings, and

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accordingly could not be Spiritually “converted” from their current “gross” perspectives steeped within the material world, to the inner or “higher” path, because they were simply not yet ready to “see” or “hear”. When people are ready, their ears and eyes are opened, and they hear, see and understand, and would never interpret the words of Jesus in a literal or theological manner.

Unfortunately, as I mentioned previously, the words were seized by those who would not only not understand, but wanted, for reasons of their own self interest, notable power and control, at a time when the Roman military empire was in decline, to replace the pagan Mithraic religion of the time with a new one, and one that could be manipulated to be an instrument of control over the masses, replacing the sword with the Bible, and the fear of death with fear of an eternity of burning in “hell”, and so it was the Roman army was replaced with the Roman church in order to maintain and expand their “empire”, but which later was to divide in to further factions, resulting in many centuries, known as the “dark ages”, the factions of the same religion fighting each other and those who would not conform to their system, the results of which history is witness to today.

The outcome of this turn of events is that we are now nearing the end of a great age, the “world” mentioned in the Bible, the reason Jesus came to Earth, the age that most people are still not prepared for but know is coming, as witnessed and felt on many levels by increasing number of people every single day.

These “ages” are cycles that recur ad-infinitum with immutable regularity, each culminating in a new phase of life where those who are ready have the potential to progress to “higher” states of being, while those who are

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not ready will have to begin a new cycle of learning, eventually evolving to greater states of Being, but only when ready. These great cycles of evolution happen every thousands of years, and are a great opportunity for those humans who are ready to progress.

Here is how this process is described within the Bible:

“Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind, Which, when it was full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away. So shall it be in the end of the world: the angels shall come forth, and sever the wicked from among the righteous, and shall cast them into the furnace of fire: there shall be the weeping and the gnashing of teeth. Jesus saith unto them, Have ye understood all these things? They say unto him, Yea, Lord”
-- Matthew 13:47-51

This passage means quite simply that at the end of the age, those who are ready will progress to the inner worlds where a new phase of evolution will commence, and those who are not ready will have to face the “furnace” of teaching of the physical Universe until they too are ready to progress. Note: the “furnace” mentioned in this passage is nothing to do with the “furnace” of “hell” or “purgatory”, - this is simply another example of misinterpretation and twisting of men for their own ends as a method of control.

The important fact to keep in Mind is this. The Bible is in fact a book of Initiation first and foremost, in other words Spiritual growth, with many Metaphysical teachings about how to live a life of health, abundance and happiness at the same time and to prepare for the end of a great cycle, an age which is nearly upon us.

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It is my wish that as many people as possible are informed and prepared for the end of this great age, whatever it may bring on all levels, and you can be assured that I am completely dedicated to bringing these truths to as many people as possible in the time remaining.

Above all there is nothing to fear. The culmination and transition of these great cycles are opportunities before which there are only two types of people - those who are ready and those who are not.

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The Parable of the Subconscious Mind

As mentioned last week, from time to time we will decode the true meaning of a parable or other important section of the Bible.

Again, I must stress that the Bible itself is a book of Initiation, Spiritual Growth and Metaphysics - there is not a single word of theology or “religious” significance in the entire Bible. The person known as “Jesus” came to Earth to teach the teachers, who would teach other teachers and ultimately all humanity how to live a happy, health and abundant life, and most importantly who they really are, their true destiny and how to realise it.

Of course events took another course due to circumstances prevailing at the time, and the true meaning of these teachings were largely lost for two thousand years.

The Bible was written in such a way, using symbolism, codes and metaphors, that only those who are ready to understand it could do so. This is the reason why those who seized these great works had no idea of the true meaning, turning them instead in to a religion and method of control over people instead with the results that history has well documented and need not be repeated here today.

My own purpose in referencing the Bible is not in any way for religious purposes, but rather to show those who might be religiously inclined, often due to upbringing, the true meaning behind the Bible, and also to interpret the many valuable lessons for life on Earth and Spiritual Growth which are of great value to everyone.

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This week we will look at a Parable that teaches how to use the power of the Subconscious Mind,

Let us consider then this Parable:

“And he said, So is the kingdom of God, as if a man should cast seed into the ground - And should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how. For the earth bringeth forth fruit of herself - first the blade, then the ear, after that the full corn in the ear. But when the fruit is brought forth, immediately he putteth in the sickle, because the harvest is come”.

-- Mark 4:26-29

This parable illustrates the power of the Subconscious Mind to “germinate”, grow, a thought form, where it can eventually manifest as the object of the Thought Form, after which it can be harvested and experienced. This is a process that we have previously discussed many times in this newsletter.

The “ground” is a metaphor for the “garden” of the Subconscious Mind where seeds, are sown, either consciously or unconsciously.

These “seeds” are the Thought Forms that we either create consciously, as with using the Law of Attraction, or, as with many people these Thought Forms are produced unconsciously due to observing and often reacting against particular events.

The parable is saying: “should sleep, and rise night and day, and the seed should spring and grow up”

This means that once the Thought Form, the seed, has been sown in the fertile ground of the Subconscious Mind, of

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which most people are unaware, it will first germinate, and then sprout, and finally develop in to a something experienced during waking reality.

The parable goes on to say “he knoweth not how”. This explains the fact that although these situations, these fully developed Thought Forms are being experienced as circumstances, people have no idea where they came from, often ascribing them to such superstitious notions as “luck”, “chance” or “fortune”.

So the fertile “ground” of the Subconscious Mind is where either “good” seeds are sown by consciously using The Law of Attraction, or “bad” seeds are unconsciously sown by reacting to events perceived by the senses, resulting in “weeds” cluttering up the life of the person. The fertile ground of the Subconscious Mind never judges which seeds are “good” and which seeds are “bad”, the garden of the Subconscious Mind” will accept, nurture and bring the seeds to fruition regardless, even though “he knoweth not how”.

Jesus goes on to say “But when the fruit is brought forth, immediately he putteth in the sickle, because the harvest is come.”

By this he means that once the Thought Form has manifested, the seed of Thought Form has become a fully manifested fruit which, its task complete, may be harvested and enjoyed. The Thought Form has grown to maturity in the Subconscious Mind, resulting in a manifestation that exists at all levels of Energy and Vibration of the Universe, from The Source, The First Cause, God, all the way out to the physical Universe of matter where it is now being experienced.

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As I have often mentioned in previous newsletters, we are closest to our Subconscious Mind just before and just after sleep, when our brainwaves slow down and away from observing and interacting with physical things. This is why Jesus says:

“And should sleep, and rise night and day, and the seed should spring and grow up”

In this state we are very close to our Subconscious Mind where seeds, Thought Forms, can be very effectively sown.

So by sowing the Thought Forms or “seeds” at this time, the Subconscious Mind most readily accepts them, and will work relentlessly while the physical body and conscious Mind sleeps or otherwise in abeyance, to bring the Thought Forms to fruition.

One of the main point behind this parable is to stress the fact that although we may not understand the unfathomable depths and powers of the Subconscious Mind, it nevertheless exists, is connected to all other Subconscious Minds though the Universal Mind, and through which the object of our manifestation conscious or unconscious, intended or not manifest.

In summary, this parable teaches the great truth about the existence of the fertile garden of the Subconscious Mind, and its infinite powers to accept a “seed”, a Thought Form, particularly just before sleep or in an altered state of consciousness, and to do whatever needs to be done to bring the seed to fruition where it can be experienced, although most people still “knoweth not how”.

The lessons that can be learned from this parable are these:

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1. The Subconscious Mind is like a super-fertile garden.
2. We may sow seeds, Though Forms into this garden either be consciously, in accordance with our needs, or unconsciously by simply reacting to events around us, or by dwelling on unwanted situations perceived by the physical sense of conscious Mind.
3. The best time to sow seeds is just before or just after sleep, or when in an altered state of consciousness such as meditation, or for example listening to an effective brainwave entrainment track.
4. The garden of the Subconscious Mind toils relentlessly to do whatever needs to be done, either influencing the body in the case of healing, or the Universal Mind in the case of manifestation of other external wishes, to germinate the seeds, tend to them as they sprout, grow and develop, soon bringing them to full fruition where the harvest may be experienced.
5. Although most people “know not how” this process works, all that matters is that it does work, and it is simply our task to experience the fruits of our thoughts and therefore Thought Forms.

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States of Mind and Consciousness

Due to the wide range of questions about Abyss, and also of the various “states” of Mind generally, this week we will take a deeper look at both the questions of states of consciousness and also, in final part of this newsletter, the subject of affirmations, the action and effectiveness of which are very much related to consciousness and accordingly the reality we create for ourselves at every level.

First of all we should define the various states of consciousness:

The Conscious Mind:

The conscious aspect of our Mind is the small aspect of our Mind that we use during waking ours, in other words while we are aware, and is also known as the “Objective Mind”.

It is with the conscious, objective Mind that we observe, make decisions, form desires, interact with our surroundings and other people, and simply consciously take “control” of our waking lives.

The conscious Mind is, in most people still very much driven by the demands of the Ego, feeling the need to conform to the expectations of family, friends and society generally, and the constant quest for material things, usually reacting to the perceptions of the five physical senses.

There is a saying “seeing is believing” which summarises the attitude of many. Our objective therefore is to arrive at the absolute knowing that in fact this saying should be

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reversed to “believing is seeing”, thereby finally recognising the true way in which reality is created, thereby understanding the true role of the conscious Mind, not in actually shaping our reality, which is the proper domain of the Subconscious Mind, but merely rather to facilitate our survival within the reality we create with our thoughts through our conscious, objective Mind

The Subconscious Mind:

Also known as the “Subjective Mind” is that aspect of our Mind that is most intimately connected with the Universal Mind, and is therefore infinitely powerful, having full access to every aspect of the Universal Mind.

The Subconscious, Subjective Mind never makes decisions, never argues controversially, and never goes against the wishes of the conscious Mind. Whatever the conscious Mind impresses upon the Subconscious Mind, whether consciously or unconsciously, the Subconscious Mind will immediately proceed to carry out without question, either directly upon the physical body in the case of healing and health, or through the Universal Mind in the case of manifestation by The Law of Attraction.

This is crucially important to understand both from the point of view of always being conscious of our thoughts, and in particular for creating only the reality we wish for, need and desire.

The Universal Mind:

The Universal Mind, The Mind of The Source, The First Cause, the Mind of God, is the Ultimate Mind in which everything in the Universe has its Being. Everything in

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creation exists as a “thought form” within the Infinite Universal Mind.

Because everything in the Universe is One and therefore intimately connected through and with the Universal Mind, Our Subconscious Mind, which is therefore intimately connected to the Universal Mind can easily manifest all of our wishes, need and desires, through this connectedness with everything that Is, including through the Minds of other humans, through which our wishes are manifested.

Things of humans are manifested through humans, and things of God are manifested through God. Everything in the Universe has its proper channels of creation, ultimately through Divine Providence, The Source, God.

Like the individual Mind, the Microcosm, the Universal Mind also has two fundamental aspects, “Objective” and “Subjective”. It was the Universal Objective Mind, Who made the Conscious “decision” to bring the entire Universe in to Being in the beginning. As with humans, and all life, the vast majority of the Universal Mind is Subjective, so the individual Subjective Mind is an integral, inseparable and intimate aspect of the Universal Subjective Mind, through which relationship our thoughts become manifest, and subsequently consciously experienced through The Law of Attraction.

The Universal Conscious, Objective Mind Consciously creates the Universe, the Macrocosm, just as we, as humans, representing the Microcosm consciously create our own individual Universe, our reality. The medium through which these processes occur are the Individual and Universal, Subjective, Subconscious Minds, through which all Mind is connected and is an integral aspect.

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The “Unconscious” Mind:

I would like to mention the “unconscious” Mind due to the fact that it is very frequently confused with the “Subconscious” Mind, often in the context of hypnosis, hypnotherapy and associated professions.

The Conscious, Subconscious and Universal Minds are all very real, aspects of the one Ultimate Mind of which we are all an integral, inseparable aspect, collectively representing the one, true Mind.

The so called “unconscious Mind”, a term which is often, and most erroneously used by people meaning the Subconscious Mind, in fact rather describes a state of conscious “awareness” as opposed to an aspect of Mind.

During waking ours we are “Conscious” and therefore “aware” whereas during sleeping hours we are “Unconscious” and therefore “unaware”.

Consequently there is no such entity as the “Unconscious” Mind.

The Conscious Mind can either be “aware” i.e. “conscious” or “unaware” i.e. “unconscious” but neither of these correctly applies to the Subconscious Mind which is neither “aware” or “unaware” but rather simply Is.

I hope this better describes various aspects of Mind and awareness.

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Positive and negative affirmations

By now, regular readers of this newsletter will be aware of the power of affirmations.

Now every week I receive messages from people who are really suffering for one reason or another. When describing the issues they are facing they write in terms such as these:

“I never seem to have any money”

“I always seem to be suffering from ill health”

“Nobody seems to like me”

“I am slipping ever deeper in to debt”

“Life just doesn't seem worth living anymore”

These statements in fact reveal the extremely powerful affirmations passing through the Minds of these people, and because they are repeated with such emotion, and so Faithfully believed to represent their true reality, they are impressed upon the Subconscious Mind in a very powerful way, ultimately assuring they will manifest into experience.

Just think for a minute how powerful the opposite of these thoughts would be, especially driven by the same level of emotion. In addition, positive thoughts have a much higher vibration, than their polar opposite negative thoughts, and are therefore exert a much more powerful impression on the Subconscious and consequently Universal Minds.

In principle it is much easier to consciously manifest wealth than it is to manifest debt. Yet because, in the case of debt, people are reacting to something they believe to be tangible, often fuelled by the powerful emotions of fear, worry and dread, as opposed to something perceived to be

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intangible, which in fact is the case, the emotion placed behind the negative situations are much greater.

“Ask, and it shall be given you - seek, and ye shall find - knock, and it shall be opened unto you. For every one that asketh receiveth - and he that seeketh findeth - and to him that knocketh it shall be opened”.-- Matthew 7:8-9

The moment we “ask” for something it is immediately given and is every bit as real as the unwanted “things” that people focus on.

Imagine therefore if the same level of high vibration, positive emotion is channelled into the wanted things as the unwanted things. There would be nothing that you cannot be, do or have.

The missing ingredient, and by far the most powerful and important one for most people is Faith. Not “blind” Faith in a religious context for example, or an abstract Faith based upon dogma, but true Faith in the knowing, beyond all doubt, the truth of our own Divine, immortal, infinite Being, and God given powers of creation though the infinite powers of our Subconscious, Subjective Mind.

Now turning back to these negative statements I receive from people, and for whom of course I do everything I possibly can to help.

Never, ever, ever finish a negative thought or statement! I simply cannot stress this enough. A negative thought becomes a “seed” implanted in the fertile ground of your Subconscious, Subjective Mind where it will surely sprout and grow, fertilized by negative emotions until it bears poison fruit as a monster in your life.

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By transmuting any negative thought in to a positive thought, only positive seeds will be sown, and, if fertilized by positive emotions, expectations and above all Faith, will soon become the things you most wish to experience in life instead of unwanted things.

So, taking these above negative statements received as an example - at the first sign of any such statement appearing in your Mind they should become:

“I always enjoy an abundance of money”

“I always enjoy perfect, radiant health”

“Everywhere I go, people enjoy my presence and wish to be my friend”

“Each and every day, more and more abundance flows in to my life”

“I look forward to the joyful experience of every new day”

And so on.

Always be vigilant for negative, destructive thoughts, and if one appears either cancel it by saying “cancel, cancel, cancel” as many times as necessary until the thought dissipates, or better still, transmute the thoughts in to their polar opposites as above.

Transmutation is an aspect of alchemy, which includes the transmutation of thoughts, and at its highest level, the transmutation of base human characteristics, representing base metals, in to the Gold of Divine perfection.

**29 July 2007 – How The Law of Attraction manifests
your desires**

29 July 2007
**How The Law of Attraction manifests your
desires**

After last weeks newsletter I received several questions about the relationship between the Subconscious, Conscious and Universal Minds in the wider context of The Law of Attraction.

In addition, it has become apparent to me that although increasingly more people are becoming aware of The Law of Attraction, especially since the release of “The Secret”, few people really understand how our thoughts are translated into experience.

“The Secret” movie for example focuses to a large extent on “Energy” and how the power of thought influences Energy on the one hand, and attracts our desires to us on the other - both very important of course, but at the same quite vague and perhaps unintentionally misleading.

However, this leads many people to believe that their thoughts are actually “creating their desires” directly out of the fabric of Energy, and which are subsequently are “delivered” directly from the Universe, bringing to Mind all sorts of images such as a new car or home or cases of dollar bills simply falling from the sky, which of course is not how things do or can normally happen.

This week therefore we will take a much closer look at how The Law of Attraction actually manifests our thoughts in real terms.

As we discussed last week, collectively all manifestations of Mind fundamentally consists of three distinct spheres of

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activity - Universal, Subconscious and Conscious. These are not in any way “separate” Minds, but rather different spheres of activity within each other, all ultimately being spheres of activity within the sphere of the One Universal Mind in which we live and move and have our Being.

Energy and vibration are both extremely important aspects of the Universe and therefore of Mind, but what exactly is “Energy”?

Energy, in its purest form is the “fabric” of the Universe within which thought, itself Energy, propagates. Energy itself can take form under the influence of the Mind, everything in creation being the result of the creative thought of and through the Universal Mind. This can also be explained in terms of quantum physics, which is discussed in considerable depth within my book, *Our Ultimate Reality*.

When we focus our thoughts, they take shape in accordance with the nature of that thought resulting in a “Thought Form”. Everything we experience begins as a Thought Form. Within the inner spheres of life and reality, for example the Astral worlds, thoughts instantly take shape to become an experiential Thought Form which can then be observed and experienced in that unique form. The entire realm of the Astral worlds where people transition to after the change known as “death” in fact has been created by the Minds of humans based upon their perception of “reality”, in turn based upon experiences within the physical world of matter, believing the world of form to be reality. Of course we know that both the physical and Astral worlds are an illusion perpetuated on a large scale through the mediation of the senses, but are ephemeral in nature. When humans and life generally evolves beyond the

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need to interact with “form”, these creations will simply dissipate back into the Universe as native Energy.

Now it should be obvious to most people that creation in the physical world, or more specifically the mode by which our desires arrive is not the same as in the Astral or inner worlds. In other words we do not simply visualise something which then subsequently materialises before our very eyes.

The reason for this is that in the physical world we are bound by additional factors, notably “space” and “time”. Also, the physical Universe exists at a much lower vibration, and correspondingly much higher density than the inner worlds of life and reality.

So how then does the Law of Attraction exert its influence in our lives?

First let us review the Mind structure of the Universe - we have:

1. The Universal Conscious, Objective Mind
2. The Universal Subconscious, Subjective Mind
3. The Individual Subconscious, Subjective Mind
4. The Individual Conscious, Objective Mind

The Universal conscious Mind is the infinite intelligence that directs and sustains all creation and life within the Universal Subjective Mind, which may be thought of as the Mind of God in which we “live and move and have our Being” - the macrocosm.

The individual conscious Mind is the intelligence that directs all creation within our own sphere of activity, our own individual experiential reality - the macrocosm.

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Only in the physical world, the experiences of which are controlled by the conscious Mind, and through the mediation of the five physical senses, is everyone and everything perceived as being separate from everything and everyone else, which, as we know, is really an illusion, although to most people a very persistent one.

Within the sphere of the Subconscious Mind there is no separation.

The Subconscious Minds of humans and of all life are One, all co-existing as integral, inseparable but unique distinct entities within the realm of the Universal Subjective Mind, where the delivery of our wishes, needs and desires are orchestrated.

Before moving on to the processes involved, we should note that in the context of the physical world, those things of God, The Source, The First Cause, are delivered by God, in other words the natural world of mountains, rivers, plains and everything else in creation on Earth and everywhere else in the Universe, and those things of humans, for example homes and cars and all other fabricated material things, are made and delivered by humans. It is these latter point that is crucial to our understanding of the processes involved in manifestation of our desires into our physical world experience.

Whenever we think about something, that thought is impressed upon our Subconscious Mind which in turn accepts that thought and acts upon it immediately. Usually the thought is transient, and therefore the impression on the Subconscious Mind is very limited, before the thought dissipates completely into native Energy.

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When however we focus on something, and add power to that focus by use of the emotions and the imagination, especially over a period of time, the Subconscious Mind is “impressed” much more strongly, and this is when something can really begin to manifest.

As we know, many people react directly to what they perceive through the five physical senses, such as extreme negativity of the media, criticism from others, surroundings or “lifestyle” that they do not want, or perceived adverse situations such as debt, and then strongly impress these on the Subconscious Mind over a period of time, thereby attracting more of the same unwanted situations.

If the only the same strength of Energy was focused in to those things people do want in their lives such as health, abundance and happiness, then those things would be the result. Many people however erroneously work to the precept “seeing is believing” when in fact the opposite is actually true - Believing is Seeing.

Let us now then look specifically at how the manifestation process takes place in the context of our existence in the physical world.

When we impress something on the substrate of the Subconscious Mind, one of two things happens.

If the thought is related to our body or health, our Subconscious Mind, which has total dominion over our physical body, will accept that thought and act upon it immediately and directly upon the physical body. This is the basis of all healing without exception, with Faith in this process being the power behind it. Our Subconscious Mind created our body according to the genetic blueprint provided, supervises its growth and development, all

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natural processes and of course healing. The Subconscious Mind, being sublime, can also manifest illness and disease in response to their corresponding thoughts, this being the origin of all disease.

If the thoughts we impress upon the Subconscious Mind are not directly related to our physical body, a Thought Form is created which has its own unique form and vibration, corresponding precisely with the nature of that thought. The more emotional Energy imagination and Faith there is behind the impression, the stronger the Thought Form the Subconscious Mind will produce, and the more effective it will become within the sphere of the Universal Mind.

Now the big question, and the one being addressed in this newsletter is what happens once the Thought Form has been created?

As an example, let us assume that we are consciously making use of The Law of Attraction in accordance with methods that are known to be effective, again as described in detail in my book, to find a buyer for your home which you have placed on the market at the highest price.

Typically the first thing you will do is enlist the services of an estate agent, or realtor, depending on where you live, and have them place the house on the market for you in the usual way.

Those not consciously using the Law of Attraction will have a thought in their Mind, or rather a hope, that someone will come along and make them an offer. This level of thought produces a weak impression on the Subconscious Mind of that person, resulting in a correspondingly weak Thought Form with a correspondingly weak vibration associated with it.

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In that area will be hundreds of people seeking a new home. Some of those might be imagining their new home in a very vague way, more out of hope than a definite knowing, and accordingly the weak impression on the Subconscious Mind of that person will produce only a weak vibration.

However, there might be a person looking for a new home who, understanding the Law of Attraction, has a definite idea of the home they know they will find, are consciously making use of The Law of Attraction, and have complete Faith in the outcome of finding and buying their ideal home.

Due to the weak vibrations of the seller, it is unlikely that the vibrations of their Thought Form will be powerful enough to attract potential buyers with an equally weak buying thought form, and probably will not attract many potential buyers if any at all.

However, the strong vibrations of the buyer, may be strong enough to reach out and be attracted to the weak vibrations of the seller, and they will soon be in communication with the seller with view to entering in to negotiations, the outcome of which favours the buyer, because the seller has no other interested parties.

Had seller projected a Thought Form with a strong, “sold my home” vibration, backed with a certainty of knowing, beyond all doubt and an unwavering Faith, then he would have attracted many weak vibration buyers and had the upper hand in the negotiations.

If both buyer and seller projected strong Thought Form vibrations, then they would both attract a wide variety of

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choice of homes and buyers respectively from which to choose, thereby ensuring the best possible deal.

All of this activity has taken place in the sphere of the Universal Mind, which is also the sphere of the collective Subconscious Minds, by means of Thought Forms produced by the Subconscious Minds of the participants, with each participant as the focal point of attraction, the outcome of which favouring those whose Thought Forms exhibited the most powerful vibrations.

Similarly for attracting wealth through a successful business. A business owner with a strong success and wealth Thought Form will attract a wide range of buyers who are both strongly and weakly seeking to purchase the goods and services of the type on offer. The vibrations of the Thought Form were powerful enough to reach even the weak Thought Forms of buyers who were only vaguely interested, thereby pulling them in to the sphere of the seller by The Law of Attraction. Without the powerful Thought Form vibrating success of the business owner, the potential buyers with the weaker Thought Forms in harmony with those particular goods or services would not be attracted, and their weak Thought Forms would continue to drift around in the Universal Mind seeking the Minds of sellers with Thought Forms of sufficient strength to attract and “pull them in”.

As a person succeeds in business, their confidence and Faith in this process grows, their Thought Forms become more powerful, thereby attracting increasingly more customers, overcoming increasingly more weak “buy” Thought Forms of potential customers.

This is why successful business often go from “strength to strength” and those with owners who have no Faith in their

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own success do not survive very long, even selling the same goods in the same street as the successful business owner.

This is also why successful business people seem to create even more businesses that in turn become instantly, if not even more successful whether they consciously use The Law of Attraction or not. Such business people have an unshakable confidence, knowing and Faith that whatever they turn their Mind to will instantly succeed. The powerful Thought Form and its success vibration operating in the sphere of the collective Subconscious Mind therefore ensures success with immutable certainty and in accordance with immutable Universal principles.

Had the seller had no confidence in the success of his business, and merely hoped customers would turn up to buy something, then the vibrations of the resultant Thought Form of this person would only attract buyers with a very powerful Thought Form for buying those particular goods or services from that particular seller.

Attracting wealth from scratch requires an additional factor - inspired action. If you have no existing channels through which abundance can manifest in your experiential reality, then it is necessary to create one. As mentioned before - contrary to popular belief, money, homes, cars etc. do not simply configure itself out of Energy and fall out of the sky for you to enjoy, contrary to the impression, unwittingly given by some Law of Attraction teachers.

The channel of manifestation is still however very much in the realm of the Subconscious Mind, and its intimate connection with the Universal Subjective Mind, the same sphere of activity all individual Subconscious, Subjective Minds, within the Universal Subjective Mind, under the

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ultimate control of the infinite intelligence of the Universal Objective Mind, which will always orchestrate the manifestation through Subconscious Minds in accordance with The Law of Attraction.

So if you make use of The Law of Attraction to attract anything, and you have no existing channels through which it can manifest, one or more will first need to be created. The Subconscious Mind will create the Thought Form which the Universal Subjective Mind then instantly reacts to and set about delivering with immutable certainty, first orchestrating channels of physical manifestation through the sphere of the collective Subconscious, Subjective Mind, and subsequently delivery of your wishes people, under the control of their own Subconscious Minds through the channels thus created.

The factor to stress here though is this: assuming you have created a powerful enough Thought Form, it is still necessary to remain completely open to inspiration and prompts from within, and to take appropriate actions on them. If you do not, you will make it much more difficult to receive the object of your desires any time soon.

Be assured though that providing you do remain open to inspiration from within and take immediate and decisive action without prevarication, everything will happen very quickly - the Universe loves speed. I should also mention that the channels of manifestation that the Universal Mind inspires, are always, always within the realm of our capabilities and is therefore always achievable, every time, without exception.

This does not mean you will not receive your desires if you fail to take action. All requests are immediately received,

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answered and delivered - “Ask and it is given”, every time by Divine Providence.

All of these processes take place in perfect harmony. This is guaranteed by Thought Forms which can only attract other Thought Forms and inspire action through the Subconscious Mind and thereby the conscious Mind of the projectors in harmony with those Thought Forms by The Law of Attraction, all other Thought Forms being as incompatible as different blood groups in the human body.

I would like to finish by quickly clarifying a question that is broadly related, and that is the mechanism of Astral Projection.

Astral projection is a projection in to our own Subconscious Mind and therefore in to the realms of the collective Universal Mind. By projecting in to our own Subconscious Mind we share the experience of all other Subconscious Minds of similar vibration, thereby experiencing similar experiences within that particularly vibratory realm of the Universal Mind that we know as the “Astral Planes”. The same principle applies to all planes of life and reality.

There is no external projection “to” the Astral planes or “away” from our own body. Our physical experience is the outermost manifestation of Mind, and therefore the only way to travel from that standpoint is inwards, further in to the depths of our own infinite Mind, the realms of all Mind where the illusion of separation ceases to extort its influence, and where therefore the collective realm of Mind at any unique vibratory level of Energy within the Universal Mind, can be experiences in its native form.

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As we progress on the path back to our creator from Whence we came in the beginning, we are in fact travelling along a continuum of consciousness within the realms of Universal Mind and collective Subconscious Mind, the progress of which is proportional to the vibration of our inner Being, in which in turn is identical to our state of Spiritual evolution or consciousness.

I hope this has gone some way to explaining the natures of the Conscious, Objective and Subconscious, Subjective manifestations of Mind, and our relationship with them.

5 August 2007 – Conspiracies and Earth Changes

5 August 2007 Conspiracies and Earth changes

Not a day goes by it seems without extreme and often unprecedented weather or Earth event striking some part of the world. Most recently these have been in the form of severe flooding and earthquakes.

I also receive numerous messages from people asking about so called “conspiracies”, mostly involving government, but also the “new world order” and “extra terrestrials”, asking what we should be doing and how to protect themselves and families from these perceived threats.

The answer is simple - do absolutely nothing.

The more Energy directed in the direction of these perceived threats, whether real or not, the more life they assume, and the more of a threat they become. In other words it is self-fulfilling in exactly the same way as “prophecies” can be self-fulfilling.

At the final analysis, whether these “threats” exist or not there is only one point of true focus in order to ensure the best possible future, and that place is Within.

The Universe only flows in the direction of expansion, well-being and Unconditional Love, these being the natural states we should all enjoy. At the same time The Source, The First Cause, God has blessed us with the ability of freewill, and thereby the means by which we can create our own experiential reality in accordance with our perceived needs and Spiritual evolution.

Although ultimately the Universe will always prevail, humans can still, on both a personal and collective level

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influence the “future” as it relates to the temporal confines of Earth, and therefore immediate temporal experience, which to people on Earth can seem to last for a lifetime. This might produce what seems to humans to be an almost desperate or hopeless situation, for example as in the “dark ages” in past Earth history, but which to the Universe the merest blip in the grand scheme of things.

In short - there is an easy and a hard way of doing things.

Historically, due to a lack of understanding and other very human traits such as the quest for power and material gain, humans have invariably taken the hardest way, and many continue to do so.

What we are seeing and experiencing today during this great transition of the ages is a confluence of factors, as yet remaining quantum probabilities, any or all of which can finally exert their influence in what would become the event or events that would shape the future of humanity, for hundreds or even thousands of years.

Everything we are seeing, feeling and experiencing right now represents the pieces on the cosmic chess board, all of which are manoeuvring for position, waiting for checkmate in this particular game. As in a game of chess there is the white side and the black side, the Light side and the dark side - we must ensure that the Light side wins the game. As in the game of chess, the Light side made the first move and in the final end-game will make the final and decisive move, but we still need to ensure that humanity wins this round for the forces of Light.

In short - what humanity expects, feels and believes will happen over the next few years will happen. Focus on cataclysm and that will be the experience. Focus on a single

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global fascist dictatorship controlling powerless humans, and that will be the outcome. Focus on some other external influence such as extra-terrestrials and that will be the outcome. Or all of these could happen at the same time.

The truth is the coming transition of the ages is potentially the beginning of a golden age for humanity and all life on Earth, if only we would focus on that one outcome. Everywhere I look, and from the countless messages I receive it is very clear to me that humanity is awakening to their true infinite and Spiritual nature, just waiting to be realised.

The way forward is simple but profoundly important - focus within and on Spiritual growth, service to others and Unconditional Love for all life, and the outcome for mankind will be glorious as we externalise the Kingdom of Heaven within to the Kingdom of Heaven on Earth.

In practical terms this means totally disregarding all so called conspiracies and external events of all types as if they do not exist at all. Do not read publications that promote or even report these things, all they serve to do is make them more real. Ideally do not read or watch the news in papers, on the TV or the Internet.

They are simply reinforcing all of these negative factors and thereby making them more real, notwithstanding any hidden agendas of the factions controlling the media. The media exerts a strong influence over the Minds of people, and this is one of the very greatest dangers facing everyone in the future.

There is no “past” as such or “future”, these are simply temporal illusions perpetuated only by the five physical senses within the space-time continuum of the physical

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three dimensional Universe, so why be concerned with such illusions?

There is, in reality, only “Now” and it is in the present moment of Now that we create our own reality based upon our thoughts, feelings, emotions, desires, expectations and many other factors.

If all mankind focuses only within, with Unconditional Love and trust in The Universe, The source, God, of Whom we are all inseparable aspects, then the natural flow of the Universe will inexorably exert Divine influence, resulting in a new golden age for humans and all life on Earth, everything else simply fading way in to the background as unrealised quantum probabilities.

5 August 2007 – The Parables of Spiritual Growth

5 August 2007 The Parables of Spiritual Growth

A few weeks ago we started to look at the true meaning of the wisdom contained within the collective works of inspired writings known as the “Bible”.

As we observed, the Bible is in reality a book of Initiation, in other words a book of Spiritual Growth and Metaphysics, the true meaning of which was only intended for the few who could understand back then as now:

“And the disciples came, and said unto him, Why speakest thou unto them in parables? He answered and said unto them, Because it is given unto you to know the mysteries of the kingdom of heaven, but to them it is not given. For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath. Therefore speak I to them in parables: because they seeing see not - and hearing they hear not, neither do they understand”. And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not understand - and seeing ye shall see, and shall not perceive: For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed - lest at any time they should see with their eyes and hear with their ears, and should understand with their heart, and should be converted, and I should heal them. But blessed are your eyes, for they see: and your ears, for they hear”. -- Matthew 13:10-16

As we know, it was “them” in the form of the Roman Empire who, seeing their military power dwindling, and in need of another means of controlling the “masses”, seized upon the literal words of the collection of texts that later became the canon of the Bible, and used them to replace

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their existing religion, Mithraism, which in and of itself wielded no powers of control, to form the basis of another instrument of control - the Roman Church.

The only difference between the Roman Empire and the Roman Church is that the former wore tunics and ruled by the sword of metal, and the latter wears tunics and rules through the sword of the invocation of the emotions of fear and guilt. The outcome is always the same - misery, and thus the Roman empire lived on in its new guise.

Jesus came to Earth in plenty of time to prepare mankind for the coming transition of the ages:

“Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind: Which, when it was full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away. So shall it be at the end of the age: the angels shall come forth, and sever the wicked from among the just, And shall cast them into the furnace of fire: there shall be wailing and gnashing of teeth. Jesus saith unto them, Have ye understood all these things? They say unto him, Yea, Lord”.
-- Matthew 13:47-51

This means that at the end of the “world” or “age” as it would have been more correctly translated from ancient Greek, only those who are ready will benefit from this great opportunity to evolve to the next phase of human being, while those left behind will be frustrated and faced with another long cycle of initiation on Earth or another appropriate planet, for the next opportunity to graduate.

Jesus speaks of Spiritual Growth, as he often did in the form of a parable:

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“Again, the kingdom of heaven is like unto treasure hid in a field - the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field”. -- Matthew 13:44

And:

*“Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls: and having found one pearl of great price, he went and sold all that he had, and bought it”.
-- Matthew 13:45-47*

It is no coincidence that these profound parables were spoken by Jesus immediately before his revelations about the end of the age.

The end of the age is about one thing fundamentally – Spiritual growth, or at least the opportunity for Spiritual growth. But before this opportunity can be realised certain things must happen.

“The kingdom of heaven” referred to by Jesus are Spiritual worlds, the glories and splendours of which far exceed anything that Earthly man can comprehend. It is these Spiritual worlds, the “Kingdom of Heaven”, that are the great prize for all who are ready as we enter this great transition.

In the first of these parables Jesus is saying that once a person, who was previously focused on mere material things, including the creed, dogma and indoctrination of belief systems, looks within and discovers their true Spiritual nature, with great joy they will “sell” the material illusion that they have been clinging to and turn to embrace their own true reality and destiny - the Kingdom of Heaven.

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In the second of these parables, “The pearl of great price”, Jesus is further reinforcing these truths, such are their importance.

In the “pearl of great price” Jesus is saying, keeping in Mind that this is immediately before he tells us about the great “harvest” that is to come at the “end of the World”, that the Kingdom of Heaven is seeking “goodly pearls”, in other words humans who have attained the necessary level of Spiritual evolution and therefore perfection, to enter the “Kingdom of Heaven”.

Now it is crucially important, and I cannot stress this enough, for anyone who adheres to the doctrines of a religion to understand this:

The gates of heaven will not be opened to anyone simply on the basis that they have devoted their life to their religion, Bible, or God, or accepted Jesus as their “Saviour”. From the perspective of true progress this is probably one of the most potentially damaging concepts in existence at this time, because it is leading people down a false path, a path that in many cases ends in a destination that in many ways is not as pleasant as the place where non-religious people will go after their time on Earth is complete.

The paradox therefore that such people having spent their lives avoiding “purgatory”, will, after the change known as “death”, find themselves in a place which, compared to where most people go, akin to a form of “hell” known as “the belief system territories” where they become trapped within their own beliefs.

Spiritual evolution is about self-realisation, realisation of

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Oneness with The Source, God, and self Spiritual development, not in the blind following of a set of creeds, dogmas and doctrines, convenient though such a packaged belief system might seem. The human race might enjoy instant gratification in physical things, but in the only aspect of life that really matters, Spiritual evolution, the reason why we are here, there is no such concept.

In the pearl of great price Jesus is saying that once these truths, the “pearl of great price” are discovered and realised for what it really is, nothing else will matter - all material things will pale by comparison. Thus realised, the person will sell all his Earthly possessions in the form of material ideas, dogmas and doctrines that have bound them to Earth, and to “buy in to” the “pearl of great price”, the “Kingdom of Heaven”, the next glorious step along the path where all things coveted on Earth will seem valueless by comparison.

The parable of the “pearl of great price” also has a deeper metaphysical meaning - overcoming the challenges of physical life.

A pearl is formed when a small particle enters the shell of an oyster, and comes an irritant against the soft tissue of the oyster. As an oyster cannot scratch the itch it instead secretes a calcium based substance to coat the irritant and thereby providing some welcome relief.

Very often the oyster is satisfied at that, and makes no further effort to add more substance to the pearl, and the pearl remains small and undeveloped, and of low value as a result. The metaphysical meaning of this can be likened to human who does just enough in life to “scratch their itch” and thereby just “get by” in life with the minimum of effort.

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However, occasionally an oyster wishes not only to make itself comfortable, but to achieve their concept of a perfect state of being, and will therefore make the effort to keeping adding more and more layers to the pearl until it becomes large and lustrous and of “great value”.

What Jesus was also saying here on this deeper level of the parable is that we should never stop developing ourselves and seeking perfection. Just “getting by” will not lead to becoming that “pearl of great price” that the Kingdom of Heaven is seeking, especially towards the “end of the age” which Jesus goes on to talk about.

And to conclude I would also like to bring your attention to the fact that these teachings of Jesus are also in alignment with part 2 of this newsletter.

Anyone can become a “pearl of great price” of such value to the Kingdom of Heaven, and it is in fact our most sacred mission to do so. However - to accomplish this means turning away from the distractions and background noise of the physical world to focus within, towards the Kingdom of Heaven, knowing that is our true reality, and to keeping adding layers and therefore the lustre of Initiation to our “pearls”, knowing that the Kingdom of Heaven awaits, with all of the incomprehensible glories that opens up, glories that make the toys of the kindergarten of Earth look trivial by comparison, and which, as in the first parable we looked at today, will cause us to want to “sell all we hath”.

I wrote Our Ultimate Reality as the definitive manual for life, to show you how you can focus within, add more lustre to the pearl of your own mission on Earth, and thereby to make yourself a “pearl of great price” in readiness for the transition of the ages, when, as Jesus tells

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us, the harvest has come and the Kingdom of Heaven casts its dragnet, you, as a “Pearl of Great Price” will be part of that glorious harvest.

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Realising Divine Providence

Every week I receive messages from people asking about why they cannot seem to enjoy any success with The Law of Attraction no matter how hard they try. This is also a question I often see quoted elsewhere, particularly from people who have watched The Secret which nevertheless has done an outstanding and valuable service in bringing awareness of The Law of Attraction to millions of people.

In order to enjoy success in attracting your wishes, needs and desires, maintaining perfect health, healing existing ailments, and generally living a “magical” life requires not only an understanding of how Universal principles work, but also how to apply them effectively.

This however is only part of the overall equation.

The Law of Attraction, to work effectively, requires Energy in the form of:

- * Desire
- * Intent
- * Belief
- * Gratitude

And above all...

- * Faith

The Subconscious Mind is infinitely powerful, instantly responding to the thoughts impressed upon it by the conscious Mind then to externalise them where they can be experienced.

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However, many people unintentionally, or unconsciously sabotage their efforts by harbouring thoughts and emotions which collectively add up to one thing - doubt.

Doubt, in and of itself is a powerful Energy which the Subconscious Mind will equally receive and take literally. So even if someone is mechanically going through the processes of manifestation using the Law of Attraction, such as visualisation, repeating affirmations etc, if at the same time they do not “believe” that they already actually have the object of their desires, with perfect “Faith”, then the message the Subconscious Mind receives is “I do not believe that I have this new home” or whatever it is you wish to attract. In other words your conscious efforts to use The Law of Attraction have been cancelled or at least greatly diluted.

It is clear to me from the many messages I receive that many people sabotage their efforts in this way, so why exactly is this?

The answer is invariably the same in most cases - programming from a young age.

Fundamentally however, most people are taught, from a young age, that everything we receive comes as a result of hard physical effort, in other words the need to physically “work” for it. The concept of manifesting and enjoying absolutely anything simply by using the power of the Mind is simply too much for years of conscious programming of “life is hard”, and “you need to work for a living”, or “nothing comes easily” to overcome.

The fact is this - our success in attracting all our wishes, needs and desires effortlessly and naturally is a direct

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function of the degree to which we realise Divinity within us and the powers of creation that truth realises.

The solution therefore is clear. The very first step is to understand, know and feel that we are a channel through which God, The Source, The First Cause, of which we are an inseparable aspect, experiences and thereby expands, and accordingly there is nothing that God will not provide, that we sincerely believe we need in order to facilitate that process.

Reaching this deep understanding, knowing and feeling God within as our source of unlimited supply then is the key to unlocking truly unlimited abundance, health and empowered happiness, and must be considered as a pre-requisite to any true, enduring success using the principles of The Law of Attraction.

Our first task therefore is to achieve this level of understanding - why for example does God, without exception or condition, provide us with truly unlimited abundance at will?

The answer is actually beautifully simple.

All life, including therefore the human being, is an individuated channel of expression of The Source, God, through which God experiences and thereby expands. In order for the Universe to continue to grow, God must continue to experience otherwise stagnation or even contraction would occur, and in a perfect Universe that is unthinkable.

As humans we enjoy complete, absolute freewill - there is truly nothing that we cannot be, do or have for the asking. This must be true because if God sought to influence us in

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any way, then the “experience” of God would not be unique. As individuated aspects of God we have the unlimited ability to make our own decisions and to experience and thereby to evolve through the process of perfection. As we, as immortal Spirits strive for perfection, our Spirit always longing to travel inwards through ever more glorious states of Being, beyond the comprehension of the conscious Mind of Earthly man, we gain the individuated experiences of countless physical “lives”, collectively contributing towards ultimate perfection and expansion both of our Higher Self and ultimately of God, The Source. As we grow as individuals, so too does God.

The Universe is perfect. Just as our individual Higher Self is the total of the experience of all of our physical lives and beyond, then likewise God is the total of the experience of all Higher Selves, individuated Spirits blessed with Divine freewill.

So God, Divine Providence within us must provide everything that we believe we need for our own progression, without question, condition or influence. If we as a human believe we need a new home, car or a vacation in order to progress, and fulfil our ultimate destiny, then that is precisely what God, Divine Providence Universal Mind will provide, when impressed to do so by our individual Subconscious Mind.

As we evolve and perceive the truth about material things, our priorities and therefore requests to Divine Providence change, and that is what evolution is all about - learning through experience.

So now we can understand why God, The Source, Divine Providence will provide absolutely anything we can

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possibly imagine, providing we Believe we receive it with perfect Faith.

This is what Jesus meant by “Belief” and “Faith”. He did not mean some abstract “belief in God” simply because God needs people to believe in Him/Her, or to have “Faith” that God exists because God has an Ego that needs pandering to though “worship”, Jesus rather meant Belief in our own true Divinity and Faith in our own powers to realise that Divinity.

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?” -- 1 Corinthians 3:16

This means precisely that we are each the living temple of God in the physical world, and through our temple God experiences and thereby expands.

The Bible, which, as I have said time and again is in reality a book of initiation, Spiritual Growth and Metaphysics, and not of theology of which it contains not a single word, teaches these important principles time and again.

“And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful Mind. For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God - and all these things shall be added unto you. Fear not, little flock - for it is your Father's good pleasure to give you the kingdom”. -- Luke 12:29-32.

How much clearer can this be?

here Jesus is saying that there is no need to look to the material world for your food or drink, or doubt that you need to fight to survive in the physical world. God, The

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Source, Divine Providence already knows our every wish, need and desire through our thoughts, feelings and emotions. If we seek the Kingdom of God, in other words as manifesting within ourselves, “all things shall be added unto us”, in other words we shall receive everything we desire without condition - it is God's good pleasure to give us God's Kingdom - in other words everything God has is also ours.

“Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake. Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also - and greater works than these shall he do - because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it”. -- John 14:10-14

Anyone who truly understands these words for what they really mean will never again doubt their ability to realise anything at all from God without limitation.

Here Jesus again, as on numerous other occasions, states the truth that the “Father is within him”. But he does not only mean himself - he is stating the truth that God is within us all, a truth that again he repeats time and again.

He then goes on to make an extremely important statement: “Father that dwelleth in me, he doeth the works.” This is crucial to our understanding on many levels. Jesus is saying here that he alone does not perform the “miracles” attributed to him, but rather God Energy alone, the God that is within us all who does all of these “works” through us as

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channels of experience of God, through which God, and therefore the Universe expands.

Jesus then goes on to say that those who understand this and live their lives accordingly will not only be able to do the same “miracles”, but also much greater works.

Note: “Belief” does not, in any way whatsoever mean an abstract, blind “belief” in Jesus as a person, it rather means the Belief of our true glorious, Divine Being. Belief in this context is an Energy, not something we are told to do because a doctrine says so.

And finally Jesus goes on to affirm the powerful truth that whatever we ask of Divine Providence with Knowing, Believing and with perfect Faith the truth of who we really are, will receive.

Again, let me stress - this is not God favouring those who “Believe in Him”, this is rather the same relationship as Father or Mother and Child, the parent ensuring that all needs of the child are met in full. Our relationship with God is that of a Child.

The Lord's Prayer begins “Our Father” which affirms the truth once and for all that God, The Source, Divine Providence is truly “Our” Father, and that we are all sons and daughters of God, not only Jesus. If this were not the case he would have opened the Lords prayer with the words “My Father”.

I should also mention that “Father” does not imply that God is male - again that is strictly a religious assumption, and one that has led to the erroneous belief that males are superior in some way over females which is simply not true. God is pure Energy, neither Male of Female, just as

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we, in our true Spiritual form, made in the image of God, are pure Energy, and neither “male” or “female”.

“Gender” is merely a convenience of the physical world for reproductive purposes, nothing more, nothing less. The Higher Self, which is Who we truly are, has experienced many physical lives as both “male” and “female” depending on the lessons that need to be learned in any specific incarnation.

“Ask, and it shall be given you - seek, and ye shall find - knock, and it shall be opened unto you: For every one that asketh receiveth - and he that seeketh findeth - and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?” -- Matthew 7:7-11

Again - how much clearer can this be?

Jesus again affirms the truth that whatever we ask for we are given - unconditionally, notwithstanding the character of the person asking. The reason for this as mentioned earlier is that in order for God to experience and thereby expand with out restriction, everything we ask for must and will be given. Divine Providence never judges anyone, because all experience is valid, and all experience that humans perceive through their limited perceptions to be “good” or “evil” is necessary in order to provide balance. Without “Good” there would be no reference for “evil” and vice versa, and one persons “good” is the next persons “evil”.

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And finally Jesus goes on to state a very powerful truth relating to our relationship with God as parent-child when he says:

“Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? “

Here Jesus is saying that if our child asks for “bread”, in other words the means to live, would we, as an Unconditionally Loving parents respond by giving our child a “stone” or something that will not sustain the child”.

Jesus then goes on to say that if we as parents thus provide for our children, then how much more would God, as the parent of us all, provide for us simply for the asking?

So this then is the first step to realising unlimited health, abundance and happiness from the abundance of Divine Providence.

Before performing Law of Attraction exercises it is crucial to start with the most fundamental realisation of all - God, The Source within”.

Know, beyond any possible doubt, and better still feel, that we are an integral, immortal, Unconditionally Loved aspect of God, The Source, Our Divine Creator, through which God experiences and thereby expands and “does his works”. As we experience so then too does God, all experience be valuable, adding to the Whole.

Know, beyond doubt that in order to experience and expand God has blessed us all with the unconditional freewill to be, have or do anything at all that we capable of imagining, without limit.

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Know, beyond all doubt, that you are an extension of Source Energy, God, the Universal Mind, and as such you have limited only by your own Belief and Faith in those powers.

Rejoice in your Divinity and look within for your infinite supply which will then manifest outwards, by Divine Providence, into your own experiential reality, and never the other way around.

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What to expect in the next few years?

As more and more people become aware of the changes occurring at all levels, from increasingly extreme weather conditions, to events of Consciousness and in particular the ever increasing information available on “2012 scenarios”, I am receiving more and more questions on what we should expect in the next few years and 2012 itself.

In future newsletters these are subjects that we will discuss from time to time, but the most important point to emphasise, and the one I have made and will continue to make time and time again is this:

Whatever human consciousness expects to experience over the next few years and for any 2012 event itself, will be the outcome. This is true due to the immutable Universal Principle that we all create our own reality both at an individual and consensual level, so whatever humanity expects and believes will come to pass will come to pass.

We are currently witnessing a confluence of events, any or all of which could exert their influence resulting in anything to absolute catastrophe to absolute Ecstasy or anything or all in between.

Aside from Universal Principle, this has been predicted by many ancient and Spiritual races who have predicted every major event with great accuracy over the last couple of centuries.

So again regarding the question of what to expect - ask yourself this - what do you want?

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We must, whatever we do, completely ignore and dismiss from our consciousness all “doom-sayers”, all talk of “conspiracies” and catastrophe, all those promoting “how to survive 2012” type products, and in fact all those who have anything negative to say in absolute terms whether on a local or global scale. Negative thoughts always give rise to unwanted experiences, so dismiss them immediately and only allow positive thoughts in the direction of your own desires.

The next decade has the potential to take mankind as a race to a whole new level of potential from Homo Sapiens to Homo Spiritus, and it is that potential we are here to realise. Therefore focus not on the “bad” things that might happen, but only on peace, harmony, freedom, service to others before service to self and above all Unconditional Love. Focus also on both knowing and realising your own true potential as an unlimited, infinite, immortal Being and Unconditionally Loved aspect of God.

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19 August 2007 Our Magic Within

Over the years I receive numerous questions from people asking about what “magic spells” to cast to achieve certain results, what crystals or herbs to purchase, what “esoteric groups” to join and even what rituals to perform.

My answer is simple - none of these.

Now I realise that this is not the answer you expected or would have liked to have heard in view of the vast amount of information available, but before doing anything at all that is likely to influence your experience and in particular Spiritual evolution in any way, it is important to understand exactly why this is.

The first thing we must realise is that, as with religion for example, all of the examples mentioned above are the ideas of other people or usually groups of people, often for their own purposes, and therefore as soon as you start to practice any of these ideas you are submitting to the ideas, and sometimes the will of others.

Many people are interested in “magic” in the belief that there is something inherently powerful about uttering “spells” or performing “rituals”, for example that have some sort of special or “magical” powers in and of themselves that the Universe will respond to.

Others are interested in joining “secret societies”, “esoteric orders” or even “mystery schools” in the belief that by doing so and being awarded “ranks” or “degrees” they will “advance” and thereby gain a special position in the Universe, especially after passing on. Again, this is really

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no different to subscribing to a religion which teaches the same things but in a different way.

Now let me make it absolutely clear that I have nothing whatsoever against only of the aforementioned groups in principle. There is no question that being a member of such groups, depending on which ones of course, can be beneficial in a number of ways providing they are regarded in the appropriate and healthy context, and not regarded as an automatic ticket to greater things, as so often implied by some elitist orders. There is much of value that can be learned providing it is kept in a proper perspective.

Unfortunately, however well meaning they might be, many of these groups, even the most well known or revered ones can and often do have the opposite effect. As soon as people are placed in a competitive situation where “ranks” are granted based upon the criteria set by others, Ego takes over, often leading to anything from delusions of grandeur and feelings of superiority over others, to bitterness and resentment if a person does not “advance through the ranks” as expected. Many an “orders” or “society” has broken up in acrimony due to these situations, leaving the members often bitter and disillusioned, after some members have been favoured over others due to individual relationships and other erroneous factors that have nothing at all to do with true progress.

Again let me stress that this by no means applies to all such “orders”, societies” or “schools” some of which are very ancient, and noble and can teach valuable knowledge and abilities. Such groups are however very few and far between, and most people will not even be aware of their existence - they are usually not the sort of groups you can simply apply to join by completing a membership form.

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So the question becomes this - what motivates people to wish to join groups formed by others, whether it be esoteric orders or religions or other groups of which there are many and varied, or to want to perform “spells”, “rituals” or other such practices?

In almost all cases such people are looking outside of themselves to people or actions that can provide something that they perceive as advantageous in some way. In the case of religion for example it might be a “ticket to heaven” upon passing on, or at least avoiding eternal torment “hell” or other such punishments meted to “sinful” people and “non-believers”

In the case of many “esoteric orders” the member is led to believe that they will gain some sort of Spiritual advancement and high position after their passing, as well as to wield all sort so impressive abilities in physical life.

Again it should be pointed out that we can all gain such abilities by learning to influence Energy effectively, but those, in and of themselves are not particularly meaningful in terms of Spiritual advancement.

People are motivated to perform “spells” and “rituals” or to use crystal, herbs and other materials in the belief that in and of themselves they have special powers to bring about a special result.

Another effect on the very presence of all of these groups and practices is that people who do not participate in or practice them are often made to feel “inferior” in some way.

So now let us take a look at the reality of these factors:

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There is only one fundamental Principle in the Universe - Mind. Everything that we experience is ultimately due to Mind alone.

It follows therefore that the only way in which to achieve anything through Mind - everything else being subordinate to the Mind Principle.

Uttering spells, performing rituals, belonging to groups of various types will not therefore, in and of themselves confer any special powers or privileges on the participant whatsoever. No spell, ritual or group including but not limited to orders, schools or religions has any sort of advantage, priority or special place in the Universe of any type.

Likewise there absolutely no shortcuts to Spiritual evolution - each and every person must evolve based entirely upon their own efforts based upon their specific needs and what their current incarnation of Higher Self needs to achieve this time around.

The act of joining a church, order or other group and following their ideas and doctrines will never confer any special privilege, or provide any special advantage in physical life or beyond, except to the extent that such groups teach the person the sources of true power and how to access and apply them.

Also, joining any such group immediately places the participant on a path determined by the group, which does not take in to account the true path of the member, so the member is often “led astray”.

To the extent that spells and rituals do work, they do so because they are invoking Mind Principle in some way,

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often without the participant knowing or even understanding why.

The reason is the same in all cases - the actions of the person are impressing their desires upon the Subconscious Mind, which then brings the desire into the physical experience of the person either directly, in the case of healing, or through Universal Mind in the case of everything else.

The truth is this - ever single one of us has the power within to achieve anything we could wish for without limitation, including all we need for Spiritual evolution and thereby fulfil the true reason we are here. God never intended us to have to join a special group or perform special words or actions in order to be favoured in some way or indeed to conform to the expectations of others.

We are all, without exception absolutely equal expressions of The Source, The First Cause, of God, through which God experiences and thereby expands. We are God, and through our God powers we have the unlimited ability to achieve anything providing only that we realise God within and understand how to apply those powers. Such a person has no need for groups, spells, rituals or any other such instrument or idea, because they know, beyond any doubt that the all the power they could possibly need is already within them. We have unlimited access to the infinite power of the Universal Mind through our Subconscious Mind.

This is true Magic. Our True Magic is within.

Many people might not accept this believing it is “too good to be true”, or that, due to a lifetime of programming, they need to “work” for everything, or at least push things

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around in the outer, physical world in order to realise their desires. In fact in many cases this approach can and does only result in one thing – misery due to a disconnection from the true Source of abundance – God within.

Everyone should realise this - God is perfection, and would therefore never, ever, ever create wants, needs or desires in God's children that cannot be fulfilled through God. To do so would be like offering your child a candy, and then snatching it from his or her grasp just as she reaches for it. No loving parent would ever do that, and, our parent, God, is the epitome of Unconditional Love.

Plain and simple, whatever a person does not have that they desire, they do not have for one reason and one reason only - at some level they do not believe they can have it. If they did believe, backed by Faith that the object of the desire was theirs, then so it would be.

This does not only apply to material things. Schools, colleges and Universities are an anomaly. Through our Subconscious Mind we have access to all of the information in the Universe, past present and probable future as relates to Earth time, and the ability to do anything at all for the asking, including most things not even conceived of by humans yet. There is not a scientific formula or mathematical equation could not be resolved, even by a 5 year old in moments.

Many people have heard for example of a “savant”, a person who is regarded as “mentally retarded” but can perform seemingly stunning feats of memory, mathematical equations and other abilities, often faster than a computer or the greatest scientists in the world.

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The fact is - savants are not “retarded” everyone else is “retarded” by comparison, because every single one of us has the exactly the same potential.

The reason a savant can do these feats is quite simply, because, due to an anomaly of the physical brain and the way it is “wired”, they are not focused on the material part of the brain in the same way as most people are, and therefore have a much greater access to their Subconscious Mind and therefore Universal Mind which they instinctively use as if it is normal - it should be “normal” for everyone. If correct use of Mind was taught to children from an early age, there would be no “education” and the world would be a very different place - not one based upon “work” and “money”.

In order to have access to these and any other ability, and be, do or have anything, all we need to do is realise God within, and thereby become an open, conscious channel of experience, expansion and abundance for and of God, The Source. Once we realise our true Source of power, we realise our Magic within and we become true conscious creators as realised God people.

One of the most sacred objectives of any human being, and the one which heralds the end of the cycle of incarnations on Earth, is to become God-realised while still in a physical body, as with for example the person known as Jesus, and many others before and after him, people often regarded as “Masters” or “Ascended Masters”.

Jesus taught these important Principles time and again:

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“Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise. For the Father loveth the Son, and sheweth him all things that himself doeth: and he will shew him greater works than these, that ye may marvel”. -- John 5:19-20

Here Jesus is saying that he, metaphorically meaning all of us, can do nothing in and of himself. He, as Jesus the physical person has no inherent abilities by virtue of who he is. He goes on to say that God “does things” through Jesus, in other words Jesus is a channel of experience and expression for God because God loves his Son as he does all of his children, in other words all of us.

Plain and simple this means that as Unconditionally Loved children of God, we can have anything at all we through God.

“Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake. Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also - and greater works than these shall he do - because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it.” -- John 14:10-14

Here Jesus sets out this truth unambiguously when he states the truth that “the father that dwelleth within me, he doeth the works”.

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We must always keep in Mind that when he says “me” he means everyone as an equal and inseparable aspect of God.

Jesus goes on to say that we must believe that God is within us, because this realisation is the true Source of our power. Anyone not realising God within will not realise their God powers within. This is the true meaning of “Faith” - Faith in Who we Are and of our God-given “powers”, and an absolute Belief in our true reality and powers. He also says that we must “go to the Father” which means we must “realise God, The Source within”. We can do nothing in and of ourselves without that connection with God.

When Jesus says “Father may be glorified in the Son” he speaks the powerful truth that we as the children of God are those through Who God experiences, and expands, and thereby becoming “glorified”.

It is a powerful truth that the extent to which we can realise our full potential and abilities, including the abilities to perform what most would regard as “miracles”, is the same extent to which we can realise God within. Jesus was completely “God-realised” and this and this alone was The Source of his power and of his “miracles” as he says himself over and over when he states the truth that “the Father within Him, He Doeth the works”.

The “Father”, God, The Source, Universal Mind within all of us doeth our works.

And Jesus goes on to state an even bigger truth that we shall go on to do even greater things than him because we are unlimited, infinite and immortal aspects of “the Father”, God.

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I should mention that God is neither or both male and female, and references to “Father and Son” are metaphoric, and equally apply to “Mother and Daughter”.

In another passage:

“Now there are diversities of gifts, but the same Spirit. And there are differences of administrations, but the same Lord. And there are diversities of operations, but it is the same God which worketh all in all. But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of wisdom - to another the word of knowledge by the same Spirit - To another Faith by the same Spirit - to another the gifts of healing by the same Spirit - To another the working of miracles - to another prophecy - to another discerning of spirits - to another divers kinds of tongues - to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will. For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ”. -- 1 Corinthians 12:4-12

This is a very powerful passage which, in its entirety states on fundamental truth:

There is only one Source of All that Is, Who operates through each and every one of us in many and varied ways. We are all “one body” of which there are “many members”, each of which is a different but integral aspect of God.

The One Body is God, The Source, Universal Mind, and we, as humans, as well as all life in creation, including every animal, plant and mineral, however large or small as perceived by humans, are the “many members” of God, The All as is Jesus, the Christ. the “many members” of God

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are the many channels of experience of God making up the whole experience through which God is “glorified”. We each have our place, and no “member” is superior in any way to any other “member”, despite human traits or power and control.

Here then is the true Source of our power - Our Magic Within.

There is no need to look without to other groups, orders, religions, or to spells, rituals or other practices. All the power, knowledge and source of true evolution is within us in as The Source, God, Divine Providence and all anyone has to achieve is to not only realise that powerful truth, but to Live it in every moment just as the person known as Jesus did, and then not only shall we have the same powers as Jesus but even greater, because God within us, “Doeth the Works” and God within us is unlimited.

So whenever you have wishes, needs, questions, or the need for anything at all for a joyful experience on Earth and to fulfil your true reason for being here, always turn within, and the answers they will be forthcoming:

“Ask, and it shall be given you - seek, and ye shall find - knock, and it shall be opened unto you: For every one that asketh receiveth - and he that seeketh findeth - and to him that knocketh it shall be opened.” -- Matthew 7:7-8

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26 August 2007 Behind the “conspiracies”

I receive many messages about so called “conspiracies” and asking what I think about everything from “ET's” and “UFO's” though the “new world order” and “incidents” such as “9/11”.

First of all, as I mentioned in a recent newsletter, the very best course of action is to totally disregard all such “reporting” and do absolutely nothing whatsoever. The more people think about and focus on these the more Energy they are given and the more powerful they will become.

People have since commented about how difficult it is to simply ignore these things considering the extensive “media” reporting of them in the newspapers, on television etc.

Again my advice is very simple and in my view crucial:

Do not read the newspapers, watch or listen to media reports on television or radio or on Internet news sites. We have absolutely no need to read about what has already “happened”, or what might “happen” in the future. We all create our own reality in the present moment of Now, and reading about what happened” yesterday, causes them to be impressed upon the Subconscious Mind, in turn causing them to become part of the Now, finally becoming self perpetuating. The more people focussing on wars, famine and terrorism for example, the more real they become.

It is particularly important not to discuss or worry about the specific “conspiracies” that seem to be appearing everywhere these days, again for the reasons mentioned

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before, particularly in the context of the transition of the ages we are currently experiencing.

I have stated many times within these newsletters, in my book and on my website that there is one over-riding factor and one factor only that will determine the outcome of the next few years – the Mind of humanity and indeed of all life.

Plain and simple, whatever the collective consciousness of humanity predominantly expects to happen, will happen.

We have all of the choices at our disposal ranging from catastrophe to ecstasy as we can observe from the increasingly extreme conditions manifesting on Earth and in the solar system generally on the one hand, and the exponentially increasing Spiritual “awakening” that is currently occurring on the other.

There are factions in the world who have one objective only - absolute global control and power over every human being on Earth.

The so called “war on terror” has been, and continually is being manufactured towards this end, including, but not limited to the now infamous “false flag” event that preceded the invasions of Afghanistan and Iraq, and which are being used to threaten various other countries as a prelude to similar actions.

Very often when we hear politicians speaking, they often use one word as sound bites above all others, and that word is “terror” – a word that is often very precisely woven into speeches, interviews and propaganda of all types. The people writing these speeches know that by repeating a word often enough on TV or in any media the word is

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impressed upon the Subconscious Mind of the viewers or readers until it becomes an absolute reality. The objective is to cause people to become so fearful of “terror” that they will accept anything out of desperation for protecting themselves and families against a “threat” that is in reality completely manufactured.

Again - there is absolutely nothing to be gained by observing or discussing the plans of these global power factions in general - they will become obvious for what they are.

The most powerful weapon that these factions have aside from instilling fear and terror, is to continue to perpetuate the illusion of “separateness”, thereby causing people to erroneously believe that they are alone, powerless and in need of “protection” from so called “acts of terror” and other fictitious events and situations. By perpetuating the illusion of separateness these factions believe that they can divide and conquer humanity.

On the other hand these factions know that if and when people awaken to the truth of their own glorious, Spiritual nature as integral and equal aspects of The Source, our Divine Creator, God, with unlimited powers and Whom nothing can possible harm, then these global power factions become powerless. Everyone will know, beyond all doubt that we all create our own reality, and can choose what thoughts we allow or disallow into our Mind and consciousness, only allowing those thoughts that are consistent with health, abundance and freedom as well as Spiritual evolution.

The puny physical efforts of these global power factions seeking control are totally, and utterly powerless against

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the one fundamental principle of the Universe correctly directed - Mind.

Knowing this and knowing time is short, these factions know they need to act quickly.

Our course of action then is simple:

1. Never watch read or listen to “news reports” in any media. Focus only on what you most desire.
2. Know, beyond any doubt that we are infinite, immortal aspects of God and that nothing can possible harm us except our own thoughts.
3. Know that we create our own reality - no other person can create our reality for us.
4. Focus on service to others before service to self.
5. Embrace the most powerful force in the Universe – Unconditional Love.

In the words of a well known musician, now passed on:

“When the Power of Love overcomes the love of power, the World will know Peace”. -- Jimi Hendrix.

These words are almost prophetic in the context of the world today and in particular during the next few crucial years as we make the transition from one great age to the next, and where humanity is choosing between an age of darkness or a glorious age of Light.

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Together we can ensure that the next age is an age of Love, Light and “Kingdom of Heaven on Earth” as our legacy for our Children.

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Many people in the world today seem obsessed with their own physical bodies, as witnessed by the rise in “health clubs”, “gym's” and other places where people go to “workout”, often in the hope of achieving a body that people will admire, as well of course as for simply “keeping fit”.

However, physical actions of this nature are all part of the “human paradox”. Such physical actions not only include “working” for “money” but also “physical workouts” for perceived benefits of the body. I write about this extensively in a chapter in my book entitled “The Human Paradox”:

It has been proven that many types of physical “exercise” are potentially damaging to the body, particularly if performed obsessively and for all the wrong reasons.

As we have said time and again, and must keep on saying - there is only one Principle that governs everything in the Universe, without exception, including our physical body - Mind.

Every manifestation of the physical body, every “disease”, every unhealthy condition without exception and even “ageing” is due to one Principle cause - Mind. It follows therefore that the source of perfect health, a perfect body and control of “age” is Mind, specifically the Subconscious Mind, not physical exertion.

Our Subconscious Mind has complete dominion over our physical body in every possible way. The Subconscious Mind for example maintains every bodily function

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including heartbeat and therefore blood circulation, digestion, body temperature and every other life-sustaining function of the body, all of which it does automatically without any physical or conscious effort from ourselves.

Our Subconscious Mind also accepts our instructions in the form of Thought Forms, regardless of whether they will have a “positive” or “negative” impact on the body. If we think “ill thoughts” we become ill. If we think about “ageing” or “getting old” we do so - and so on. As science and medicine has proven, our body is being constantly rebuilt - some parts taking days, others weeks, but after a few years we have a totally new body in every respect. All we need to do therefore is to fashion our body in accordance with our desires and therefore with our thoughts. People only “grow old” because society assures them that it is inevitable, even going as far as to describe the aging process model for people to follow, fully supported by the countless vanity products on offer for people with “aging issues” which simply reinforce these false ideas.

We can demonstrate the power of the Subconscious Mind over the body in many ways, not the least of which are the numerous “miracle healings” that have taken place and continue to take place over the centuries, not the least of which are the healing of conditions that doctors consider “incurable” or “terminal”, but then consider a “miracle” when they are healed by the Mind of the patient.

A more obvious example of gaining an ability, and one which most people are familiar with, is learning to swim.

When a person decides to learn to swim, they do so from the belief that they cannot swim already, and therefore when they get into the water, and for example turn over and

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lie on their back they will immediately “sink” and inevitably drown unless someone “rescues” them.

In fact sinking in the water is due only to the belief of the person that they will sink, or at least the belief that they cannot yet swim, a belief that is firmly implanted in the Mind of the person, and one in which they have complete Faith.

As that person “learns to swim” they gradually gain Faith in their own abilities to stay afloat and propel themselves through the water, and begin to believe that they can swim, until finally they become a proficient swimmer.

Now if that same person lies flat on their back in the water they will float rather than sinking.

So what therefore has changed?

The water has not changed - it is exactly the same water as before the person learned to swim.

The body of the person has not changed - it is exactly the same body that could not swim and would sink in the water a few months previously.

The only thing that has changed in fact is the Mind of the person. Before they learned how to swim they believed they would sink. After learning to swim they believed, with absolute Faith, they would float, and this accordingly became their reality. Mind had total dominion over sinking or floating - it was a conscious decision impressed upon the Subconscious Mind.

Likewise if you place a very young baby, one that has not yet been indoctrinated into the ways of society and ways of

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the physical world, into a swimming pool for the first time, they will likely float and probably even swim. The reason is no one has yet told the baby that they will “sink”, in fact a baby has no concept of “sinking” and therefore the Subconscious Mind of the baby, always acting in a “life-ward” direction, will automatically float.

The same applies to a child learning to ride a bike. We see children falling from their bike time and again when learning, and nothing seems to enable them to maintain their balance resulting in the child becoming frustrated and believing they will never ride their bike. Then all of a sudden a friend of the child rides confidently by on their nice shiny new bike, at which point the child who was learning mounts their bike and sets off with ease without falling.

In this case the child observes that riding, balancing and remaining on the bike is normal, but falling from the bike is abnormal, impressing same on their Subconscious Mind, which then duly obliges.

There are numerous other such examples.

In the movie and book *The Secret*, one of the participants is involved in training astronauts and athletes. In one experiment he connected a series of athletes to advanced bio-feedback equipment and asked them to run their race in their Mind as if they were running it on the track. He observed that the muscles of the athletes and other bodily functions worked in an identical way, as if they were actually running the physical race - the Subconscious Mind simply does not know the difference.

When people go to the Gym or health clubs and “work out”, and gradually gain a muscular physique, feel healthier

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etc. it is not the actual physical exercise that is bringing it the changes, it is rather the expectation of these results being impressed upon the Subconscious Mind, which in turn brings the expected result. People exercise their bodies expecting them to become “stronger”, and this expectation alone assures that they do indeed become stronger.

The fact is the Subconscious Mind is infinitely capable of bringing about any change in the physical body whatsoever, including a muscular, healthy physique, without ever visiting a gym or using any physical equipment or other exercise or workout processes. The gym, exercise equipment etc., are all “props” for impressing the Subconscious Mind with the desired result.

The same applies to excellence in any sport or activity. All we need to do is to know excellence already, as if it is a fact at the time, and so it will be. This might sound easier said than done, but the truth is the biggest barrier to overcome is actually believing that this is possible after years of believing that anything can only be achieved through physical effort.

It is also a little known fact that many leading sports people, the medal winners and champions, use visualisation and affirmation just before they start an activity, affirming to themselves and imagining that the race is already won, visualising the end result with themselves as the winner.

Achieving excellence in any sport or achieving the perfect body never means engaging in any sort of long-term physical training - it can all be achieved by the Principle of Mind. That said it is often helpful to do some exercises and practice to develop techniques, but most importantly to learn the concepts that need to be impressed upon the Subconscious Mind which will then manifest them in to

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experiential reality. And of course many sports, tennis for example, require equipment such as a racquet. But this equipment, as in the practice of Telekinesis, should become a part of our body, and not something separate to it.

All success and excellence therefore begins and ends in the Mind.

I will finish this week with a most appropriate poem I discovered recently, the author of which is unknown:

“If you think you are beaten, you are -
If you think you dare not, you don't -
If you'd like to win, but you think you can't,
It's almost a cinch you won't -
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will
It's all in the state of Mind.

“Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will -
It's all in the state of Mind.

“If you think you are outclassed, you are -
You've got to think high to rise -
You've got to be sure of yourself before
You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man -
But sooner or later, the man who wins
Is the fellow who thinks he can.”

2 September 2007

The true meaning of Faith

Many people, especially having watched “The Secret” are now consciously using The Law of Attraction in the hope of attracting wishes, needs and desires, but are not enjoying the success hoped for.

There are many possible reasons for this, but from the messages I have received it is apparent to me that the main reason is one that is not mentioned anywhere in The Secret - Faith, together with its closely related Energy - Belief.

From the outset we must be absolutely clear that “Faith” and “Belief” are not the “blind Faith” or belief as for example in the religious context of “Faith” and “belief” according to a set of religious doctrines, but rather Faith and Belief in our own true Divine connection with God, and of the powers that brings.

The word “Faith” translated from the word in Ancient Greek, from which the Bible was translated from the word “pistis” – which meanings include “conviction” or “assurance”. Pistis in turn is a derivation of the Ancient Greek word “peitho” which means “to wax confident”.

As channels of expression of The Source, The Prime Creator, God, we share the same unrestricted powers of creation - all we need to do as humans is to realise those powers with “conviction” and “confidence” and the complete assurance of our true Divine nature.

The opposite of Faith is “doubt” and it is with doubt, at some level of consciousness that people perform a Law of Attraction exercise, and wonder why they are not successful.

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Doubt is a very powerful, but negative emotion that effectively blocks and retards the creative process, opposing Faith.

On the other hand “Faith” is the Energy, the power behind attracting everything we ask for effortlessly - and make no mistake - God intended us to be effortless channels of creation as a part of God, Who in turn realises resultant experience and thereby expansion.

Jesus made this point time and again:

“And the apostles said unto the Lord, Increase our Faith. And the Lord said, If ye had Faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea - and it should obey you”. -- Luke 17:5-6

And:

“And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have Faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you”. -- Matthew 17:20

And throughout the Bible you will find similar references to Faith and Belief.

The “secret” to attracting anything we need, wish for or desire is therefore very simple and extremely powerful:

Know, beyond all doubt, with complete conviction, confidence and assurance that you are an integral, Divine aspect and channel of expression of The Source, God, and with all of the same creative powers, and that God will

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provide absolutely anything, without limitation by virtue of your own freewill given by God. Imagine and Believe, beyond all doubt and with complete conviction, confidence and assurance that you already have that which you desire, and with absolute Faith in your God-given powers supported by Gratitude, and it will be yours - every time.

The more we can realise God within, and thereby our own unlimited powers of creation, with perfect Faith that everything we ask for with our thoughts and imagination is unconditionally given, the more powerful we become as co-creators in and of the Universe.

Always keep in Mind that what might seem large to you, like the new home of your dreams, is absolutely minimal to the Creator of the glorious Universe with its trillions of diverse Suns and planets, all of which were “imaged” into Being by God.

But at the same time always remember - our true abundance is not in our material things without, but our treasures within:

“Fear not, little flock - for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms – provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also”. -- Luke 12:32-34

By “bags which wax not old” Jesus is stating the powerful truth that the true treasure, the treasure that is eternal, is within. So we should not seek ephemeral material possessions without, but rather the Kingdom of Heaven within. So before seeking to manifest anything into your

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physical experience, we should always look within and never without with Perfect Faith.

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The Parable of Service

In order to learn the lessons on Earth and to thereby Spiritually progress there are several fundamental lessons to be learned. These include, but are by no means limited to:

1. Subjugation of the Ego
2. Unconditional Love for all Life
3. Service to others before Service to Self

The importance of Service to Others is also emphasised in the Bible, and is the subject of a parable:

“And the apostles said unto the Lord, Increase our Faith. And the Lord said, If ye had Faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea - and it should obey you. But which of you, having a servant plowing or feeding cattle, will say unto him by and by, when he is come from the field, Go and sit down to eat? And will not rather say unto him, Make ready wherewith I may sup, and gird thyself, and serve me, till I have eaten and drunken – and afterward thou shalt eat and drink? Doth he thank that servant because he did the things that were commanded him? I trow not. So likewise ye, when ye shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do”. -- Luke 17:5-10

In this parable the “servant” usually works in the fields for his “keep”, in other words food, drink, shelter etc.. But on

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this occasion his “master” asked him to do extra work in the fields.

Upon his return was given only his usual meal before he was allowed to relax. Seeing this he considered himself to be an “unprofitable servant”.

One of the very biggest reasons for the degradation of “society” over the last two or three thousand years is increasing selfishness, where everyone is “looking out for themselves” at the expense of others - at no time in history is that more true than it is today with people generally fulfilling their own requirements before those of others.

This is happening at all levels of society from the individual to powerful governments. For example, The US government has spent hundreds of billions of dollars, which will become trillions of dollars in their invasion of Iraq, justified by their contrived “war on terror” as discussed in the last newsletter, when the real reason is selfish - control of the oil reserves in Iraq due to dwindling oil reserves in mainland USA, as well as a power base in the Middle East generally.

Likewise trillions of dollars are spent on the so called “space program” which can never accomplish anything of value because our true destination is the Universe within, which is 99.99% of the real Universe - not the material skin of the material Universe.

In the meantime millions of people around the world are dying of starvation and disease, and tens of thousands of families in the USA are losing their homes due to the greed of the “financial markets” in pressuring vulnerable people to take “sub-prime mortgages” at “teaser rates”.

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On a more individual level, many people put themselves before others in a constant quest for money and material possessions, often far exceeding anything they could possibly need, or indeed use in this physical lifetime.

As I said in the previous section - our true treasure, the “Kingdom of Heaven” is within, and this will be one of the greatest realisations as we continue to experience the transition of the ages.

You will also note that this parable starts with the lesson about Faith as discussed in the previous section, and for good reason.

In its entirety, this parable therefore not only describes the importance of “Faith”, but in the importance of Service in the context of refining Faith. If we are to increase our level of Faith to that of Jesus, to the point where “miracles” can be performed, then we must accordingly increase and refine our Faith.

We must keep in Mind at this point that the reason Jesus was the most powerful person to have ever walked on Earth was because he was totally “God Realised” and everything he accomplished was in Perfect Faith. Jesus knew that he was a channel of expression of God, and did all his work in that knowledge with “Perfect Love and Perfect Faith”.

This is what separated Jesus from everyone else at that time, and for the most part ever since. We are all Sons and Daughters of God, no more and no less than Jesus, but Jesus was completely “God-realised” and this must be the objective of everyone - and an objective that a Higher Self incarnation of each and every one of us will realise sooner or later. The sooner the better of course.

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So increasing Faith is not a part time, “9 to 5” thing, it is an ongoing process of purification and miracle working perfection where service to others and service to the Universe, to God is of central importance - thus is the meaning of this parable.

If in providing selfless service to others, even if it means doing more than you expected without “pay”, if you feel cheated, taken advantage of or “ripped off”, and therefore felt your service was “unprofitable”, you can never begin to realise the Faith that arises out of service - the Faith of Jesus and the Faith to perform “miracles” in our lives. This is why Jesus links service to Faith.

How can anyone feel truly cheated when we have been given the ultimate gift of Eternal Life - ask yourself how much service this is that truly worth?

And we must always keep in Mind that we are all One - so when we provide service to others we are providing service to the Whole of which each of us is an integral aspect, and thereby we help ourselves. Separation is an illusion perpetuated only by the five physical senses - there is no separation.

The Ancient Greek word for “serve” is “diakoneo” which literally means “to wait upon” and as we will remember from the previous section the word “Faith” has been translated from the word in Ancient Greek, - “pistis” - which meanings include “conviction” or “assurance”. Pistis is a derivation of the Ancient Greek word “peitho” which means “to wax confident”.

So the meaning of this parable is clear:

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Develop the Mindset of Service to Other before Service to Self and it will help in developing the Faith to work Miracles.

9 September 2007 – The Power of non-thought and non-action

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The power of non-action and non-thought

I often receive messages from people telling me what “actions” they have taken to “try” to achieve their objectives, or what they need to “do” to realise some objective.

The first thing I would like to mention is that “try” does not exist - we either “do” or “do not do” something - “try” will almost always guarantee failure because your Mindset is not one of Success.

That said - should you be “doing” anything at all in order to achieve your objectives?

The answer is it depends on the motivation behind it. “Doing” something with the objective of “pushing the physical world around” hoping to achieve “something” will often result in failure.

However - inspired action, in other words right action in response to inspiration, intuition, or “gut feelings” from the Solar Plexus is always something we should do without hesitation.

The apparent paradox is non-action leads to “correct action” or the direct realisation of whatever you truly need as opposed to what you “think you need”.

This important truth is taught extensively by the ancient knowledge of the ages and even many religions:

“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink - nor yet for your body, what ye shall put on. Is not the life more than food,

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and the body than raiment? Look at the birds. They don't plant, harvest, or gather the harvest into barns. Yet, your heavenly Father feeds them.

Aren't you worth more than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow - they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

“Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little Faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness - and all these things shall be added unto you”. -- Matthew 6:25-33

These teachings by the Master are incredibly powerful if only they are interpreted correctly.

What Jesus is saying quite simply is that only by “non-action” and “non thought” can “all these things be added unto you”.

Of course that does not mean we must not “think” in absolute terms, but only that we should not “think” about “how” to achieve our objections - all action should be inspired action.

I will analyse this passage and discuss this important subject in a future newsletter, but I will conclude with this:

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“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”. -- Lao-Tsu

Which confirms the words of Jesus when he rhetorically asks:

“Which of you by taking thought can add one cubit unto his stature?

The Principle of Supply can once again be summarised by the words of Jesus when he says:

“But seek ye first the kingdom of God, and his righteousness – and all these things shall be added unto you”.

What this truly means is to realise God within, thereby becoming a more open channel of expression for God, The Source, and everything you need on Earth, just as with the animals, birds and plants will be provided in abundance.

Otherwise all “ye of little Faith” will continue to struggle by “thinking” and “doing” in the hope of achieving something.

I often receive messages from people in desperate need of help when it seems to them their whole life has crashed around them, and wanting to know how to use The Law of Attraction to fix things.

While The Law of Attraction can be used, it will not work effectively with people in such an emotional and negative thinking state. So my advice initially is to do nothing and “try” nothing.

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Completely submit to the Universe, God, our Prime Creator, and with total sincerity ask or pray that you may be shown the way forward.

I assure you the way forward will always be revealed - all anyone has to do is allow it.

9 September 2007
The truth about ageing and health

Of all of the “fears” of humans, the three that must rank at or near the top are “death”, “ageing” and “health”.

We have discussed the change known as “death” many time before, and doubtless will do so again, so we will not discuss this in depth now.

But what of those perpetual fears of “ageing” and “ill health”?

The truth is that people only “age” because they “think” they must “age”, and people only become unhealthy due to “unhealthy thoughts”.

As I have said time and again and will continue to say - there is only one fundamental Principle in this entire Universe - Mind, which, in our physical human form we experience in three spheres of activity - Conscious, Subconscious and Universal.

People are programmed from a very young age that as they must grow “old”, teeth fall out, hair falls out in the case of men, and becomes grey in colour, skin wrinkles, and then as they “retire” from “work” after 45 or 50 years of “labour”, they must be put out to pasture, become “senile” and live out their days as a burden to family and society until the welcome release of “death” finally puts them out of their “misery”.

This makes humans little more than beasts of burden, “working” only for food, shelter and clothes that they must work more, while tolerating the effects of “age” and “ill health” that often arises from this way of “living”.

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The truth is that God, The Source, The First Cause has no concept of “death” and “decay” - only “Life” and “Growth” as well as infinite abundance - all for the asking and realisation.

All “death” and “decay” as well as “un-health” that are experienced, have all been impressed upon and brought in to reality by the Subconscious Mind.

Consider this fact which is widely accepted by science:

Our human body is totally and completely rebuilt every few years - every single cell is replaced. Every few years therefore we have a brand new body. Some parts are replaced continuously, some may take days or weeks, others years, but after a few years our body is not the one we lived in a few years previously.

So how then do people retain diseases for years and grow “old”.

The reason is very simple - because the same unhealthy thoughts and focus on the same ailment have been impressed upon the Subconscious Mind since the disease first manifested, and the Subconscious Mind is simply Faithfully reproducing that model as part of the “blueprint” the Subconscious Mind is using to build and maintain the body.

If someone experiences “cancer” for example, which might have originated from stress or other Energetic influence, they think about their “disease” constantly, go to the “doctors”, undergo “chemotherapy” etc. if necessary - all actions that reinforce the reality of the cancer upon the Subconscious Mind of the afflicted person. So when the part of the body with the cancer is rebuilt by the

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Subconscious Mind as part of its ongoing task, using the blueprint the person has provided, the Subconscious Mind Faithfully builds back the cancer that the person continues to “believe” they have in to their body, and thus their disease become self-perpetuating.

The only difference between “age” and “eternal youth” is that the latter always knows that they are part of God and looks forward to something better, while the former believes that they are under the “control” of external forces and dwells upon their “lost” youth while waiting for “age” to take its toll. In both cases these expectations are impressed upon the Subconscious Mind, and Faithfully brought to pass, in accordance with the Thought Forms impressed upon the Subconscious Mind which it uses as its blueprint.

One of the most feared of all diseases is “cancer” but yet this is also one of the easiest to heal. God “imaged” each and every one of us in God's own image. God knows only perfection, so when God imaged us the image of us was perfect. So all we have to do in order to heal ourselves of absolute ANY disease is to realise that perfection, in other words to impress upon our Subconscious Mind to rebuild our body during the natural renewal process in that same perfection. We do this by consciously creating new Thought Forms which the Subconscious Mind will then use as its new blueprint.

In the case of cancer - if we impress our perfection in the image of God upon our Subconscious Mind, the Subconscious Mind will cut-off the blood, nerves and other processes that “feed the cancer” and the cancer will wither and die - it must - by Principle and the doctors will talk of “miracles”.

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Almost any cancer can be removed from the body in weeks or months at the very most, because just as the cancer tissue developed very quickly it can likewise wither and die very quickly, especially as cancer tissue is relatively soft and relies on a constant supply of nutrients from the blood and other processes to perpetuate.

There have been numerous cases in the past of people being born with crippling deformities or other “disabilities” due to pre-natal “damage”, for example due to the mother smoking tobacco, or drinking alcohol”, or during the process of birth, but have grown up to be “perfect” humans in every way, simply because they refused to accept their lack of perfection, and imagined themselves only to be made in the perfect in the image of God.

Many well known people were weak, incapable or anaemic as children, Roosevelt for example, and yet grew up to be great men and women.

If you go to the doctors with an ailment to get some “medicine”, you are saying to your Subconscious Mind - “you take a rest – I have more Faith in this concoction of chemicals to do the work”.

And the Subconscious Mind will duly oblige. And further - the more you trust doctors and “medicines, the more the Subconscious Mind will effectively say “fine - you get on with it then”.

Consider then the Wisdom of Solomon:

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“Seek not death in the error of your life: and pull not upon yourselves destruction with the works of your hands. For God made not death: neither hath he pleasure in the destruction of the living For he created all things, that they might have their being: and the generations of the world were healthful - and there is no poison of destruction in them, nor the kingdom of death upon the earth: (For righteousness is immortal:) But ungodly men with their works and words called it to them: for when they thought to have it their friend, they consumed to nought, and made a covenant with it, because they are worthy to take part with it”. -- Book of Solomon 1:12-16

Here Solomon is saying that God did not create “death” or derives pleasure from the destruction of the living - humans do all that for themselves by the freewill and powers of creation conferred upon us by our Prime Creator.

But “ungodly men” and of course women, failing to realise the perfection of God within, have wrought disease, decay and death upon themselves.

So if you want to know the true secret of maintaining perfect age and health here it is:

“So God created man in his own image, in the image of God created he him - male and female created he them”.

-- Genesis 1:27

All any of us have to do therefore is to maintain that perfect image that God holds for each and every one of us in order to remain perpetually healthy, and of an ideal “appearance”, always keeping in Mind that “time” does not exist and therefore “age” does not exist.

What does this mean in practical terms?

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Just before sleep each night, take time to realise God within. Feel the Energy and Unconditional Love of God flowing through you and know that you are a Divine channel through which God expresses and experiences.

Maintain that feeling and knowing of God-Energy flowing through you for a few minutes, and know that as a co-creator of the Universe, you have unlimited powers of creation and feel the gratitude.

Next use every power of your imagination to “see” yourself in the most perfect radiant health. Visualise yourself in glowing health, and see and hear people commenting on how well you look, how radiant you seem and how much Energy you have - and know it to be so.

Now feel how glowing with health you are. Feel the health radiating through you and around you, knowing, beyond any doubt that your body is perfect in every way, just as God “imaged” after God's own perfection.

As you drift off to sleep, hold this image in your Mind.

During the day, never allow an unhealthy thought to enter your Mind. never think of the inevitability of “ageing”.

If you do look in the mirror, only see an image of perfection reflected back at you.

If you see unhealthy people around you, people who are coughing or sneezing, or complaining about their health, simply reinforce the truth of your own perfection in your Mind in the joyous knowledge that it is true Now.

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Act, healthy, think, health and Be healthy and you will be healthy.

If you see “anti-ageing” products on TV, or in stores etc., know that it is a part of another cabal designed to appeal the Ego, vanity, and fears about your appearance as you “age”, and know, beyond doubt that you can be as young and healthy as your Think you Are.

Remember the Wisdom of Solomon:

“God made not death: neither hath he pleasure in the destruction of the living For he created all things, that they might have their being: and the generations of the world were healthful”

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16 September 2007 The Lords Prayer Part 1

I would like to thank every one for the wonderful messages I receive following my interpretations of the true meanings of the Bible over the last few months within this newsletter, as well as the bible passages I include from time to time.

Many people have found these interpretations liberating them from the shackles of the religion they have been programmed to “believe in” from a very young age. It is one of my most passionate hopes that this will continue to be the case.

Currently religion controls the Minds and lives of billions of people, sing the powerful emotions of fear and guilt to do so, often in the cruellest of ways, the most cruel of which is the refusal of a “ticket to Heaven” lest the “follower” abides by a set of theological rules, rules arising both out of a total and complete lack of understanding of the true meaning of the bible, coupled with a desire to gain control and power over people.

We need not dwell on the damage the church, and in particular one large section of the church has wrought, and continues to wreak over the centuries and over the lives and Mind of people, and in particular true Spiritual progress, it is increasingly speaking for itself.

In this newsletter however we are not concerned with the past, we are only concerned with the Now.

Other people have asked me, in all sincerity, as a result of my inclusion of bible passages in my newsletters “am I religious?” or even “what religion or belief system, do I follow?”.

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I renounced all religion and “systems of belief” at the age of 8 years, when I was inspired to know, in no uncertain terms, that “religion” was not what it seemed, and is a path leading at best to nowhere, and at worst to misery. I also learned that the only truth is my own truth - that which I know to be true.

Further revelations followed, but suffice it to say my true path became known to me, which I have been following it for the last 43 years, knowledge I have learned during which time I am now sharing with you, my dear newsletter subscribers and fellow aspects of God.

That said I would like to make the following absolutely clear:

1. God does exist - but not in the way depicted by religion. God is The Source, The First Cause of All that Is, and the Universal Mind in which we all live and move and have our Being.
2. The person known as “Jesus” did exist and still does exist within the inner spheres of life. He was and is one of the greatest human beings to have ever walked on Earth, and probably one of the “highest” if not the highest incarnation of Source Energy to have ever walked on Earth. Jesus is the “Son of God” to the same extent, no more and no less, than we are all, each and every individual the Children of God.
3. The collection of texts that came to be know as the “Bible” is the one of the greatest collection of texts ever written. There are many more such texts that do not appear in the Bible, due to the fact that the early church could not use them for power and

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control. The texts that did make it in to the Bible have been mistranslated, misinterpreted and abused beyond all recognition in the name of the church.

I have said it before and I will say it again - there is not one single word of theology to be found anywhere within the entire Bible - not one.

The texts that make up the Bible, together with the ones that have been omitted, are a book of Initiation, Spiritual Growth and Metaphysics, but written in such a way that only those who Jesus chose to teach his teachings, starting with the 12 “Apostles” and those who were sufficiently Spiritually evolved through the ongoing process of initiation would understand, the intention being that down through the ages this would include increasingly more people.

Jesus timed his visit to Earth so that by the end of this great age, that we are all now experiencing, everyone would be ready for the next stage of evolution of humanity. Of course the reality is very different as various factions, including the church, have led humans in the opposite direction.

There is however still time, and I intend to make the most of it here in these newsletters for a start.

But first a word to the wise. The words I write I know to be true beyond any question of a doubt in my own Mind and my own real experiences.

I must advise you however that you should only accept my words if they feel true to you. Everyone recognises the truth for what it really is through the intuition that we are all blessed with though The Source, Higher Self, and

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conscious Mind through our Subconscious Mind. If you do not recognise this as your truth, then you must disregard it and find your own truth based upon the same principles. Always allow your inner intuition to be your Guide.

In previous newsletters we have started to look at the true meanings of the parables of Jesus in the context of reality, metaphysics and Spiritual growth.

This week, to put into perspective our true relationship with God, and our true purpose, we will start to look at a Bible passage that almost everyone can recite from memory having learned it at school - The Lords Prayer.

Today we will look at the deeper meaning of the first two words:

Our Father.....

These first two words alone dispel the position of the church that Jesus alone was the “son of God”.

“**Our Father**” teaches once and for all that God is the “Father” of every single one of us, and we are all therefore the equal Children of God. I would like to add that God is neither male or female. God is pure Energy, far beyond the human concept of gender, vibrating at the highest frequency of all - Unconditional Love - for All of us.

This position of God as our parent also totally dispels all propaganda put forward by the church that God is vengeful, jealous or tyrannical in any way. It proves, beyond all doubt, that God, as “Our Father” and Unconditionally Loving parent, never, ever punishes his children by sending them to “hell” or inflicts any other nasty punishment simply for failing to “believe in him” or conforming to a set

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of arbitrary doctrines contrived by others for their own purposes, or for failing to accept “Jesus as our saviour”.

God is rather the epitome of Unconditional Love to All God's Children, through Which God experiences, expresses and thereby expands in a true parent and child relationship.

Many people believe that we teach our Children, but the truth is the greatest teachers any adult can cherish on Earth are our own children. The relationship between ourselves and our children as with God and his children is symbiotic - we teach each other.

God is at once omnipotent, omniscient and omnipresent. God flows through us, around us, and Is us and we God.

God loves us All Unconditionally:

“If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?”

-- Matthew 7:11

And God provides for all of us Unconditionally - providing we open up to God in the truest sense, and not through the lip service of mechanical prayer, “worship” and “praise”, because God has no Ego that requires flattery, and neither is God jealous or feels that everyone should “respect” God, and certainly does not enforce these things in any way - these are all feeble Earthly human concepts.

Now - having established that our relationship with God is that of parent and child, we can see the immensity of that responsibility, and the true potential we all have. As a child of God it is our destiny, just as with our own children, to learn, experience and grow, and just as a child starts at

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learning at kindergarten, so likewise Earth is our kindergarten.

God has provided us with all the toys we could possible need by way of material things, and a beautiful home in the planet Earth, notwithstanding the way the Earth home has been treated badly, and, as with any loving parent, the child will receive all the toys he or she needs in order to learn the lessons required to interact with the physical world and to learn and grow. Earth is our playground, and there are no toys we cannot have for the asking.

And finally “Our Father” proves, once and for all, the Mayan greeting:

In Lak'ech - *“I am another yourself”*

This is one of the greatest truths of all. We are all One.

There are no “men”, “women”, “children”, “Indians”, “Africans”, “Chinese” or even “murderers” or “terrorists” - these are all human perceptions through the mediation of the five physical senses and the Ego, coupled with a lack of perspective on of our greater and ultimate reality. We are all, every single one of us, regardless of age, race and attitudes, the Children of God.

Some children may be “naughty” and endeavour to control others, blow things up, treat others badly, just as a child will do with their toys, and, like the child, they will be “corrected” through immutable Universal Principles which are perfect in their operation. It is not for humans to decide who is “good” or “bad” - notwithstanding the fact it is virtually impossible for most due to a lack of perception of anything beyond the temporal picture.

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There is no “gender” or “race” or “good people” or “bad people” - these are all perceptions of people through the mediation of the five physical senses in the temporal realms of the space-time continuum of the physical Universe of which Earth is a part.

There is only God “Our Father” and “His” Children.

In future newsletters we will be discussing the next lines of The Lords Prayer, as well as the Parables an other important parts of the Bible and their true Initiatory meanings.

16 September 2007 – Mind over health, healing and ageing

23 September 2007

Mind over health, healing and ageing

I receive countless messages from people asking for help in all manner of healing and health issues, and of course I do my very best to provide that help as far as I possibly can.

We have already discussed Telekinesis - or “Mind over matter” – but the same Principles apply to all things including, but not limited to Mind over Health, Mind over Healing and Mind over ageing. In other words Mind is Principle over our entire experience, and because we are One, Mind can also influence the experience of “others”, or more specifically - others aspects of Self.

There is one underlying factor, which, when fully understood, will greatly assist in all things related to healing and health including the illusion of “ageing” - everything we experience as our body, as with everything we perceive as being “external” to our body, is a direct result of our thoughts, intentions, expectations feelings, including emotions, and observations - without exception.

Many people find it difficult to accept the truth that they are the cause and therefore product of their own health, weight, mental state etc. - but once realised and accepted it is extremely empowering on many levels

No longer is it necessary to accept poor health, “catching diseases” from others, or a “body” that you are unhappy with – we all have absolute control over All of these aspects of Self.

Take “weight” for example - one of the factors that most people are conscious of - body weight is not directly a function of what, or how much we eat, but how we think of

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ourselves. Most people associate, at some level, eating “fast food” for example, with “putting on weight”, therefore every time they go to a fast food outlet they “put on weight” - it must happen - by Mind Principle - because they believe and have Faith in that process.

This is why some people can eat as much as they desire without ever “putting on any weight” at all - they simply do not expect to.

That said - if we eat the wrong things - for example animal and dairy products which are proven to be toxic or detrimental to the human system - because the human body was never designed for this type of food - and we have an indifferent Mindset towards our nutrition - then these will have a seriously negatively impact on health, simply because the body reacts in a natural way towards these unnatural foods. However, as our Mind always has absolute dominion over our body, we can eat anything without it affecting us in any way - not that I am suggesting anyone does this - I am simply illustrating the Principle.

The Old Testament, the story of creation and of Humans confirms the foods God provided for us:

God said, *“Behold, I have given you every herb yielding seed, which is on the surface of all the earth, and every tree, which bears fruit yielding seed. It will be your food”*.

-- Genesis 1.29:

“But flesh with its life, its blood, you shall not eat”.

--Genesis 9.4

As well as the moral considerations of diet:

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“The greatness of a nation and its moral progress can be measured by the way in which its animals are treated”.

-- Mahatma Gandhi

“Whoever is kind to the lesser creatures is kind to himself”.

-- Prophet Mohamed

“There is not an animal on the earth, nor a flying creature flying on two wings, but they are peoples like unto you”.

-- Koran, Surah 6, verse 38

People can drink a “fatal” poison or be bitten by a poisonous insect, snake, spider etc. and experience neither “death” or ill effect at all, depending on what they believe will happen.

Plain and simple - our physical body is an aspect of our physical experience, and therefore, as with our external experience, our thoughts always shape our body in every way.

When you get a “stomach ache” for example, your stomach has no intelligence which causes it to decide to ache - it is simply reacting to a bad food combination. Rather than accepting the discomfort, simply remind your stomach that it has no right to behave in that way, and then instruct your Subconscious Mind” to deal with it - which it will.

The same Principle applies to “ageing”. As discussed in a recent newsletter, people only appear to “age” because they are taught from birth that as we get “older” changes take place to our body such as teeth decaying or falling out, hair falling out and turning grey, skin wrinkling, and all the other outward manifestations of what people know as “ageing”.

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The process of “ageing” is very much reinforced by the “vanity industry” who, through TV adverts, bombard people with a relentless series of products to mask or even prevent the effects of “ageing”, often using impressive sounding chemical compound names, thus reinforcing the thought of ageing and vanity itself, and therefore becoming self-fulfilling.

If you go to the doctor and start taking “medicines”, you are saying to your Subconscious Mind “I have a disease”. Taking that medicine is the same as repeating the affirmation “I have a disease”, and the physical action of taking that medicine reinforces the presence of that disease.

This is the true mystical meaning of the “Eucharist” as opposed to the theological concept of it as practiced by the Christian religions. The mystical or Magical meaning of the Eucharist is specifically the reinforcement of a Principle on the Subconscious Mind through the action of eating or drinking.

As also discussed in a recent newsletter - it is a scientifically accepted fact that the body of every single one of us, without exception, is completely rebuilt every few years - some parts taking just a matter of hours, some days, some months, but after a few years we have a brand new body.

So why do people age or suffer long-term diseases? Quite simply because the Subconscious Mind is building our body in absolute accordance with the blueprint we provide with our thoughts.

If you think you will “age” and suffer from a life-long ailment, then that will be your experience, every time, by

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the one fundamental Principle in and of the Universe - Mind.

Likewise with “body building” or “training at the gym”. Anyone can attain the perfect body shape and other attributes without even leaving the house, or using any equipment, and probably better results as well. The only “workout” anyone needs is of the Mind, because Mind is Principle and has dominion over the Body. Attending gym etc. does not “build the body” in and of itself - it is the expectation that it will that is the Cause behind the Effect - i.e. Mind.

So - we have absolute control over our body at every level. Specifically - our Subconscious Mind, over which our conscious Mind has absolute control - has total dominion over our own body.

So what then are the Principle factors for maintaining perfect health and appearance?

1. Love thyself – unconditionally.
2. Realise the perfection in which we are made.
3. Know the power of the Mind for perfect health at all levels.

Let us look at these Principles more closely:

1. Love thyself: God, The Source, The First Cause from Whence we came in the beginning Loves every single one of us - Unconditionally - including those that many humans consider to be “evil”.

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So if our Creator Loves us Unconditionally, then we should Love ourselves Unconditionally. I do not mean that in a vain, or even narcissistic way, but rather to honour and reciprocate the Love God has for us - to honour God by realising that Unconditional Love within ourselves.

Unconditional Love is the highest vibration in the Universe, and the higher the vibration of Energy we associate with, and assimilate, the higher the effect upon our own body. Unconditional Love is the highest vibration we can honour our body with, and the vibration with the greatest healing power.

If you look in the mirror and dislike what you see, you are effectively disliking God, because you are the Son or Daughter of God in Whose perfect image you are made.

So every time you look in the mirror, regardless of what illusion your physical eyes convey - say to yourself - "I Love you!". And do this as often as you possibly can - you do not have to be looking in a mirror to do this - anywhere and any time is perfect to honour yourself and therefore God.

2. Realise the perfection in which we are made: The First Cause, The Source, Universal Mind knows only absolute perfection.

"So God created man in his own image, in the image of God created he him - male and female created he them" -- Genesis 1:27

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And God's own image is Perfection. So we were all made in the same perfection as God, and it is a sacred duty to express that perfection. God never sent us decay, disease or misery - these are all created by the Mind of humans - God only knows Perfect Life, Perfect Health and Perfect Love, of which we are all channels.

So all we need to do is to realise God within ourselves, as a channel of experience and expression of God, and to realise that perfect image Whence we were made.

If you have manifested a disease in your body with your Mind, rather than accept it, or turn to doctors and chemicals, apologise, and then affirm your Love for yourself and therefore of God. There is a powerful form of healing from the Kahuna's of Hawaii called “Ho'oponopono” who practice this.

So next time you feel less than perfect, apologise most sincerely for your wrongful thought and affirm your Love for yourself and therefore God, and keep doing so until you feel the highest vibration of our Creator flowing through you, knowing you have been restored to original perfect image in which God made you.

3. Know the power of the Mind for health at all levels: It is crucial to know, understand and practice the power of our Mind.

Our Subconscious Mind has total dominion over our body at all levels. It is the Subconscious Mind that maintains our vital functions, breathing, heart

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beat, blood flow, bodily defences and everything else at all levels. Likewise the Subconscious Mind responds to our every conscious thought.

Only think therefore healthy thoughts and of your most perfect appearance at all times and that will be your reality.

If you see someone sneezing or ill in any other way, do not think to yourself “now I will catch that cold or ‘flu”, rather think in terms of “I feel so healthy” and “thank you for my perfect health” - never be influenced by those around you.

That said you should not ignore those around you - especially if they are suffering. Because we are all One, you can feel their Love of themselves, and their perfect health, and thereby bring these things into their own reality, which is really a part of your reality.

If your Child or other Loved one or anyone for that matter has manifested an illness within their physical body, place yourself into a state of relaxation where you will not be disturbed, and then feel at one with them, knowing, beyond any doubt that they you are they and they you. Then say “I am sorry for my wrongful thinking” and then “I love You” while feeling that of them Love for yourself and the person being healed. Then visualise that person smiling joyfully, in perfect health knowing the truth of the words of Genesis: “in the image of God created he him - male and female created he them”, knowing that image is only one of absolute perfection.

This is the same Principle as Telekinesis.

The only way to influence “something else” is by knowing that you are part of it and therefore not really “something else” at all.

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Everything is Spirit, be it another person or an “object” and therefore the Principle is identical - in order to influence something or someone else, whether to move it or heal them, you must, beyond all doubt, the truth that they are really you. Once you know this truth, feel this truth, and assimilate this truth into your very Being, a whole range of abilities will open up to you, especially when supported by two of the most powerful emotions in the Universe - true “Faith” and true “Belief” in your own true identity as an inseparable aspect of God, and therefore of the infinite God-given powers of your Subconscious Mind, because –

“Neither shall they say, lo here! or, lo there! For, behold, the Kingdom of Heaven is within you”. -- Luke 17:21

“On that day, you will know that I am in my Father, and you in me, and I in you”. -- John 14:20

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**Stay healthy, abundant and happy this
winter - and always**

As we well and truly enter Autumn or Fall - depending on where you are in the World - people around you will inevitably start talking about “catching a cold or flu”, which soon enough becomes a reality, and can easily then become your reality. Many people will even be talking about getting a “flu jab” “just in case”.

The truth is - The Source, Our Creator, God, never decreed or created us with the intention of being subject to illness, decay, or imperfection in any way. We are made in the image of god, and the image of God knows only perfection, and well-being.

We do not therefore have to “catch” anything unless we desire to.

So as we approach the months that people associate in their Minds with diseases and lack of wellness, make the commitment in your Mind not to accept anything other than the most perfect of health.

Just before sleep at night, and just after waking in the morning, and at any time you have an opportunity to relax during the day, affirm to yourself how well you feel and how perfect your health is, and above all thank the Universe, God with a statement such as - “thank you God for my perfect health”.

If anyone around you starts to show signs of disease such as sneezing, coughing or feeling unwell, then immediately affirm to yourself how well you are, how perfect your

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health is, and affirm “thank you God for my perfect health”.

Know only perfection in all things, including health, and only perfection you will surely know, in accordance with the fundamental Universal Principle - Mind.

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5 steps to defeating depression and attain a state of perfect well-being

I receive messages from all too many people who believe they are suffering from “depression”, feelings of “hopelessness” or even “life is not worth living” often as a result of a perceived lack of something in their experience.

It is a powerful truth that such feelings, as with worry, fear, and feelings of lack for example will create a self-fulfilling vortex that can only ever result in more of the same, until alas sometimes a person will reach the stage where they feel that “life is not worth living anymore”, often with an unhappy ending.

It does not matter how your life “seems”, the important fact to grasp initially is that whatever we are experiencing now we have attracted to us by our thoughts - every single time - no exceptions.

It is absolutely crucial to accept responsibility for your perceived situation, and to never, under any circumstances, lay the blame on anyone else, or ascribe it to such superstitious notions as “chance”, “bad luck” or “misfortune”. From the moment we arrive and start our conscious thought processes, even as a baby, we are creating our own reality.

So the very first thing to do is to accept the responsibility that you are blessed with as a conscious, intelligent, perfect aspect of God and that you have created your situation through wrongful thinking. Here are the 5 steps to turning your situation around:

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Step 1: As part of this crucial first step, apologise to yourself by saying “I am sorry”. It is extremely important not to state what you are sorry for, because that will attract more of the same, rather simply, time and again, say “I am sorry”.

Continue to do this until you actually feel sorry, and have thereby accepted the fact that you have indeed created your reality with your thoughts.

Step 2: The next step in turning your life around is to stop allowing negative thoughts.

Every time you sense a negative thought that is not consistent with your objectives entering your consciousness, immediately say “Cancel!, Cancel!, Cancel!...” and for as many times as is necessary until the thought dissipates. It is better to say “Cancel!” aloud, but saying “Cancel!, Cancel!, Cancel!” in your Mind is adequate.

Keep practicing this for as long as it takes to cancel all negative thoughts, or at least until you can cancel them instinctively.

Step 3: Next decide what you do want in life - this is extremely important. When you have decided write it down in the present tense in as much detail as possible, for example “I have a beautiful.....” and write down everything you desire and provide the date or year you wish to see this by, while making it believable. At the end of your letter to God say “thank you God for delivering this to me” or words to that effect. Then put your paper away somewhere and forget about it.

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Step 4: Next start focusing on your desire as if you have it now. Take time each day, just before and after sleep is an excellent time, to remain totally relaxed and play your desire in your Mind like a movie with you as the central point of focus - never from a “third party” perspective. At the end thank God and know that you have it Now - beyond any possible doubt. And then go about your daily routine. If ever a negative thought enters your Mind, say “Cancel!, Cancel”, “Cancel” immediately.

Step 5: Search the Internet or catalogues for pictures that represent your wishes and print them and cut them out if on paper.

Get a large sheet of cardboard and stick these pictures on your board, and then place a picture of yourself in the centre. Write under the pictures - “my new home”, “my new car”, “my exotic vacation” etc. and look at your board as often as possible – again particular just before or after sleep. This is called a “Vision Board”.

Never attempt to decide how your wishes will be delivered. Your own Subconscious Mind is infinitely powerful, and communicated directly with Universal Mind, and together can bring any experience into your experience.

Know, beyond all doubt, that The Source, of all Creation, the Universe in all its realms, including the physical Universes each with there multitudes of galaxies, suns and planets, many of which support life or every possible kind, all with incredible abundance, variety and perfection, has no issues in delivering your wishes, which are nothing by comparison because:

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“For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God - and all these things shall be added unto you. Fear not, little flock - for it is your Father's good pleasure to give you the kingdom”.

-- Luke 12:30-32

The Master is saying - do not look without for your needs. Realise God within, and know God is the Source of All that Is. Know that God knows that you have “needs” in your physical experience. So seek your needs within, and all those things “shall be added unto you” by the Pleasure of God, The Source of All that Is.

Never look to the ephemeral, transient illusion of the physical world to supply your needs. Have true “Faith” and “Belief” in your own Divine nature, and your intimate connectedness with The All.

And never confuse blind Faith, or an abstract belief of religion, with the true Faith and Belief as taught in the Bible. True Faith and true Belief are not theological, they are Spiritual.

During the day do high vibration things such as playing your favourite music, releasing your favourite fragrances, looking at happy photos etc, as well as your Vision Board” and feel Unconditional Love for everything - be happy and joyful.

Follow these 5 steps, and know, beyond all doubt, that whatever experience you have created for yourself will turn around completely, and you will know that there is nothing you cannot be, do or have. During the day do high vibration things such as playing your favourite music, releasing your favourite fragrances, looking at happy photos etc, as well as

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your Vision Board” and feel Unconditional Love for everything - be happy and joyful.

7 October 2007 – Responsibility for all things

7 October 2007 Responsibility for all things

Here where I live in the northern hemisphere, we may not have enjoyed the best of summers, but there is much more to life than the “weather”. To complain about the weather is to complain about the perfection of the Universe. By feeling and showing our gratitude for all creation, All of which is a Divine aspect of our Supreme Creator, only then are we completely in tune with the Universe and the Harmony that comes with it.

To complain about the weather, or indeed to reject any aspect of our lives, is not only illogical due to the fact we all create our own experience at every level, including the weather, but is also to reject the truth our relationship to God as parent and child.

We must therefore assume absolute responsibility for our entire experience at every level, and until we do that long-term progress cannot be made. Those who blame their “lot” on such superstitious notions as “luck”, “chance” or “fortune” will only find their experience changing by assuming responsibilities for their own thoughts, feelings and actions.

It is as illogical to complain about the weather as to complain to your right hand for dropping and breaking a cup. The actions of our right hand, is as much our responsibility as any other aspect of our external reality of which we are a part.

The “blame” for any event always begins and ends with ourselves - never with any “external” factor which in reality does not exist.

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Here I am enjoying a beautiful Autumn or Fall which I have brought into my experience, and for that I am truly grateful.

7 October 2007 – The Parable of Forgiveness

7 October 2007 The Parable of Forgiveness

I have received countless messages regarding my newsletters in which I discuss the deeper, esoteric teachings of the parables of the person known as Jesus.

As I mentioned some weeks ago we will continue to look at the parables and other words of the Master in their true context in future newsletters, so this week we will continue to do so with what I will call “The Parable of Forgiveness”.

“And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he saith, Master, say on. There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty. And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most? Simon answered and said, I suppose that he, to whom he forgave most. And he said unto him, Thou hast rightly judged”.

-- Luke 7:40-43

So what does this parable really mean?

The true and extremely important teaching of this parable is Unconditional Forgiveness and Humility, which is related to the meaning of the first part of this newsletter - Responsibility.

Because one debtor owed ten times as much as the other, by virtue of the creditor forgiving them both equally, he was loved the most by the debtor for which he forgave the most. Note - this is not the creditor apportioning Love relative to debt, the creditor's Love is Unconditional, but rather the debtor loving the creditor in relation to amount he showed his love by forgiving their debts.

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It is no coincidence that this parable is at the forefront of the sequence of parables as set out in the Bible. We already know that the Bible is in reality a book of Initiation first and foremost and therefore of Spiritual Growth, but also including many Metaphysical teachings to help the reader through life and the process of Spiritual evolution, and therefore fulfilling their true destiny on Earth.

In order to evolve Spiritually we must, first and foremost, work upon ourselves. The reason we, or more specifically our Higher Self elects to send many representatives to Earth, is because Earth, as with an infinite number of similar planets in the Universe, unlike the non-physical worlds such as the Astral, provides us with a an environment in which we will be faced with an infinite number of situations, the overcoming of which allows us to Spiritually evolve.

By interacting with a wide range of people of greatly differing characteristics, again which can only happen in the physical world, we are presented with a wide range of circumstances which “test” our character and the ability to overcome them - in this parable attitudes to money viz a viz Love. It does not require much observation to realise that one of the main issues, and downfalls of society today, is a love of money over a love of people and indeed life generally, including planet Earth.

I write extensively about these absolutely crucial Principles in my book, Our Ultimate Reality for these very same reasons. In order to truly progress in life, we must work upon ourselves within. In my book for example I discuss and provide extensive exercises including, but not limited to:

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1. Subjugation of the Ego
2. Elemental equilibrium - an aspect of Alchemy
3. Unconditional Love towards everyone and all things

In this parable Jesus is teaching the same, but in this case using money as an example. Even 2000 years ago it seems that people were still judging and being judged in terms of money.

Most single mystical traditions, such as Hermetics, as well as the non-orthodox religions such as Buddhism teach aspirants these crucially important prerequisites. And again I also dedicate many pages in my book to these same crucially fundamental subjects which form a cornerstone of Initiation and Spiritual evolution, without which no true progress can be made, and the cycle of reincarnation cannot be transcended.

Although this might seem far from easy when faced with the “trials and tribulations” of Earth, everything ultimately comes down to one fundamental truth:

We are One with All in Creation.

Once we realise and can assimilate this powerful truth, then everything else becomes simple.

What Jesus is fundamentally implying in this parable and introduction to Initiation is this: There is nothing to be gained whatsoever in continuing, either with his teachings and therefore the process of Initiation, unless you first Unconditionally Forgive everyone and everything regardless of the magnitude of any perceived wrong-doing. At the final analysis what we do unto others we do unto

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ourselves in the great Oneness of the Life and of the Universe.

Jesus teaches the importance of forgiveness time and again, including in the “Lord's Prayer”:

“And forgive us our debts, as we forgive our debtors”.

-- Matthew 6:12

“And forgive us our sins - for we also forgive every one that is indebted to us”. -- Luke 11:4

As I have said before and will say again and will continue to say - the texts that constitute what came to be called the “Bible” are not theology. There is not a single word of theology in the entire Bible. The Bible is in reality a book of Initiation, Spiritual Growth and Metaphysics, which, when understood in their true context, will reveal their true inner meanings.

This parable then not only introduces the parables of the further teachings, but is also a primary Principle of evolution, and a cornerstone upon which both progress and the other parables are constructed. Quite simply - Unconditional Forgiveness.

**14 October 2007 – The Bible – The myths and the
power**

**14 October 2007
The Bible - The myths and the power**

As longer term newsletter subscribers will know, I have been increasingly making use of the Bible to illustrate Principles of Metaphysics and Spiritual Growth.

When the inner meaning of the Bible is understood, as opposed to the theological interpretation of the Christian religion, then you will see its true power as a book of Initiation, especially in the case of the four Gospels.

I have received many messages asking me whether there are any religious implications behind my newsletters, in view of the fact that I often cite the Bible, and I always assure people that this is absolutely not the case in any way, shape or form.

The question then arises - how did these great teachings by the Nazarene Master, who came to be known as “Jesus” become the basis of an orthodox, dogmatic religion, that relies on indoctrination, fear and guilt to retain its adherents under their control?

To understand this apparent paradox we must first separate the Bible from Religion and take a closer look at what actually transpired starting 2000 and 1500 years or so ago.

There are accordingly two main events that we need to consider:

1. The arrival, teachings of and subsequent departure of a great Master and High Initiate, who arrived on Earth to teach humanity in readiness for the end of the age which we are now approaching.

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2. The decline of the Roman Empire which needed an alternative means of controlling the masses - this time through the emotional instruments of fear and guilt as opposed to by the instrument of the sword.

The person who became known as “Jesus” which was not his real name - “Jesus” being a Greek name whereas he was actually born to Jewish parents - arrived on Earth to teach humanity valuable lessons in Spirituality and Metaphysics to prepare as many people as possible for the end of the age which we are currently experiencing.

In next weeks newsletter we will look specifically at the biblical references to the end of the age.

Jesus knew that this would take many hundreds of years to propagate around the entire world, and therefore allowed 2000 years or so for this process to complete. His apparent strategy was to teach a group of people who became known as the “Apostles” or “Disciples” who would then become the teachers to continue his work after he left the Earth vibration. These teachers would then teach further teachers who are Spiritually ready, and they other teachers and those who would understand, down through the centuries until humanity was fully prepared for what is to come in the next few years as we experience the transition of the ages.

The basis of these teachings were recorded in four books which became known as the “Gospels” of Matthew, Mark, Luke and John which represented the true core of Jesus mission on Earth.

Very little is known about Jesus himself, except the few years that were recorded. The previous 30 years or so remain almost a complete mystery. It is likely however that Jesus spent most of those years with a highly Spiritual and

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Metaphysical group known as the “Essenes” who prepared the young Jesus for his forthcoming mission.

As it happened though, at this time the Roman Empire was beginning to crumble and, not wishing to lose its grip over the populous, needed another instrument of control, and quickly.

To accomplish this they needed a central figure to rally people around. Until then the Romans had mostly worshipped the pagan God Mithras. Mithras could not be used as the central “power” because he was so well known to the populous, and the Roman emperors could add nothing more to Mithras to make Mithras the centre of power. A new “power figure” was therefore required.

Of course the Romans were aware of Jesus and the considerable power he wielded over people, in the most positive possible way of course, and realised that this person would be a most convenient icon as a starting point for a new “religion” and power base, especially as at that time early Christianity was already taking a hold in the region. This early Christianity was probably the first and only true Christianity before the Romans perverted it.

And so over the next 300 years or so the Roman emperors looked at ways in which they could leverage Jesus and his teachings into a new Religion to exert control over the masses.

Clearly Jesus and a few books, the Gospels, were not sufficient in and of themselves, so they realised that they needed to embellish and package it in order to present to the populous as the official new Religion. This all happened around the time of the infamous Roman Emperor Constantine around 300CE - 300 years after Jesus.

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This then is why and when Constantine and his clergy and priests, including pagan priests contrived the concept of the Christian myth based around of the birth, life, ministry, death and resurrection of the figure known as Jesus.

It is important to note that this was a recurring pagan theme for their deities for at least 3000 years before Jesus, with at least sixteen such pagan deities having been subjected to this almost identical birth, life, ministry, death and resurrection process. Jesus was likely in fact to have been the seventeenth “God-man” to have been slain for the benefit of humanity. The circumstances surrounding these sixteen previous God-men was extremely similar - obviously being a very successful formula for religion and control, which of course Constantine and his advisor's were fully aware of.

I have conducted very considerable research into the origins of Christianity, and I am of the opinion that it was the Egyptian mythology that formed the basis of the birth, life, ministry, death and resurrection and ultimately therefore the Christian myths, and specifically the of the Egyptian deity “Horus” the “Sun God” who:

Was born on December 25 to a “virgin mother” *
The birth was accompanied by a “Star in the East”
The birth was accompanied by “three kings”
Horus Was baptized at 30
Horus Had 12 disciples
Horus went about and performed many miracles
Horus was known as “The Lamb” and “The Light”
Horus was crucified
Was buried for 3 days
Until finally Horus was resurrected.

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* As we will see later, the Sun or “Son” is always “born” on December 25.

Remember - this is Horus we are talking about here. Many of the other pagan deities also fit this description almost to the letter.

Horus was in my view probably the most ancient and precursor to all of the subsequent God-people mythologies and religions.

The Romans were also heavily influenced by their own deity “Mithras” who not only precisely followed the above life experiences of birth, life, ministry, death and resurrection, but was also worshipped on a Sunday.

It was not surprisingly therefore that Constantine and his cronies attributed these same attributes to the central figure in their new religion - Jesus to make him more acceptable out of familiarity - the name may have changed, but not the central mythology.

But what of the birth of Jesus which seems very specific?

The star that was being followed, and one which shone very brightly in the East in the night sky During late December was Sirius, the “dog star”.

Accompanying Sirius in a straight formation, but diagonal to Sirius are three additional very bright stars which have long been known as “The Three Kings”. On December 25 of the year Jesus was born, the Sirius and the Three Kings were in alignment, pointing to the place where the Sun or “Son” would rise, or be “born” that day.

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So this then is where the bright Star of the East and the “Three Kings” of the myth of the birth of Jesus originated.

Also in this mix of mythology we have the presence of the constellation of Virgo, “The Virgin” mythically representing the “Virgin Mary”.

The constellation of Virgo is also known in ancient mythology as “The House of Bread”. In ancient Hebrew, “House of Bread” translates to “Beit Lehem” or “Bethlehem” - the place where the “Son” was born to Virgo Mary.

Why December 25? Well December 21 is the winter solstice, representing the Sun disappearing to its lowest ebb, and therefore mythically representing the “death of the Sun”. The Sun or “Son” mythically remains in this state of “death” for three days until, on December 25, to the ancients something amazing happens - the Sun or “Son” starts to rise again and is “born”.

It should be noted that this is also the origin of the resurrection, where the Sun, or “Son” is “dead” for three days, before being resurrected.

So the rising of the Sun on December 25 is the mythical birth of the Sun or the “Son”. The Three Kings, track he Sirius “Star” in the East to the birth of “The Sun” or “Son”.

The other key tenet of the Christian religion is of course the Bible.

The core of the Bible are the four books “Matthew, Mark, Luke and John which record the life and teachings of Jesus from the beginning of his mission when these and another eight people became his disciples. As also mentioned

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before, these four books are books of Initiation, including Spiritual Growth and Metaphysics, and, once the true inner meaning is known, are extremely powerful, and among the greatest such books ever written.

The early church, as now, not being Spiritually aware, had absolutely no concept of the true meanings of the Gospels, or of the Bible generally, and if they had most certainly would not have included them in the canon of the Bible, thus turning them into a theology which has remained to this day forming the doctrines of orthodox religion.

Of course Constantine could not make just four books the basis of the new powerful religion of control, so he instructed his clergy to gather together many other books written around the time to accompany the gospels in what would form the canon of the new book, the Bible". Later at the Counsel of Nicaea, Constantine convened a meeting of the clergy to vote upon which of these books should be added to the gospels to pad out the Bible out into an extensive and impressive looking book - the "handbook" from God to humanity, and thus the "Holy Bible" and Roman Catholic religion were contrived along with the Roman Church to replace the Roman Empire.

Of course the populous, being hitherto worshippers of the pagan deity Mithras, who also, as with 15 or so deities previously followed the routine of birth, life, ministry, death and resurrection, were very happy to accept an alternative with exactly the same characteristics, because it did not upset their belief systems too much - all part of Constantine's plan.

I should point out that I am not suggesting that the four gospels are the only books of importance in the Bible - far from it. Many of the other books are inspired, and therefore

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of primary value - Corinthians for example contains much such writing. But on the other hand much of the Bible is interesting as a story, but lacking in any other intrinsic value. Only someone who understands the inner meaning of the Bible could separate the two.

And so the myth of Jesus and birth of the Bible and new religion unfolds. I could write much more about the myth of the birth of Jesus and the remainder of the Jesus Myth, and almost certainly will one day, but I would like to get back to the central point I am making which is this.

Although the entire basis of Christianity is a myth, derived from the pagan mythology of the previous few thousand years and ultimately of Egypt - the source of much mythology - we must not “throw the baby out with the bath water”.

Fact: The person who came to be known as “Jesus” real name probably “Yeshua” was almost certainly the highest initiate and teacher to have ever walked on Earth.

Fact: The four books known as the “Gospels” are among the greatest books of Initiation - Spiritual Growth and Metaphysics ever written.

Fact: The life of Jesus up to the three or so years of his teachings accompanied by his disciples, and the basis of the Christian religion is a myth, as is the circumstances surrounding his death and subsequent resurrection for the reasons mentioned.

How do I know for certain that the person known as Jesus/Yeshua really existed in the absence of the original written texts?

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Quite simply because, knowing the inner meaning of the Bible, I am absolutely certain that only an Initiate of the highest order could have written the words attributed to him. There is absolutely no way that the church or anyone else back then could have forged the Gospels or indeed any of the Bible, much less encoded it with inner, esoteric meanings, which anyway would not have been in their interest to do.

So in my newsletters from to time we will make use of the powerful teachings of the Nazarene Master through the Bible, particularly the gospels, in reinforcing these important Initiatory and Metaphysical Principles, but without any religious overtones whatsoever. We must separate the wheat from the chaff.

One day, soon, people will wake up to the true inner meaning of the Bible, and on that day the orthodox religion that imprisons both the true meaning of the Bible, and the Minds of a billion human beings in a web of deceit, fear and guilt, will turn to dust and consigned to an unfortunate episode in history as with the numerous pagan religions before it, and the countless millions of innocent people who have been tortured, maimed and slaughtered in the name of religion.

We have no need for “religions” or “belief systems”. The truth is within us all by virtue of our intimate connection with our Source, The First Cause, The Universal Mind, Divine Providence - God, in Whom we live and move and have our Being, and of which there is only one fundamental Principal, by which we all abide - Mind.

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21 October 2007
Jesus and 2012

In last weeks newsletter we looked at the myths and reality of the Bible in order to establish the fact the Bible is not about theology, but is rather a book of Spiritual Growth and Metaphysics, a book of Initiation containing, many important lessons and Principles, as well as, as we will see today, warnings.

One important question associated with the Bible, and therefore of the person known as “Jesus”, is why did he come to Earth on his mission at all?

Theologians would immediately say “to save mankind from its sins” whatever that is supposed to mean. The truth of the matter is there is no such thing as a “sin”, anymore than there is “bad” or “evil” - these are simply human concepts. Ultimately there is only “experience” at all levels - the very reason we are here on Earth.

I believe it is likely that Jesus was working to a far longer timescale than people believe, and relative to the end of the age that will soon be upon us as we will see later.

One thing is certain - the outcome of the transition of the ages that we are currently experiencing will be decided by one fundamental factor - the consciousness and therefore thoughts and expectations of Mankind over the next few years. So if mankind is focussed upon selfishness, the Ego and materialism, and believes that 2012 will bring catastrophe or other adverse outcome, then that will be the reality.

Now Jesus would have known this, and also the fact that the world consisted of more than a very small part of the

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middle east where he chose to incarnate for the starting point of his mission. His place of birth was therefore simply his chosen starting point for his mission, being quite central to the populated world as it was then, and which was to have set into action a chain of events lasting several hundred years until finally all mankind was prepared for what he knew was to come at the end of the age.

He therefore chose a group of people - the disciples or “apostles” to teach, who would then, after Jesus was gone, would teach further teachers and those who would understand, and so it would be down through the ages as more and more people became “awakened” to the true nature of Life, the Universe and Destiny of Mankind, until finally, by the time the transition of the age was upon us, all mankind would be ready for the next glorious evolution of human being.

The alternative would be another dark age which remains a serious possibility with the way humanity has chosen to live today, and under the control of the various factions who seek to control the Minds and bodies of people.

In this sense therefore Jesus did indeed come to Earth to “save” people from their “sins”, their thoughts, attitudes, selfishness, Ego, materialism and all other negative attributes of mankind, but certainly not in the biblical sense where “sins” is simply a word that no one has ever really defined or even fully understands.

So what proof have we that Jesus came to Earth to “save” humanity from the less desirable outcome of the transition of the ages that we are now approaching?

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To answer this question, let us look at some of Jesus teachings to his disciples before a more detailed look at one of them in particular:

“Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the age”. -- Matthew 28:20.

Note that the King James and other versions of the Bible incorrectly uses the word “world” instead of “age”. This is due to another creative mistranslation of the original Ancient Greek word “Aeon” which literally translated actually means “Age”.

“And whosoever speaketh a word against the Son of man, it shall be forgiven him: but whosoever speaketh against the Holy Ghost, it shall not be forgiven him, neither in this age, neither in the age to come”. -- Matthew 12:32

Here Jesus is saying that mere words spoken against mortal man will have no significance, but if your thoughts influence Universal Mind in the wrong way, then the consequences could be catastrophic.

“The enemy that sowed them is the devil - the harvest is the end of the age - and the reapers are the angels.”
-- Matthew 13:39

Here Jesus is advising that the agency that “sowed” the consequences are dark thoughts, i.e. “the devil”, and when the “harvest” comes at the end of the age the “reapers” will be the Beings of Light where only those who are ready can go.

“Who shall not receive manifold more in this present time, and in the age to come life everlasting.” -- Luke 18:30

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“Again, the kingdom of heaven is like unto a net, that was cast into the sea, and gathered of every kind: which, when it was filled, they drew up on the beach - and they sat down, and gathered the good into vessels, but the bad they cast away. So shall it be in the end of the age: the angels shall come forth, and sever the wicked from among the righteous, And shall cast them into the furnace of fire: there shall be wailing and gnashing of teeth. Jesus saith unto them, Have ye understood all these things? They say unto him, Yea, Lord”. -- Matthew 13:49 - 51

Here Jesus is saying quite clearly and unambiguously that those who are Spiritually prepared will move onwards and inwards to greater things within the Universe, Universal Mind of God, whereas those who are not ready will be very upset about missing the opportunity, and will have to be cast back in to the furnace of learning in the physical Universe in readiness for the next opportunity. And hence those who are ready will be separated from those who are not.

All these references are very clear, but there is one passage in the Bible in particular in which Jesus makes the implications of the end of the age very clear indeed. Now this is quite long, but needs to be reproduced in full in order to understand it in its fullest context.

“As Jesus was sitting on the Mount of Olives, his disciples came to him privately and said, “Tell us, when will this happen? What will be the sign that you are coming again, and when will the age come to an end? Jesus answered them, “Be careful not to let anyone deceive you. For many shall come in my name, saying, I am Christ - and shall deceive many. And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.

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For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows. Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake. And then shall many be offended, and shall betray one another, and shall hate one another.

And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved.

And this gospel of the kingdom shall be preached in all the world for a witness unto all nations - and then shall the end come. When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) Then let them which be in Judaea flee into the mountains: Let him which is on the housetop not come down to take any thing out of his house: Neither let him which is in the field return back to take his clothes And woe unto them that are with child, and to them that give suck in those days!

But pray ye that your flight be not in the winter, neither on the sabbath day: For then shall be great tribulation, such as was not since the beginning of the age to this time, no, nor ever shall be. And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened.

Then if any man shall say unto you, Lo, here is Christ, or there - believe it not. For there shall arise false Christs, and false prophets, and shall shew great signs and wonders - insomuch that, if it were possible, they shall deceive the very elect. Behold, I have told you before. Wherefore if they

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shall say unto you, Behold, he is in the desert - go not forth: behold, he is in the secret chambers - believe it not. For as the lightning cometh forth from the east, and is seen even unto the west - so shall be the coming of the Son of man.

For wheresoever the carcase is, there will the eagles be gathered together. Immediately after the tribulation of those days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken: And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory. And he shall send his angels with a great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other”.

-- Matthew 24:3 - 31

So this is a long but very telling verse from the Bible.

The disciples are asking Jesus what will happen at the end of the age.

Jesus warns that many wars will be fought in his name causing For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes. These of course have come to pass down through the centuries, particularly with the “holy wars” and since, including the dark ages, mostly precipitated by one particular faction of the Christian church, who, as Jesus predicted, would be acting in his name.

At this time we really are seeing “Nation shall rise against

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nation” in many parts of the World, including the US and UK against Iraq, with the threat of Iran who are supported by Russia.

We are seeing the famines and the pestilences. We are seeing increasing earthquakes and extreme weather conditions.

Jesus goes on to say that later, there would be many “false prophets” claiming to represent him, for example with those who purport to “communicate” with Jesus through the process known as channelling. He also implies that we should beware of those purporting to represent his name and interests on Earth, for example the religions who purport to act as “go-betweens” between the people, Jesus and God.

He also warns of “false prophets” who will, over the centuries make all manner of “prophecies”, which will influence the Mind and therefore potentially the course of humanity.

Jesus then goes on to describe what would then take place, the graphic details which speaks for itself.

He finally tells us:

“And he shall send his angels with a great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other”.

Here Jesus is saying, metaphorically, that those who are Spiritually prepared, i.e. “the elect” will move on to greater things within the Inner “heaven” or Universe, in order to fulfil the next stage of their glorious destiny on the Divine

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path back to The Source, The First Cause, God, from Whence we came in the beginning.

These are dire warnings indeed.

Jesus is saying that if the World continues to listen to the wrong people, , think the wrong thoughts and do the wrong things, there will be wars, famines and pestilence, and ultimately, as we approach the end of the age, a cataclysm.

These are likely what Jesus actually came here to “save” us from.

Religion interprets this as the need to follow their doctrines in order to be assured of a “ticket to heaven”, the alternative being “purgatory”. But ironically this is one of what Jesus was warning against, and came here to deter, while detailing the consequences.

This newsletter, in accordance with my discussions of last week is not about religion, or who Jesus really was, but rather what he said, and which, in and of itself proved not only that he existed, whatever his name and life, but who he really was.

Everyone can be “saved”, but not by following the doctrines of the church, but rather the Principles of Spiritual growth.

But unlike the doctrines of a faction of the Christian church who threaten that those who are not saved must burn in purgatory for eternity, everyone will, for eternity always have the ability to fulfil their destiny on Earth and move inwards to greater things.

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Every so often a greater opportunity arises, as we are facing now as we progress towards the end of this age, and as many people as possible should make the most of it, in accordance with Jesus mission and wishes for us all as fellow Sons and Daughters of God.

28 October 2007 – The meaning of suffering

28 October 2007
The meaning of suffering

I receive many messages from people who are suffering in various ways. Many of course wish to know how to turn their situation around, in which cases I am pleased to help in any way I can, but some also wish to know why they must suffer - why them - why anyone?

We are all here for one fundamental reason - to learn by experience. If everything came to us easily, and there were no challenges to overcome and we would not evolve - at least as quickly.

It is only by facing challenging situations that we can use our Mind, Freewill and courage to overcome them.

Indeed, the First “Noble Truth” of Buddhism states that to most people, life is suffering, which includes pain, disease and untimely death. Suffering also includes loneliness, fear, frustration, disappointment and anger. Buddhism teaches how to avoid these pitfalls, all of which due to the way people live and think.

Buddhism and the significance of the Four Noble Truths and Eightfold Path are all discussed within my book, *Our Ultimate Reality*.

In the Astral Worlds there are no physical challenges in the same way. Everyone lives on the same level of vibration, and are therefore of the same type of Mindset and level of Spiritual evolution, where peace and harmony exists all the time. It is not possible for an “incompatible person” to live on the same vibrational level of the Astral Worlds or indeed any inner level of the Universe beyond the physical Universe.

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Within the Astral Worlds, where most people will transition to after the change known as “death”, The Law of Attraction is instantaneous with anything at all instantly manifested by the power of the Mind, so no one ever wants for anything.

This is the same Law of Attraction that we have access to, but due to the much lower vibration and higher density of Energy of the physical Universe, our thoughts generally take longer to manifest into our experiential reality.

Our Higher Selves chose the path of physical incarnation - it is not compulsory - each expression of God has the choice of whether to evolve from the none-physical spheres of life and reality, which is a much harder and “slower”, in terms of Earth time, although there is no concept of “time” beyond the physical Universe, or whether to accept the challenges of the physical Universe and take the fast-track to Spiritual evolution, in knowledge of the glories and splendours that await having graduated from the kindergarten education of Earth.

We should not be surprised or resentful therefore when we are confronted by these challenges - each one of which should be welcomed as an opportunity to evolve and thereby to fulfil our reason for being here out of choice.

It is not the challenges we face - it is the way we choose to overcome them using the immense powers that we have available to us.

Suffering is often caused by a person believing that they are separate from everyone and everything else, and they must therefore “struggle” alone.

The glorious reality is that we are in fact all One and we are

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never really alone. We are each of us a channel of expression and experience of God, with the entire power of God, The Source, The First Cause available to us at all times - all we must do is to realise this glorious truth.

The Upanishads of Hinduism wisely state:

“You are at one with the Universe. He who says he is different from others, even by a hairs breadth, immediately becomes miserable. Happiness belongs to him who knows this oneness, who knows he is one with the Universe”.

In particular, Isha Upanishad says:

“The Self is everywhere. Whoever sees all Beings in the Self, and the Self in all Beings hates none. For one who sees Oneness everywhere, how can there be delusion or grief?”

Many of the highest achieving people started from a position of total desperation, suffering hardships far beyond what most people would consider as “suffering”, and it is only when they reach such a state of Mind that they completely surrender to God, and therefore cease looking towards material solutions, does their life suddenly dramatically turn around, as they realise they have the power of God within them, and everything becomes possible.

If you are suffering therefore, do not look to other people and the material world for your salvation, look within - all you could possibly need is there.

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Freedom and Freewill

The vast majority of people in the world today still fail to achieve their 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.

When we, as our Higher Self, choose to incarnate into the physical world, we do so in the full knowledge of who our parents will be, where we will live, what circumstances we will encounter and potential challenges we will face, as well as the determination to meet those challenges, in the knowledge that it is only in accepting and prevailing in these and other important objectives that we can progress further towards The Source in the Divine process of Spiritual evolution and perfection.

We are all equal aspects of The Same Source, The First Cause, God, expressing in all spheres of existence with Unconditional Love, and the natural, instinctive, powerful desire to evolve back to The Source as a perfected aspect of God. Over the years, however, mankind has steadily and increasingly turned its back on God towards an alternative, darker existence of gross materialism, dogma and indoctrination, often driven by the Ego and the desire for power and control.

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, society, others, and only to live in strict accordance with “the way things are done”.

It is only when an individual has the courage, strength and

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determination to face the truth that he or she can become truly free to fulfil his or her own true destiny with joy, meaning and real purpose, and to consciously attract anything and everything that they can possibly desire into their lives.

In order to achieve this Divine state of awareness, it is necessary to consciously become an open channel through which God can express and experience in the physical world, a process that we, as humans, control ourselves as individuated aspects of The Source. We determine our own experiences and God provides for all our wishes, needs and desires necessary for those experiences, and thereby, through us, God experiences and expands, and thus the entire Universe expands.

Most people however are doing exactly the opposite by striving to conform to the expectations of others, pursuing material gain as a first priority, and forcing things in a perceived direction by physical means, instead of being an open channel of expression of The Source, The First Cause, God, and are therefore often contrary to the perfect flow of the Universe. Quite simply, such people are failing to “let go and let God”, the inevitable result of which is suffering and lack of Spiritual evolution, ultimately resulting in the Higher self of the person sending yet another incarnation to Earth for the opportunity to learn the lessons once more that were not learned in the previous incarnation.

Even in the 21st century, “society” is still operating by a system 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, the child is

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immediately and continuously indoctrinated into the trappings of the material world. A child is taught to focus exclusively upon the five physical senses, to behave in a certain way that precludes maintaining their strong connections with the inner worlds, and taught to treasure 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 school in order to get the “qualifications” required to obtain a “job” that they may “work” for the next 40 or 50 years before “retiring” on a meagre “pension”, after which they may live out what remains of this life in the hope of simply surviving in a generally non-caring world where very often service to self comes before genuine service to others.

From the moment of birth, the Minds 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. Many children are taught that it is wrong to aspire to anything outside of their “station in life” 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 highly impressionable, and it does not take many years of such indoctrination for the Subconscious Mind of a child to accept what their parents have thrust upon them as “reality”.

Humans have been trapped in this paradox, a cycle that often results in misery as a result of living a false reality that is inconsistent with their true mission. It is not until this cycle is broken, and people recognise, understand and

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exercise true freedom based upon their own reason for being here, can they finally realise true joy, fulfilment and happiness, and the means by which to complete their mission on Earth this time around.

The current systems of society originated three hundred or more years ago. It might well have worked back then to the extent it was consistent with the people living at that time, but with society still enforcing these very archaic systems, mankind has failed to progress at many fundamental levels.

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, but the truth is that we are here to attract and enjoy unlimited abundance, health and happiness if desired through our Divine connection with The Source, God, and 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, whereas true abundance is a fundamental Universal Principle.

The Universe has unlimited abundance waiting to be delivered to each and every person simply for the asking. “Ask, and you shall receive”, every time, no exceptions. There is nothing that we cannot be, do or have. 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, and they therefore fail to achieve abundance, joy and happiness.

The vast majority of people in the world today are not taught how to attract abundance, but rather how to “make money”. It is in the “making of money” that so much

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misery has been, and still is wrought upon humanity, being the catalyst for gross materialism driven by the Ego and self-interest and often urge for power and control. Few people achieve true abundance and freedom, and even those who do are often not at all happy, fulfilled or joyous about their situation, simply because they felt compelled to “make” their money at a very physical level, often attracting much misery in the process to both themselves and others. “Making money” is not the same as “attracting wealth” and abundance for the right reasons, and the resultant true emotional freedom, joy and fulfilment that these bring.

In order to enjoy a true life of the Freedom that is our birthright, and to escape the “human system” once and for all, you need to exercise your Divine right of Freewill, and know, beyond doubt that there is absolutely nothing you cannot be, do or have, by using the power of your own Mind and realising God within, supported by true Faith and Belief in your own God-given powers as a channel of expression and experience of God.

The moment anyone accepts the illusion of having to “work” in the physical world to struggle “for a living”, that person become part of the human paradox.

But is never too late. By realising the glorious truth that you are a channel of expression and experience and thereby expansion of The Source, The First Cause, God, and that you have unlimited potential through the infinite power of our Subconscious Mind, you can use your Divine Freewill to escape the human system, the human paradox, and to realise the life of health, happiness and abundance that is your right as a Son or Daughter of God.

**11 November 2007 – The Parable of Delayed
Manifestation**

**11 November 2007
The Parable of delayed Manifestation**

Over the years numerous people have sent me messages asking why, despite the fact they are trying very hard applying The Law of Attraction, they have still not attracted their wishes, needs and desires.

I should mention that I also receive numerous messages from people who have successfully applied the Law of Attraction, and as a result continue to do so in their lives, attracting all of their wishes, needs and desires. Once success with The Law of Attraction is experienced, all doubt, one of the major blocks, fades away, and the true power of the Mind can be more fully realised. Such people will never want for anything ever again.

So why in many cases does The Law of Attraction not seem to “work”?

Well there are numerous possible reasons for this. It should be mentioned that everything we ask for is instantly given - all we have to do is harmonise with the Thought Form to bring it into our reality.

Lack of success is very often for a procedural reason due for example due to a lack of true Faith and Belief in absolute terms - i.e. not in religious terms. Other times it might be due to a lack of thinking in terms of the present tense, knowing that the object of the desires is already in the experience of the person, or a lack of feeling that it is true right now.

We have discussed many of these factors in previous newsletters, and will doubtlessly discuss them again in the future.

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Suffice it to say that attracting anything we could possibly wish for, need or desire should never require any effort - we all have the natural God given ability - all we need to do is realise it.

This week however I would like to discuss the reasons for apparently delayed manifestation when a person is doing everything right. This is very important because so many people give up on their desires just before they are about to manifest into their experiential reality, thereby never seeing them, after often being too disillusioned to make conscious use of The Law of Attraction again. As soon as you give up the Universe will react accordingly and assume that the wish, need or desire is no longer wanted.

In the Astral and inner worlds our thoughts manifest instantly so they can be experienced without delay - this is why the Astral worlds are known as the “desire worlds”. Beyond the Astral the same applies and even more so, but by then people have recognised material things for the illusion they are.

The physical Universes are right at the very extreme of vibration, at a vastly slower rate than the inner worlds, as well as at a much higher density, and this is one reason why it apparently takes so “long” to manifest a desire, even though “time” itself is an illusion.

The transition of the Ages, marked by the iconic date 21 December 2012 could see an end to this, where “time” and “space” no longer exert their influence.

Until then however, what are people to do.

One of the very first things to do when using The Law of Attraction is to realise that, due to the very nature of what

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we call “physical reality”, there will very often be a delay between applying The Law of Attraction and experiencing the desire in physical reality due in part to the high density, low vibration of the physical Universe.

The Master known as Jesus knew these truths very well, and taught them in several parables, and this one in particular:

“He spake also this parable - A certain man had a fig tree planted in his vineyard - and he came and sought fruit thereon, and found none. Then said he unto the dresser of his vineyard, Behold, these three years I come seeking fruit on this fig tree, and find none: cut it down - why cumbereth it the ground? And he answering said unto him, Lord, let it alone this year also, till I shall dig about it, and dung it: And if it bear fruit, well: and if not, then after that thou shalt cut it down.” -- Luke 13:6-9

In this parable the fig tree is a metaphor for a partially developed Thought Form that has not yet come to fruition. The owner of the vineyard was upset because he believed the tree was occupying space in his vineyard, without producing any fruit.

The fig tree and figs, the fruit, are again metaphors for the Thought Form and the manifestation of the Thought Form respectively. He goes on to suggest that the vineyard owner was being much too impatient, and that he should be allowed to spread fertilizer around the tree, and only cut it down if it still failed to produce fruit the following year. The vineyard dresser knew of course that, with the right nurturing and attention, the fig tree, representing the Thought Form, would bear fruit, representing our desires.

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These then are metaphors for being patient with our Thought Forms, and to nurture and fertilize them with loving care, until they finally came to fruition.

This is precisely how The Law of Attraction works in this respect, and what Jesus was teaching in this parable. Again we must remind ourselves that the Bible is not in any way theological, but is rather a book of Metaphysics and Spiritual growth encoded so only those ready and able to understand, would understand, because in reality the Bible is a book of initiation, and nothing whatsoever to do with theology or religion.

So what is the moral behind this parable?

This parable teaches that once you have created your Thought Form intentionally for example through The Law of Attraction, just because it does not come to fruition quickly it should not be abandoned. Instead, know beyond doubt that the Thought Form exists, that the Universe is already bringing it into your own experience, and to nurture and fertilize that Thought Form with the right thoughts, expectations, feelings, knowing and above all true Faith and Belief in the process as an aspect of The Source, The First Cause, God, and co-creator in the Universe with the same God-given powers of creation.

18 November 2007
Defence against the dark forces

This may at first glance sound like something from a Harry Potter book, but there is in fact a very serious side to this subject.

I do not usually talk about “conspiracies” and I do not intend to do so - focusing on these dark forces gives them Energy. At the same time however there is so much misinformation out there, which is increasing by the day it seems, that we really need to get this whole “conspiracy” thing into the correct perspective.

Many people will know that the so called “war on terror”, which was almost certainly contrived by the US and UK governments in particular following the “9/11” event is completely contrived and fictitious - a front for a much darker agenda of power and control, culminating in everyone being compelled, by law, to submit to being injected by a so called “RFID” chip of the type that are already being covertly introduced in drivers licences, passports, credit cards etc. An RFID chip is a small but complex electronic device that can be physically implanted into the human body, in much the same way as those available for pets. RFID chips go far beyond “ID” - they can include tracking by satellite, authorising access to public places, authorising transactions and much more that we need not discuss. Suffice it to say they are generally designed to strip people of their liberties and freewill.

Knowledge is power. Knowing this danger exists and how to avoid it is all that really matters in terms of these dark agendas.

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I raise this issue in a proper context before you inevitably read some other distorted and potentially biased account elsewhere, from factions that might not always have your best interests to heart.

It does raise the question however that if this is what the people who control the governments wish to do, why do they not simply enforce it by law at this stage?

There may well be a very good reason for this in fact. It is a fact that dark forces generally cannot, for whatever reason, act against the wishes of their intended victim. For example - a dark force entity cannot “possess” a person, without first being invited to do so. The dark entity usually accomplishes this by “tricking” the victim into “inviting” them into their body”.

The same applies to the RFID chip. It is important to the dark forces behind this agenda that everyone not only accepts this invasive “chip” voluntarily, but in fact are also willing and preferably even happy to do so.

The “war on terror” is designed to make people so fearful, and feel so insecure, that they will go to almost any lengths to do what they feel will protect themselves and their families from a totally fictitious, invented and contrived “terrorist threat”, including being “ID'd”, and of course tracked and eventually controlled by the RFID chip.

The message is simple - do not accept any form of invasive technology or other instrument in your life or that of your children.

We all create our own reality at all levels. If we do not wish to accept terrorism or suffer the control planned by the dark forces that in turn control the governments, media and

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many other factions, then simply know only Peace, Harmony, Joy, Service to others before service to self and above all Unconditional Love, in the face of which all darkness simply dissipates back into the Energy from whence it came. If everyone knew only Harmony, Joy, Service to others before service to self and above all Unconditional Love then not only will we realise the Kingdom of Heaven on Earth, but as we approach The Transition of the Ages, we can expect only the best possible and most glorious outcome for all humanity as opposed to the consequences a dark or negative focus would inevitably bring.

So be very careful who and what you listen to, who or what you believe and above all who and what you focus on and know to be true. The truth and the power is within us All - let us all use it wisely as we approach the end of this great Age and transition to the next.

Finally consider these great truths:

Christianity: *“Neither shall they say, lo here! or, lo there! For, behold, the kingdom of Heaven is within you”*.
-- Luke 17:21

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

Buddhism: *“Look within, thou art Buddha”*.

Vedanta, part of Hinduism: *“Atman (individual Consciousness) and Brahman (Universal Consciousness) are one”*.

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

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Yoga, part of Hinduism: “*God dwells within you as you*”.

Confucianism: “*Heaven, Earth and human are of one body*”.

Christianity: “*On that day, you will know that I am in my Father, and you in me, and I in you*”. -- John 14:20

18 November 2007
Harmonising your Desires

Following the newsletter last week on the subject of The Parable of Delayed Manifestation, I received many messages on various aspects of manifestation, and specifically how to make it work for them.

One of the biggest issues seems to be “how do we associate with our desires if we have never actually experienced them before”, and therefore have no benchmark or point of reference.

This of course is an excellent question - if we have no point of reference for a desire, how can we experience it in our Mind in order to subsequently externalise it into our reality?

Harmonising your desires is a large and very important subject, which, in its entirety, is beyond the scope of a newsletter, requiring as it does many pages to discuss in depth.

However, we can discuss here some effective methods that you can use as a basis for harmonising many of your desires.

First of all it is absolutely true that in order to manifest our desires we need to relate to that desire to the highest possible degree by experiencing it in our Mind, as if playing a movie on our Mind, while knowing, beyond any possible doubt that it is true here and now.

So the question that arises is this - if you wish for a luxury home for example, or a brand new sports car, how can you

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experience it in your Mind in order to harmonise with it effectively?

There are many ways of accomplishing this, for example by using a vision board. There is sometimes however a way that the experience can be strongly reinforced, and that is by physically going out and actually experiencing it. But how can you do this?

The answer is very straightforward and fun - which it should be.

If for example you wish to own a luxury home, then find one for sale that most exactly matches your ideal specification, and ask the estate agent, or realtor, the term depending on where you live, to actually go and look around it. When you do, make sure that you focus very intently on every aspect of the house, taking in all of its features, quality and overall feel and vibration as if you live there now - which in your Mind you do.

In particular memorise every room and every detail in as much detail as possible, and actually feel yourself living in the house now, feeling all of the emotions and gratitude invoked.

Next, take time each day, as often as possible, to deeply relax and re-live every aspect of the house, feeling the excitement, an knowing, beyond doubt that it is yours right now.

In the case of the sports car - go and get a test drive. And then, as with the house, absorb all of the sensations, the thrill, the excitement and all other strongly positive feelings associated with driving the car of your dreams, knowing that it is true right now.

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Later, as with the house, as often as possible take time to deeply relax and play back your test drive in your Mind, but instead of thinking of it as a test drive, actually know, beyond all doubt, that the car is yours right now, and that you are really enjoying driving it. Just before sleep at night is an excellent time.

This will work for almost anything that you can “test drive” and therefore experience. The more you can assimilate and re-live the experience, the more powerful the effect on your Mind, and the quicker it will manifest into your experiential reality.

As mentioned before, there is much more to harmonising your desires, depending on the nature of your desire and many other factors - all of which are encompassed in my book, *Our Ultimate Reality*.

But finally I must conclude by mentioning the paradox that most people talking about “manifestation” never talk about.

As channels of expression and experience of The Source, The First Cause, God, it is fine to experience all of these things and more, but here is the caveat - it is crucial to keep these experiences in context and to know them for what they are - experiences and genuine needs, and also to be of service to others in some way.

It is crucial to never, ever seek to manifest anything in order to satisfy the demands of the Ego - in other words to look better than someone else, or to collect things for material gain, in other words to gather material things just for the sake of it. Material things can very easily bind you to the material world, and this is the very last thing anyone should want, especially as we progress through the transition of the ages and all that will bring.

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All experience must have a purpose both at an individual level and in the great Universal scheme of things as individual channels of experience and expressions of God.

The most powerful way to attract anything into our experience is when we attract things that also benefit others in some tangible way, and in particular benefit the expansion and greater good of the Universe, and when we fulfil our true reason for being here including living our lives by the Principle of being of service to others before service to self.

So before you set about manifesting anything into your experience, first ask yourself this important question:

How will this be of benefit to others?

If you cannot intuitively answer the question, then your motives are not appropriate and you should not progress. Do keep in Mind however that there are numerous ways that others could benefit, so the first thing to do, before commencing, it to spend some time deeply relaxing and meditating on the question of how your intended manifestation will be of benefit to others, would total honesty. If such benefit exists the answers will be quickly forthcoming, and you can proceed with confidence, expectation and joy, knowing that the power of the Universe within you is also operating in harmony with your desire.

25 November 2007
The Power of true prayer

I receive many messages from people asking about “how to pray” for various wishes, from many others asking whether prayer is worthwhile and effective, and yet others asking why, when they pray, their prayers are never answered.

The fact is that true prayer can be extremely effective - but what then is “true” prayer?

This passage from the Bible provides an answer:

“But thou, when thou prays, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret - and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him”. -- Matthew 6:5-9

This is a very powerful passage and one that teaches many aspects of prayer when understood in its true context, in other words in accordance with the true inner real teachings of the Bible and in particular Jesus, in which context we will now analyse in more depth.

“When thou prays, enter into thy closet, and when thou hast shut thy door”

This first part of the passage advises people to “enter into thy closet” and “shut the door” - but what is the hidden meaning behind this statement?

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To “*enter into the closet*” does not mean to physically go into a “closet” or other enclosed space such as a bedroom, it rather refers to a state of consciousness. Thus, “entering into the closet” actually means preparing for inner communication by shutting out the “background noises” of the physical world around us that we might become closer to our Subconscious Mind and therefore to our Source, the Universal Mind of God.

So how do we “*enter into the closet*”. We can do this by entering into a state of meditation, in other words an “altered” or expanded state of consciousness.

Our Ultimate Reality discusses meditation and how to achieve it in great detail, but in summary we might proceed as follows:

Find a location where you will not be disturbed and a place to sit where you can relax, but without going to sleep. This could be sitting cross legged on the floor for example, or sitting upright on a firm chair such as a dining chair, hands on knees, not leaning back against the backrest. You will notice that most true meditation postures involve minimal contact with physical support or indeed physical contact generally with the surroundings. The reason for this is to make it easier to “forget” the presence of the physical body thereby remaining totally focused within.

Another good time to “enter the closet” however is just before sleep at night while lying in bed, providing the experience is controlled, without actually drifting off to sleep. As we approach a natural state of sleep, our body starts to focus away from the physical body, and towards the inner states of consciousness, until finally we leave our body completely during REM sleep.

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Next we are told *“and when thou hast shut thy door”*.

This means reaching such a state that the mind is totally stilled of all thoughts, and all input from the physical world has been excluded in other words “shut out”. The “door” being referred to is the “door” between our inner and outer worlds which must be firmly shut so that only total blissful silence and awareness of our inner Being remains.

This involves a high degree of deep physical relaxation and concentration, both of which are discussed at length in Our Ultimate Reality, such is their importance.

So we have now entered our closet and shut the door - in other words we have entered into our state of inner awareness and connection, and excluded all sensory inputs from the physical world as well as extraneous thoughts, leaving us in a state of blissful silence and connection within. This state is a pre-requisite to powerful and effective prayer.

The passage then goes on to say:

“When thou and thy Father which seeth in secret shall reward thee openly”.

This means that once you have entered into this state of communion with The Source, God, our “Father”, the connection is thus made, and we may commence our prayer to Our Source Within, and which communication will be one of thought transfer and communication with our Subconscious and Universal Mind, which no one else will be privy to.

Next we are offered the following serious warning:

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“But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.”

This is extremely importance for those who have been following the conventional or traditional concept of prayer, where people will simply repeat the words being spoken by another, or actually speak the words as if addressing a benevolent deity in the form of a request or a plea for help. Words thus spoken will have no true value, and accordingly no true effect will result, apart from perhaps a feeling of well-being having performed some “religious duty” and “said your prayers”. I realise this might come as a shock or even hurt the feelings of some people, but this is what the Bible clearly teaches, is unquestionably true, and I would not wish anyone to continue to utter such words in a place of “worship”, while kneeling before a bed” etc, believing it actually has some real purpose. Or as the passage from the Bible states “for they think that they shall be heard for their much speaking” which of course they will not, and therefore we should “Be not ye therefore like unto them:” in other words we should do not as they do.

Finally in this passage comes the truth for proper and powerful prayer:

“For your Father knoweth what things ye have need of, before ye ask him”

Herein then is the reality. Once we have entered into a state of meditation and our Mind is clear, The Source, The Universal Mind, “Our Father” already knows our wishes, needs and desires, as aspects of God. We are not conveying these to some external Deity who requires being “prayed to” or “worshipped” for rewards and favours, but rather connecting with God who already knows our genuine basic

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needs in the physical world in order to fulfil our mission here this time around. People only suffer lack and misery because they believe they have to struggle in the physical world to “make a living” when in truth the means for our “living” has already been facilitated by God, The Source, Divine Providence, and all we have to do is open our Minds and allow the fulfilment of our needs flow into our lives.

But again heed you the warning from this passage: *“But when ye pray, use not vain repetitions, as the heathen do:”* In other words, do not simply kneel down and repeat pleading words to an external deity hoping that the deity will take pity upon you, because those actions, in and of themselves, will not cause it to happen.

“Ask, and it shall be given you - seek, and ye shall find - knock, and it shall be opened unto you: For every one that asketh receiveth - and he that seeketh findeth - and to him that knocketh it shall be opened”. -- Matthew 7:7-8

We are all an individual channel of expression and experience of The Source, Universal Mind, God, who will immediately provide anything and everything we ask for without limitation. Again, as we have discussed before, this is because if God were to arbitrarily “decide” what we can or cannot have, then God would not receive the benefit of countless independent channels of experience based upon freewill, and perfection could not be achieved. So in order for perfection to be achieved, every channel of expression, including human beings, are immediately granted all requests, no matter what they are, who they come from, or even whether they would be considered “good” or “evil” in accordance with human ideas.

That said, high vibration Thought Forms, particularly those that benefit the greater good and scheme of things, are

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massively more powerful than those of low vibration ones that are destructive, controlling and against the great expansion of Universal Mind.

There are three keys to success for realising these requests in experiential reality quickly - Belief, Faith and Gratitude - all of which are taught extensively in the Bible by Jesus, but which are often completely misunderstood by those reading them, often being mistaken for an abstract “belief” in God” and “Faith” that God exists and Who is benevolent to and will “save” those who are “obedient” and “worship” “Him”.

Again Jesus offers this advice in his teachings:

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them”. -- Mark 11:25

In other words whatever we ask for in true prayer, it is most important to Believe that we already have them, with complete Faith in our infinite inner powers as individuated channels of creation, as co-Creators with God in the Universe.

Does prayer then work? Absolutely - true prayer works.

When we have “entered the closet” in other words a meditative state, instead of imagining our wishes, needs and desires, Believing that we have them Now, we can “Feel” and Believe that we have them Now. Ultimately it is the feelings that create the necessary desire that first reaches our Subconscious Mind, and then Universal Mind for instant fulfilment by Divine providence, and therein is the true power of prayer.

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When we pray, we should never do so in the form of a request to a benevolent deity God in the “hope” that “He” will take pity on us, and send us the request if God is in a “good mood”, or deems us “worthy” according to some abstract parameters as set out by theologians, but rather in the form of a joyful acknowledgment, with perfect Faith and in the absolute Belief that we already have the physical experience of our needs, wishes and desires Now because:

“Fear not, little flock - for it is your Father's good pleasure to give you the Kingdom” -- Luke 13:32.

So in conclusion - true prayer, as always intended, and as described by Jesus is very powerful, and anyone thus applying them with true knowledge of what true prayer really is, and with absolute Belief, perfect Faith and sincere Gratitude will surely reap the benefits as set out in the 23rd Psalm:

*“The Lord is my shepherd - I shall not want.
He made me to lie down in green pastures:
He led me beside the still waters.
He restored my soul: he led me in the paths of
righteousness for his name's sake.
Yea, though I walk through the valley of the shadow
of death, I will fear no evil:
For thou art with me - thy rod and thy staff they
comfort me.
Thou prepares a table before me in the presence of
mine enemies:
Thou anoints my head with oil - my cup runneth over.
Surely goodness and mercy shall follow me all the
days of my life:
And I will dwell in the house of the Lord for ever”.*

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Again, “Lord” is a reference to our Subconscious Mind as a Divine and intimately connected aspect of the Universal Mind of God, of Divine Providence.

The 23rd Psalms is true to those who pray correctly, with absolute Belief, perfect Faith, with sincere Gratitude, while dwelling within and realising the God power that flows through each and every one of us.

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2 December 2007 How not to prepare food

Food is a subject I discuss very infrequently because I know it is a subject that people are very passion about, and therefore often do not like others suggesting what they should and should not eat.

I have previously discussed the fact that aside from the profound and very important ethical, moral and Spiritual growth issues, all of which I discuss at length in my book, meat and dairy products are unquestionably toxic to the human system, and directly responsible for many debilitating diseases as well as decreased life expectancy.

I would however like to add a further “dimension” to the whole subject of nutrition which you should know about and understand, because I love and care about each and every one of you and do not wish you to become ill or worse if I can help you to avoid it.

“Cooking” food generally has numerous side-effects that most seem oblivious to due to lack of information from a food industry that only wishes to sell as much as possible, regardless of the health of “consumers” and in all probability even worse long term consequences.

The most immediate of these is that cooking any food, including the vegetation based foods that we should be eating, destroys almost all of the important enzymes in the food as well as the vast majority of the available nutrition. Eating a vegetable based diet is a wonderful thing, but in cooking vegetables, pulses, grains etc - all the foods we should be eating - they are almost totally destroyed, and indeed one might as well eat soggy paper for all the benefit, or lack of cooked vegetables contain.

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Another danger is the use of cooking oils and fats.

We are told by adverts on the TV, designed to impress consumers by the use of scientific terminology, that “polyunsaturated fats” are the best because they do not body fat when consumed. What they conveniently fail to mention is that cooking with unsaturated fats is potentially and usually adverse for our health. Why is this?

In organic chemistry terms, “unsaturated” means that there “double” bonds between atoms of molecules, e.g. Carbon atoms, that have the potential to react further with other atoms or molecules under the appropriate conditions including heat. So if you cook your food or fry your chips in most vegetable oils or other unsaturated fats, the molecules of those fats can and will further react under the influence of heat to become different chemical compounds, many of which are toxic to the human system. So by frying or cooking things in unsaturated or “polyunsaturated” fats and oils, more damage is likely being done to the body than the risk of adding weight by using saturated fats due to the chemical reactions taking place under the action of heating producing further toxic compounds.

Saturated fats are almost always animal fats which, aside from the Spiritual aspects, are toxic to the human anyway, as well as causing weight gain by depositing as body fat.

Polyunsaturated oils in their natural form, for example olive oil, sunflower oil, maize oil, are all potentially beneficial to our health, especially for example when used in a salad, but heating them causes them to become something different and undesirable.

Another very serious consideration from a body chemistry perspective is the “pH” or acidity and alkalinity of food and

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drinks.

Acid foods and drinks are very harmful to the body for numerous reasons. It has been demonstrated for example that cancers can only form and grow in an acidic environment, and this certainly applies to other human-caused diseases as well. Also acid promotes the environment for “free radicals” in the body which then cause and accelerate premature and excessive ageing due to their chemical reactions. The defence of the body against these free radicals are antioxidants, which, in high enough concentrations, can, in turn, react with and damage DNA resulting in all sorts of side-effects, of which ageing and degenerative diseases are primary examples.

There are many such sources of acid. For example, the drink “Coke” is pH2 which is extremely acidic and therefore potentially damaging, notwithstanding any sugars and other deadly toxins included such as “aspartame” - the artificial sweetener. Airline pilots are not permitted to drink any soft drink 24 hours prior to flying due to the effects on the nervous system and brain of this substance.

Virtually all “ready meals” and most other “food” packaged in lurid, psychologist designed packaging are unhealthy at best, toxic at worst, notwithstanding the “E” chemicals, preservatives and other substances added to increase shelf life and artificially improve the otherwise bland “taste”. Food manufacture today seems to be about appealing to and gratifying the senses of the consumer, at the expense of any consideration for health. Of course this by no means only applies to the food industry, it also applies to all of the big cabals.

Unfortunately, most people today still eat for enjoyment, to gratify the sense of taste instead of for bodily nutrition. The

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consequences of eating meat and dairy products, notwithstanding the Spiritual, ethical and moral considerations are becoming more well known, but fewer people understand the consequences of the chemical reactions attributable to heating fats and oils and consuming acidic food, as well as the practice generally of cooking food, all of which are unnatural and un-beneficial at best, and harmful and potentially deadly in the long term at worst.

It is my hope that you will soon come to realise that our natural food, as provided by The Source from the beginning is raw, harvestable whole foods from the natural and abundant storehouse of nature.

Our main newsletter subject this week will emphasise these important facts even further.

2 December 2007 – Our Power Within

2 December 2007 Our Power Within

I receive numerous messages from people who are “struggling” to “make a living” for various reasons.

The truth is life should never be a “struggle”, it was never intended to be a “struggle” and we should never have to “make” a living.

The very thoughts and actions of “making a living” and “struggling” will guarantee more of the same, because such a person is focused on the material world as the primary Source of supply. Pushing the physical world around will never result in long-term abundance.

I write about these important matters extensively in my book, *Our Ultimate Reality*.

Even those people in the world who are extremely wealthy often began their wealth from a very young age with a dream to be someone great, or to live in an abundant way, and they focused on and lived their dream until it finally became a physical reality.

Other negative factors are thoughts of fear and worry, both of which will cause whatever is being worried about or being fearful of to be “chased away”.

I have written about this several times previously in various contexts, but I simply cannot stress enough the importance of the realisation that the true Source of health abundance and happiness is not without, in the physical world, but within from The Source.

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Plain and simple - we are all individual channels of expression and experience of the one Source, Who will provide absolutely anything we desire for the asking. If we are capable of imagining it then it is always there for the asking. There is nothing too big in our imagination that cannot and will not be provided with focused thought supported by true Belief, Faith and Gratitude.

Jesus spoke frequently about Belief, Faith and Gratitude, but alas these have been misunderstood to mean “belief” in a deity called “God”, and blind or abstract “Faith” in the deity “God” or “Jesus” as a “saviour”, all totally erroneous concepts in the context of the theology and doctrines of the church, and not what Jesus, real name Jeshua taught at all which was Spiritual Growth and Metaphysics for the most part.

Let us take a look at another of Jeshua's teaching on this subject:

“And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat - neither for the body, what ye shall put on. The life is more than food, and the body is more than raiment. Consider the ravens: for they neither sow nor reap - which neither have storehouse nor barn - and God feedeth them: how much more are ye better than the fowls? And which of you with taking thought can add to his stature one cubit? If ye then be not able to do that thing which is least, why take ye thought for the rest? Consider the lilies how they grow: they toil not, they spin not - and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.

If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven - how much more will he clothe you, O ye of little Faith? And seek not ye what ye

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shall eat, or what ye shall drink, neither be ye of doubtful Mind. For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God - and all these things shall be added unto you. Fear not, little flock - for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms - provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also". -- Luke 12:22-34

How much clearer can this be?

Here Jeshua sets out the truth that we must never toil in the world without, but that everything we could possibly need is available to us from Source, our Father within.

Let us analyse this profound passage in more detail:

"And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat - neither for the body, what ye shall put on".

Here Jeshua is saying that we should never worry about how we will eat, or find the clothes that we shall wear.

"The life is more than food, and the body is more than raiment. Consider the ravens: for they neither sow nor reap - which neither have storehouse nor barn - and God feedeth them: how much more are ye better than the fowls?"

Life itself is much bigger than mere physical food, and the body is much more than the physical clothes that we wear upon the temporal physical body. Consider the birds - they are fed from the natural storehouse of abundance without

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effort - they do not go out into the fields to sow seeds, and neither do they have a barn full of grain, and yet Source, our Father, God feeds them effortlessly, just as they are aspects of himself. He then goes on to say – if God ensures that the birds are always provided for, how much more will God provide for us as human beings?

Jesus then goes on to say:

“And which of you with taking thought can add to his stature one cubit? If ye then be not able to do that thing which is least, why take ye thought for the rest? Consider the lilies how they grow: they toil not, they spin not - and yet I say unto you, that Solomon in all his glory was not arrayed like one of these”.

What Jeshua is saying here is that whosoever by thinking or worrying about how to acquire their needs, will actually acquire them by so doing? So why worry and doubt, and look to physical actions as the solution to needs?

Consider also the lilies and other flowers and plants of the ground. They do not struggle to grow and to flourish, they grow and flourish naturally and effortlessly. Even King Solomon with his vast riches could not appear in the same splendour as these lilies and other beautiful flowers that grow and flourish in all their glory by Divine Providence and guidance of Source.

Jeshua then goes on to say:

“If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven - how much more will he clothe you, O ye of little Faith? And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful Mind. For all these things do the nations of the

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world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God - and all these things shall be added unto you.”

If God clothes the grass which, even though is here today and gone tomorrow in such finery, how much more will be clothe us – we should have more Faith in Our Source of supply instead of believing it must be acquired by toil and sweat and physical means.

We should never physically go out there and “work” for the means by which shall eat, or drink, and neither should we be in any doubt. Even though the people, countries and other “powers” in the World crave after these things, Source, our Father, God already knows we have need of them, just as do the animals, birds, flowers and all other of God's creation, so instead of seeking, striving and struggling for our needs in the physical world, we should instead look within, with true Faith, and then all of our wishes, needs and desires, will be “added unto us”, in other words they will arrive into our experience naturally, effortlessly and infinite abundance, because God, Source, Divine Providence, already knows we have need of them here on Earth.

And Finally Jeshua goes on to say:

“Fear not, little flock - for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms – provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also”.

Here he is reminding us that we should have no fears, because it is our Fathers pleasure to give us everything that

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we could possibly wish for, need or desire - whatever God has, we equally have.

So have no qualms about divesting ourselves of physical possessions, or giving to others, and provide ourselves instead with our Source of supply that is eternal, and never fails us, and where no one can take it away from us, or where it can decay, because our true treasure is where our Heart is - Within – because we should always know beyond any doubt:

“Ask, and it shall be given you - seek, and ye shall find - knock, and it shall be opened unto you: For every one that asketh receiveth - and he that seeketh findeth - and to him that knocketh it shall be opened” -- Matthew 7:7-8

Because it: *“is your Father's good pleasure to give you the kingdom”*.

9 December 2007 – 2012 factors in perspective

9 December 2007 2012 factors in perspective

As we progress inexorably towards the now iconic date of 21 December 2012, the rumour, speculation and fantasy machine is moving into overdrive resulting in ever more confusion, concern and fantasy.

Speculation about what it all means for humanity ranges from the sublime to the ridiculous and every eventuality in between, with an equally wide range of hidden agendas.

My observations have led me to believe that the vast majority of these ideas presented as fact originate from a wide array intangible evidence, and misinterpretation of the facts, or even fiction, with proponents often cobbling together fragments of stories from a wide range of sources in order to create a new idea, often presented as fact, but with no supporting evidence.

Many such ideas point towards monuments and artefact's that might be loosely related to 2012 and the transition in some way, and declare them to be evidential.

Another potentially dangerous trend is the increasing number of people claiming to “channel” a wide variety of exalted Beings, including, but not limited to Jesus, Archangels, Ascended Masters, Pleaidians, and Planetary Spirit Gaia Herself.

I will not spend too much time on this subject, but suffice it to say that, as with so called “prophecies”, I do not regard any information from a channelled source to be evidential in any way. It is virtually impossible to known who the

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non-physical communicators really are, what their motives are and how they know what they claim to convey.

I can say that probably 99.9% of such communicators are Astral entities, who will claim to be anyone the channeller believes them to be - keeping in Mind these entities know the thoughts of the channeller - in order to be taken seriously, and they have no hesitation in outright lying about it.

Of course some such entities genuinely wish to assist humanity, and simply see such deception as necessary and justified, but others seek to deceive humanity in order to drag humanity down with them.

I could not say which variety of entity form the majority, but I do know that the consequences of making a wrong choice are so serious as to not to take the risk in the first place.

That said, I also believe there are a very few genuine channels for genuinely advanced Beings, who are certainly interested in guiding humanity through the transition that we are facing in the next few years. These advanced Beings are usually recognisable for Who they are due to the mode of communication and the messages conveyed.

Such evolved Beings, often evolved human beings in fact, reside at much higher level of Energy vibration than the physical Earth. It would therefore be virtually impossible for such an evolved being communicating from that level of vibration, to directly communicate with a person residing in a mortal body on the Earth level of vibration - such an situation might well physically “kill” the channeller, or at the very least drive them insane.

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There are however various mechanisms that can be and are employed in order to mediate the difference in these Energy levels, effectively acting as a “step-down transformer” as is familiar in electrical circuits, and acting in much the same way for much the same reasons - everything is Energy.

This is usually managed from the Spirit side of the channel, aware as they are of the importance of these Energy differences, and how best to reconcile them for the purposes of communication, without harming the channeller.

Turning to other forms of “evidence” often presented, often pointing to the Maya themselves - even the records in stone left by the Maya called “stellae” cannot be regarded as evidential per se, because although they most certainly indicate the “end times” we are currently experiencing, absolutely nowhere do these records indicate how these end times will be experienced.

In addition to the records left in stone, the Maya also created thousands of documents recording their culture known as “codices” which would have surely revealed considerably more about the Maya and their culture and calendrical systems. However, when the Europeans arrived, the Roman Catholic church ordered the total destruction by burning of these codices, as part of their policy of forcibly converting the Mayan people to the Roman Catholic church, the consequences of which can only be imagined.

A further example of symbolic evidence, and one that has become increasingly popular in recent years is the “Cross of Hendaye” located in South West France. This artefact consists of a cross upon a large stone bases, upon which are carved various alchemical symbols, which some have

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interpreted to be indicative of some forthcoming catastrophe and the end times.

Whilst I fully understand the Hermetic and alchemical symbolism depicted on this monument, and would agree that it is almost certainly related to the transition of the ages that we are now experiencing, the question still arises as to who constructed this monument, why, what did they use as the basis of their message, and did they know something that we as yet do not?

The point is this - it is easy to become captivated by the monument and its symbolism, which is after all most interesting, but without knowing its history it remains yet another interesting artefact with no proven basis in fact or firm evidence of what we are facing. Accordingly, to me at least, they simply represent yet another piece in a large and complex jigsaw puzzle, all the pieces to which we may or may not discover and interpret.

Now before I proceed, I would once again like to make one fact absolutely clear, and I simply cannot stress this enough:

Whatever the consensus Mind and Consciousness of the human race and of all life on Earth believes will happen over the next few years, will indeed happen - of that you can be absolutely sure.

If the majority believe in a cataclysm then the Universe will oblige, and perhaps 95% of all life on Earth could be destroyed.

If on the other hand the majority believe in awakening, enlightenment and Spiritual evolution, then this will be the

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result, and humanity will have progressed to the next evolution, of human that I refer to as “Homo Spiritus”.

These are not random processes.

In the past there have been numerous examples of both including but not limited to the evolution of humans from for example Neanderthal to Cro Magnon, the first recognisable “modern” humans that led to where we are today, and also massive purgative or “mass extinction” events as with the “great flood” and of course Atlantis and Lemuria as well as numerous other great civilisations, the evidence for which has actually been discovered 200 feet under the sea in various parts of the world. How did these large, sophisticated and robust civilisations suddenly transition from normality to 2000 feet beneath the sea, possibly in a very short space of time?

I also believe it likely that other mass extinction events such as those that wiped out the dinosaurs, also coincided with the transition of these ages, which relate to life on Earth, not just humanity. It should be clear to anyone as to how the end of the “age of the dinosaurs”, eventually facilitated the evolution of human beings. These events are not random either in terms of periodicity or consequences. They are rather completely normal aspects of greater Universal cycles of Energy.

I am of the view therefore that all of these great, pivotal events that shaped the future of life on Earth, ultimately leading to where we are today, coincided with the end of one great age, and the beginning of the next.

It is also likely that these ages were divided into lesser and greater ages, the lesser occurring every 6000 years or so at the precessional quarters of the equinox, resulting in the

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different ages of “modern” man for example, and the end of a great age every 25800 years or so after one complete cycle of the precession of the equinox, resulting in a potentially much greater evolutionary leap.

This alone would appear to provide some tangible indication that we are indeed approaching an era of great change, the precise nature of which will be finally decided by the consciousness of humanity.

I am however, due to the importance and consequences of what humanity is facing over the next few years, only concerned with the facts. There simply is not time to pursue fantasies and speculation at a time when humanity must prepare itself for what is to come.

Humanity, accompanied by all life on Earth is rapidly approaching a “speed bump” on our collective path. How we approach and negotiate this speed bump will determine whether humanity and life on Earth will crash and burn - or evolve - it really is that simple. The key, as I have mentioned before and will continue to so is human Consciousness together with the Consciousness of all life on Earth, and of course Earth, great Planetary Spirit Gaia herself.

I therefore turn to the Mayans for tangible clues to what awaits us.

The classic Maya were one of the most advanced races ever to have walked the Earth - keeping in Mind that we must not make the error of equating “advancement” with “technology”, in fact the reverse is true in absolute terms.

The Mayans were many things including but not limited to

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Astronomers, Cosmologists, Astrophysics, Mathematicians and Astrologers. For all that however they had two main tools at their disposal for their work, which made it all the more impressive and they were these:

1. Observation of the cosmos
2. Shamanic exploration

At this stage I will refrain from discussing the Shamanic aspect for reasons I will make clear later.

From an observational perspective the Maya were dedicated observers of the night sky, which became central to Mayan mythology and the Mayan culture generally. They would also have been observers of the Sun and therefore solar activity.

What were the Maya fundamentally looking for?

The answer is almost certainly predictable “cycles” which would then in turn form the basis of their entire culture at all levels, as well as the future of humanity, all life on Earth and Gaia Herself.

The entire Universe operates in cycles, some so minute or so massive that we cannot detect them from the temporal physical scientific instruments, but others in between which are much more obvious such as the cycles of the year we known as the four “seasons”.

The Maya were interested in cycles of every magnitude, knowing them to fundamentally influence reality as a whole, with which of course we are all intimately connected. The resultant Mayan calendrical systems functioned in many ways like modern astrology, but many

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orders of magnitude more advanced and accurate, and which were clearly capable of operating accurately from time scales of seconds, to probably millions of years, or even the entire lifespan of the planet.

So what was it in the night sky the Maya were particularly interested in which led to the creation of their Long Count Calendar, and consequently the iconic 21 December 2012 end date for their calendar?

The answer is the Galaxy, or more specifically Galactic Centre relative to Earth, also to include the Solar System. The Maya also observed and measured the precession of the Equinoxes as previously mentioned.

In addition to tangible observation, the Maya were also acutely aware of non-physical cycles of Energy and the potential causal effects upon life on Earth, and in particular human beings.

The Maya supported their physical observations with Shamanic observations which were facilitated by the use of a very specific group of chemical compounds extracted from natural sources, Mind-expanding substances known as “entheogens” of which there are various derivatives and chemical variations including N,N-dimethyltryptamine (DMT), 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT) and 5-Hydroxy-N,N-Dimethyltryptamine (5-OH-DMT) known as “bufotenine” due, being extracted from the skin of toads of genus “Bufo”.

So the Maya were not only able to observe physical cosmic cycles, they were also able to observe non-physical cycles of Energy, as well as to access the vast and information stored as Energy, often conceptualised as the “Akashic Record”, which contains all the information in the entire

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Universe, including physical parallel Universe and inner Energy Levels, throughout what people know as the “past”, present” and the quantum probabilities that we may regard as the probable future. Shamanic exploration would also have enabled the Maya to project their conscious awareness to the Galactic Centre itself, for closer observation and therefore understanding of the Energy and cycles emanating from there.

These then I am certain formed the basis of the knowledge of the Maya, and their legacy today, as well as the immediate destiny of the human race and all life on Earth.

Now at this point I must stress that the Maya never, ever put forward “prophecies”. A “prophecy” is the supposed prediction of future events. I would like to make it absolutely clear that it is absolutely impossible to contrive such a prophecy, and anyone who purports to do so, or to “tell the future” might be regarded in that context.

“Time” does not exist except as an illusion of the corporeal senses and the conscious sphere of operation of the Mind as it operates within the sphere of the space-time continuum. Accordingly the “future”, like “time”, does not exist except as a human concept.

What people erroneously refer to as the “future” only exists as an infinite number of probabilities, one or more of which can eventually exert their influence under the influence of Mind in the present moment of Now - the “future” only becomes true in the actual moment it is observed and experienced in the present moment of Now.

In the context of the transition we are facing, there are a very wide range of quantum probabilities that have the Energy potential to exert an influence over the next few

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years. These include but are not limited to physical factors such as the Sun, Galactic Centre and extra-terrestrial objects, and non-physical potential in the form of Energy including cycles of Energy.

And again Universal Principle will hold true - the potential factors that will finally exert their influence will be directly proportional to Mind and Consciousness in that moment of Now.

So the Maya new about these factors based upon their observations, and factored them into their predictions. Note I use the word “prediction” because the legacy of the Maya is predicated in fact and not in some form of mystical speculation based upon the Conscious Mind and/or the Ego otherwise known as “prophecy”.

So 21 December 2012 is not a “prophecy” it is a scientifically derived prediction that the classic Maya were able to formulate based upon their physical observation of the cosmos, and non-physical Shamanic explorations, together with their vast understanding of these Universal forces which were uncontaminated by individual interest, agenda or motive, influence of the Ego, or some other ulterior motive in the interests of power and control.

This then forms the firm basis of my own research into 2012.

Turning to the Mayan Long Count Calendar, what were the Maya concerned with?

I absolutely believe, by virtue of extensive research by Mayan researchers of whom I have the utmost respect, that the Maya were concerned with events related to the centre of our Galaxy, i.e. Galactic Centre, as it relates to Earth and

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in particular the precession of the equinoxes a confluence and significance of which the Maya were unquestionably aware of by virtue of their cosmic and Shamanic observations and astounding ability to make sense of it all. It is indeed this “sense” that we must replicate as our source of understanding of information relating to the transition that we are now facing.

It is clear from the ancient artefacts, notably in the form of the stone “stellae” remaining at classic Mayan sites, and their culture which included strategically positioned “ball parks”, that the Maya, in this context were primarily concerned with events at the centre of our Galaxy, in other words Galactic Centre which they clearly deemed to be instrumental in shaping the future direction of humanity and life on Earth.

What then lies at Galactic Centre that could be of so much interest and significance to the Maya, and which could possibly be implicated in any future evolutionary direction for our small planet?

The solution, I believe rests in an aspect of the Galactic Centre that we cannot actually see, but yet many scientists now believe exists, and the Maya absolutely knew existed - specifically a super-massive Energy structure known as a “black hole”.

It is beyond the scope of this short newsletter to discuss the science of black holes generally, but in any event we are only concerned with its characteristics as pertains to the transition of the ages and of any related 2012 event.

A black hole has associated with it massive Energy, and it is this Energy that we are concerned with and the Maya were almost certainly concerned with when formulating the

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potential causation as a result of the events predicted by their long count calendar.

Energy is everything - literally - Energy shaped by Mind – either Universal Mind in the context of all creation, the Macrocosm, or individual Mind in the context of our own individual experiential reality - our own individual Universe - the Microcosm.

It is almost certain that this massive Energy vortex at Galactic Centre - the same Energy that probably holds the very fabric of the Galaxy together - will form the primary influence over the range of events that could manifest over the next few years, in turn under the influence of the collective Mind or Consciousness of the human race, which will in turn contribute towards the shaping of the next phase of existence, evolution or otherwise of the human race and of all life on Earth.

Like all Energy, this particular Energy will ultimately respond to only one primary influence - Mind at both an individual and consensual level. Of course ultimately all Universal events and the Divine operation and order of the Universe are all under the influence of Universal Mind, of which we and all in creation are integral, inseparable aspects - everything is ultimately connected.

Of course this Galactic Centre Super Energy Field is not the only possible influence by any means. In accordance with the range of potential events and challenges facing life on Earth over the next few years, many other factors external to our planet will or could exert an influence, including, but not limited to Solar activity and extra-terrestrial bodies, often known as “Near Earth Objects”.

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It is however beyond the scope of this short introduction in this newsletter to expand upon these factors further, and we will indeed surely do so in a future newsletter.

In this newsletter I have set out to briefly introduce a solid foundation for the entire “2012” phenomena, which can be used to track and understand events as they unfold, relative to the immediate destiny of the human race, all life on Earth and Gaia Herself.

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**The Lords Prayer Part 2 – Which art in
Heaven**

In a previous newsletter we began our analysis of the true, deeper, inner meaning of the Lords Prayer, probably one of the only passages in the Bible that millions of people can recite from memory. Even I who rejected orthodox religion at school at the age of 8 years can still repeat The Lords Prayer word for word.

However, as we discussed during the first part of this series, The Lords Prayer is not simply a passage intended to be repeated mechanically as a sign of respect or “worship”, it rather has much more powerful inner meanings that form part of the greater inner meanings and teachings of the Bible as a whole.

As I have mentioned time and again, but is always worth repeating, the Bible is not a book of theology that demands an abstract belief or blind Faith in a deity called God, the Bible is rather part of a much greater collection of inspired works, many of which were not included by Emperor Constantine due to the fact they could not be used in the main context of the “new religion”, contrived only for the purposes of continued power and control over a global population in the face of a declining empire.

More importantly, the Bible, to the extent that it does exist, is a book of Initiation, Spiritual Growth and Metaphysics, brought to us by the greatest Initiate and Master to have ever walked on Earth, primarily to prepare humanity for the transition of the ages that we are now facing in the next few years in the context of 2012.

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Fortunately, the core teachings of Jesus, real name Jeshua, or Yeshua or Yashua - Jesus is a Greek name - Jeshua was born a Jew - are the four Gospels of Matthew, Mark, Luke and John which chronicle the life, times and teachings of Jeshua.

In reading the modern Bible however we must take account of the fact that the original texts, which no longer exist in physical form - at least as far as we know - were written in Ancient Greek, and subsequently translated into English and other modern languages.

Over time there have been numerous mistranslations, and in particular numerous alternative translations on the part of theologians and other religious bodies, contrived to interpret the Bible in such a way that suits their own aspirations, often power and control, and in such a way as to keep religious followers in a state of “fear of God” - in other words the church actually wants and needs “God fearing people” in order to survive and control.

God is often depicted as a jealous, vengeful, intolerant deity, who punishes people with a fiery torture for all eternity or other terrible punishments for failing to “believe in Him” or follow the doctrines of the church who claim to represent the best interests of God on Earth. Somewhat paradoxical for our Father Who Loves us all. As we discussed in part 1 of this series - Our Father - God is indeed Father, or more correctly parent to us all - what Loving parent would send their Child to be tormented for all eternity?

Actually, in the context of the so called “Crucifixion”, what Father would send a Son to Earth just so he can be nailed to a cross and tortured before he was prepared to “forgive” everyone?

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I trust that people will give these fundamentals some serious thought before accepting these concepts.

One of my missions over the coming years is to obtain, to the extent possible, copies of the original Ancient Greek transcripts of the Bible, and to transcribe them into modern English in their original context, as intended by the Nazarene Master.

Until then the Bible, even as it is today still retains most of its original power, wisdom and teachings, notwithstanding the mistranslations and creative alterations by the various factions down through the centuries, and it is upon these that we will continue to focus.

In Part 1 of our series on understanding The Lords Prayer we examined the teachings contained within the very first line “Our Father” which emphasises the glorious truth that God is not only the Father of Jeshua, but rather God is Father to us all - a fact that Jeshua emphasises time and again, such is its importance.

So having established, in accordance with the teachings of Jeshua the truth that the relationship between ourselves and God is truly that of Child and Parent, we will now move on to the next line in The Lords Prayer:

Which Art in Heaven

This line, in and of itself has probably been one of the most misunderstood teachings of the Bible, conjuring up to many a picture of a stately, elderly looking gentleman, adorned in long, flowing white robes, floating around in the sky, flanked by choirs of Angels plucking their harp strings, while God sits on his huge golden throne deciding who is worthy of being allowed into Heaven, and who should be

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cast down to fry for all eternity in hellfire and damnation as the guest of Lucifer.

The first, and most obvious flaw in this picture is that “Heaven” is not actually a “place” at all, it is more of a state of “Being”.

In order to understand this better, we need to review the structure of the Universe as a whole.

The Universe can be likened to an Apple in many ways. The skin of the Apple represents the physical Universe where the vibration of Energy has slowed to such a low rate that it has differentiated into what we call “matter”. This outer “skin” of the Universe probably represents less than 0.01% of the entire Universe as a whole. This is the Universe known to science, but which is still very much viewed in terms of a Newtonian perspective.

As we travel within the flesh of the Apple towards the core, Energy, represented by the flesh of the Apple, vibrates faster and faster, and at the same time becomes less and less dense until eventually vibrating at the fastest rate at the core of the Apple representing God, Source, The First Cause and many other names.

Our initial individuated existence takes place at the skin of the Apple, the physical Universe, where we learn the fundamental lessons we need to know in order to progress inwards towards the core during the quest for perfection. Indeed, until those lessons have been learned and assimilated into our very being we cannot progress inwards.

Before the “Heavenly Journey” can really begin, we need to learn those fundamental lessons, not only here on Earth,

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but also in the Astral planes which act as a sort of “buffer” or “holding” zone between the physical Universe and the great Mental, Spiritual Planes.

Many people confuse the Astral planes or “afterlife” with “Heaven”, when in fact the Astral planes and the people living there are really no more “advanced” than people still living on Earth. The Astral planes are therefore best thought of as the home of people who no longer have a physical body, given that they have to live somewhere, and they are not yet ready to progress to greater things.

Some regard the Astral Planes as “Heaven” on the basis of material things. In the Astral there is no “work”, no “money” no “bosses” or other people pushing you around, and in fact compared to Earth it really is an idyllic and “easy” experience - but it is not Heaven.

Like the physical world the Astral planes are an extension of a necessary illusion that exists as the first stage of a much greater journey, where the fundamentals are learned in readiness for that journey, without which the onward journey is just not possible.

The word “Heaven” is most often understood to be a metaphor for a state of “bliss”, which means different things to different people.

To someone in so called “modern society”, which would be more appropriately known as “material society”, “bliss” might be represented by a luxury home on an exotic island. To someone living in parts of Africa for example, “bliss” might be a three course meal. So as with all things, in accordance with the Universal Principle of Polarity, there are no absolutes, everything is relative, and in accordance with individual perceptions.

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The question then becomes why has “Heaven” become associated with “bliss”, notwithstanding the fact that “bliss” is usually measured in material terms?

The reason is simple, but has long been lost as the true meaning of life and “bliss” has been consumed by materialism. As we progress inwards towards Source, First Cause, God, from Whence we came in the beginning, we experience ever higher states of vibration, and realms of Mind that are far beyond the comprehension of the Earthly human Mind. At these states of vibration we are moving ever nearer to the highest and most Divine vibration of all – Unconditional Love - the Vibration of Source, God, First Cause.

These Heaven Worlds exist beyond the illusion of form as characterised by the physical and Astral worlds, but that does not mean there is “nothingness” - far from it. These are worlds and states of Energy of sheer glory, splendour and bliss where fixed form is no longer relevant, in other words Heavenly in ever sense.

It is the inner knowledge of these Heaven Worlds, known to the Higher Self, that drives the Higher Self on to ever greater things, and the reason Higher Self chooses to send representatives to Earth in order to acquire the necessary perfection in the shortest possible time through the medium of physical matter which God, in all God's wisdom created for this specific purpose.

It should be mentioned that not all Beings choose to incarnate into the physical space-time bound continuum. Many choose to save themselves that extreme effort to evolve from the Astral. This however is an massively more restrictive approach, which will inevitably leave them far behind on the path as compared to those who have

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graduated from matter, and many eventually decide to “take the plunge” into the physical Universe.

So these then are the “Heaven Worlds” that everyone strives to realise, and the reason we choose to take the fast-track course of learning and initiation on Earth.

The next question, in the context of The Lords Prayer, is in what way is Our Father actually “in Heaven”.

This means that our Father, God, Universal Mind is in and through All creation. Our Father is therefore in Heaven, in all creation, in all magnificent spheres of Life and Reality, and in each one of us.

This then teaches us one of the most glorious truths of all, that

The Kingdom of Heaven is Within each and every one of us. Heaven is not some “place up there” or “place where we go if we have been a good person” or place “where you go if you have been a devoted adherent to a particular orthodox religious doctrine”.

The truth is we are in Heaven right Now, and Heaven is in Us.

Our Father is in Heaven, we are in Heaven, we are Our Father.

This glorious truth is taught by all the major World religions and cultures - including Christianity - if we look in the right places with an open Mind.

Christianity: *“Neither shall they say, lo here! or, lo there! For, behold, the Kingdom of Heaven is within you”.*

-- Luke 17:21

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

Buddhism: *“Look within, thou art Buddha”*.

Vedanta, part of Hinduism: *“Atman (individual Consciousness) and Brahman (Universal Consciousness) are one”*.

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

Yoga, part of Hinduism: *“God dwells within you as you”*.

Confucianism: *“Heaven, Earth and human are of one body”*.

Christianity: *“On that day, you will know that I am in my Father, and you in me, and I in you”*. -- John 14:20

In the next part of this series on The Lords Prayer, in a few weeks time, we will look at the next line: “Hallowed be thy Name”, and discuss why the name of God is “hallowed” and in particular to discuss what “hallowed” really means in the context of the teachings of Jeshua.

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Service and Giving

One of the most important and powerful of all Spiritual principles is Service to others before Service to Self, the other two being the Realising God Within and Unconditional Love.

One of the reasons humanity is in the state it is currently in, which is unsustainable and will not be sustained as we experience the transition of the ages, is due to a focus on self before others.

The mission of the masses is often to amass wealth and material possessions as a first priority, and by any means available, often even if it means adversely affecting others in some way.

The primary reason for this is the flawed thinking that the only way abundance and thereby perceived happiness may be attained is through physical effort and often manipulation of others.

As newsletter readers will know however, there is only one true Source of Abundance as well as Health and eternal Happiness and that is Within. There is literally absolutely nothing that we cannot be, do or have, as channels of expression and experience of Source, of Whom we are all integral and unconditionally Loved aspects.

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As the Master said:

“And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful Mind. For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God - and all these things shall be added unto you. Fear not, little flock - for it is your Father's good pleasure to give you the kingdom”. -- Luke 12:29-32

In other words Source, God already knows that we have need of the material things that we need to live a happy and abundant life, and will always provide them to us. However, these things will only be provided if we recognise that our Source of supply is indeed within. If a person believes that the only way to achieve their objectives is through hard “work” and manipulating others, then so shall it be because that is the reality the person has created for themselves.

Jeshua goes on to say that if we seek our wishes, needs and desires within, and above all realise Source, God, within, then all of our wishes, needs and desires will be “added unto us”, in other words they will flow effortlessly into our physical experience. He concludes by saying that we should never fear, because it is “your fathers good pleasure to give you the kingdom”, in other words anything and everything we could possibly desire.

So what can we deduce from this in the context of giving and service?

Quite simple this. Once we know that our true Source is within, and that we no longer need to toil in the physical world without in order to achieve literally anything we could possible wish for, then we become free to be of

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service to others by giving freely of our time and anything else we have to offer in order to be of service to those others in ways that will benefit them the most.

Let us now take a closer look at the subject of Giving.

Many will no doubt have heard of “tithing”, the act of giving part of your earnings to some worthy cause of your choice. Tithing however is also the source of much misunderstanding and even manipulation.

Tithing, and indeed the act of giving, or in the middle east “giving alms” is not something we do in the hope of being rewarded by a benevolent God who will reward us in some way for your actions.

Giving is an Energy in and of itself. By giving we are saying and above all feeling that we are already abundant, and we can therefore afford to give some of that abundance to others. So giving for the sake of giving, or in the hope of being rewarded by a benevolent deity will be largely or completely ineffective.

When we give we must do so with a feeling of abundance and the desire to share that abundance with others, and in so doing we will receive even more abundance in return, because it is that feeling of abundance that attracts even more abundance.

Also giving does not need to be in financial or material terms – it can be the giving of any aspect of you at all in the form of your time or service.

By joyfully giving of our time to others with a feeling of service to others we are saying to the Universe that we are abundant in available “time”, and in so doing we will

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attract even more time to enjoy as we desire, free from the need to “make time” in other ways.

But again, and this is most important - it is what we feel when giving of our time that really matters. If for example you were to go and work for several hours per week in a “soup kitchen” in the hope that the benevolent deity will reward you, then you are going to be disappointed. Of course giving of your time to help others in a soup kitchen is still a worthy thing to do, but only if done out of genuine Love and Service and desire to help others who need it, not reluctantly in the thought that God will not reward you otherwise.

So in summary it is not the physical action of giving that matters - it is rather the feelings, emotions and service that are behind it that really make the difference.

Now what of Service?

Again the Nazarene Master shows us the way when we can understand the inner meanings of his words correctly:

“And the apostles said unto the Lord, Increase our Faith”.

“And the Lord said, If ye had Faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea - and it should obey you. But which of you, having a servant plowing or feeding cattle, will say unto him by and by, when he is come from the field, Go and sit down to meet? And will not rather say unto him, Make ready wherewith I may sup, and gird thyself, and serve me, till I have eaten and drunken - and afterward thou shalt eat and drink? Doth he thank that servant because he did the things that were commanded him? I trow not. So likewise ye, when ye

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shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do.” -- Luke 17:5-10

This parable describes the work of a servant who toils in the fields all day, doing only that which is expected of him, at the end of which is only concerned about obtaining his material sustenance and no more.

The servant however feels that he is not receiving fair compensation for his toils because even though he might have done more work that day than was expected of him, he has still only received his usual compensation and no more.

We might also ask at this stage what all this has to do with “Faith” which was the original question from the disciples.

The parable is teaching that in order to acquire true Faith, we have to work at it. Not physical work however, but true inner work with the right Mindset, a Mindset that is a tacit acceptance that gaining the level of Faith required in order to fully realise our true connection with Source, and the abundance that will result is not “occasional” where we feel Faith when it suits us, but a full time, non-stop connection with Source, realising God within, and the way to achieve this is through true Faith.

By Faith we do not mean blind theological based Faith as for example with a Faith that some deity called “God” lives “up there” somewhere watching over us, but true Faith of our intimate connection with Source who is within us and through us as channels of Expression and Experience of God within.

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Jeshua goes on to warn us that if the Faith is only there when it suits someone, and as a result they do not experience their wishes, needs and desires, they will feel cheated just as the “unprofitable servant” felt unprofitable for not receiving additional compensation for his “overtime”.

Jeshua then goes on to remind us that providing we know that we are an aspect and channel of experience and expression of God all the time, and feel the emotions and true Faith that all our wishes, needs and desires will always be met, then we have taken a big step forward in realising our true inner relationship with God and therefore our potential as Creators in the microcosm, our individual world, and co-Creators in the Macrocosm, the collective Universe within Universal Mind.

This parable also teaches, in the context of service, that we should never adopt a “what's in it for me” attitude, but rather to adopt the attitude of constant, unconditional service, which will bring with it rewards much greater than the mere trinkets of material possessions, and that such a level of Inner Faith will bring us unlimited Abundance, Joy and Health is all things.

So the absolute teaching of this parable is this:

Always be of continual, unconditional service, born out of Unconditional Love and Unconditional Faith and in the knowledge of Source, God within, and we will have the power to perform what are generally known as “miracles”, and all things will become possible to us, even to the point of asking a large tree to move and it will do so. Not only can we move trees, or mountains, we can move anything at all depending only upon our Faith of the God-force that resides within us all as Unconditionally Loved, integral,

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aspects of, and channels of Experience and Expressions of
God, Source, Our Divine Creator.

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The mysteries of sleep

As your newsletter subscriber offer is currently about how to benefit from the sleep state, I thought it would be appropriate this week for us to take a closer look at the sleep state in more depth, and more specifically how we may benefit from it.

Most people think of sleep in terms of simply “going to bed” for a long rest in readiness for the next day.

In a way this is true, but the mechanism and implications of sleep are much more complex and important to our Well Being than that.

When we enter deep sleep, a state often known as REM, or “Rapid Eye Movement” occurs. Although this can be observed, and measured by physical instruments, what cannot be observed or measured is what is actually happening during this process within which is this.

Our inner Etheric, Astral and Mental bodies start to move out of phase with our physical body. Soon they become completely out of phase, and effectively the Etheric, Astral and Mental bodies have “projected” away from the physical. During this time the Etheric body attracts and absorbs Universal Energy by a process that can be likened to osmosis, and transmits it to the physical body through the Chakra system, each Chakra corresponding to a vital organ and complex Energy system of the physical body. This is why after a good nights sleep we awaken feeling refreshed and energetic, and a reason why sleep is an crucial aspect of sustaining life.

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If we can learn how to control this process we can then experience a conscious Out of Body Experience or Astral Projection depending on where we project our centre of consciousness. If we project our consciousness into our Etheric Body then we will experience an Out of Body Experience, or “OBE”. If we project our consciousness into our Astral Body we will experience what is known as “Astral Projection”.

Out of Body Experiences take place at a vibration close to the physical world - so close in fact that the projector believes they are still within the physical world. In fact the projector is slightly out of phase, and exists in a close Etheric “reflection” of the physical world, but providing absolute control is maintained can still observe objects and events within the projection of their physical surroundings.

In the case of Astral Projection, the projector is projecting consciousness into the actual Astral Planes, the exact level of which is determined by many factors including the Mind and Spiritual evolution of the projector.

The vast majority of Astral projections, including those very often taught in books on the subject, take place in a very low level of the Astral planes that correspond to the dream state. That is to say the projector is consciously experiencing the collective dream environment of billions of other human beings who are experiencing the dream unconsciously and why these projections frequently do not appear to make much if any sense.

It is possible with practice and the right knowledge and training however to raise vibration and travel to the level of the Astral worlds where “deceased” people live, meet deceased loved ones etc.

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As we wake we also go through the reverse process with our inner bodies reuniting with our physical body.

This can sometimes occur very rapidly, and the person wakes up very suddenly with a large jolt as if having fallen from a great height, sometimes even feeling that the bed has bounced under the force of the event. This in fact is the inner bodies very rapidly reuniting with the physical body.

At the other extreme the process can occur more slowly than usual and when we awake we can feel physically paralysed, a state known as “catalepsy” where it is not apparently possible to move any part of the physical body. Often associated with this phenomena is “seeing” through closed eyelids, in other words although the eyelids are firmly closed, and the surroundings can be clearly viewed.

In these cases the inner bodies are still slightly out of phase with the physical body, and the sight is through the Etheric or Astral senses as opposed to the physical sense of sight as would be experienced through the physical eyes.

Although this can often be frightening to those not used to this experience, it can very easily be consciously converted into an Out of Body Experience. To do this simply imagine floating out of your body and it will immediately happen, after which control can be taken of the Etheric Body. This of course takes practice, and again these processes are full described in my book, *Our Ultimate Reality*.

The sleep and dream states have many more potential and very powerful uses other than rest and Etheric or Astral projection.

Immediately before and during sleep our conscious Mind is

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progressively sidelined as we become more centred on the Subconscious Mind which is infinitely powerful, being directly connected to, and an aspect of Universal Mind, Source Energy, God.

As we already know from my previous newsletters and book, our route to experiencing anything that we wish for, need or desire is therefore to “program” or impress upon Our Subconscious Mind those wishes, needs and desires, Who will in turn relay them to Universal Mind, God, Our Father for fulfilment.

For matters concerning our individual physical body and health, our Subconscious Mind acts directly to bring about the state we desire or impress upon it, having total dominion over our physical body.

We must of course also be cognizant of the fact that the Subconscious Mind accepts absolutely everything we impress upon, whether intentional or otherwise, and for this reason we must always be extremely Mindful of our thoughts, feelings and emotions, especially towards sleep time. If a person takes worries to bed such as health worries, financial worries, relationship worries or any worry backed by emotion, then the Subconscious Mind will accept it as a wish, and subsequently bring it into the reality of the person without consideration of the consequences. This of course makes matters even worse, and a self-fulfilling spiral can result.

Knowing this however we can make very powerful and effective use of the time just prior to and during sleep in order to create our own reality.

Just prior to sleep we are much closer to our Subconscious Mind due to the slowing down of our brainwaves from

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delta, through alpha and theta. As this process progresses we often see what appear to be swirling clouds of colour and other effects, these being the Subconscious Mind beginning to infringe upon and take over the realms of consciousness previously occupied by the waking consciousness.

This is an excellent time to impress our wishes, needs and desires upon the Subconscious Mind, and to take them into the sleep state where the Subconscious Mind can act upon them without any interference or contrary thoughts from the conscious Mind.

Another excellent property of the dream state are dreams.

Most people dream to some extent, but most tend to forget their dreams, which is a loss because they can be extremely useful in many ways.

For example, the Subconscious Mind and Higher Self through the Subconscious Mind can and does bring messages through dreams.

I receive numerous messages from people who have recently “lost” a loved one who has recently made the transition to the Astral Worlds during the change known as “death”, wishing to know how they may contact them and know they are safe and happy.

People who have recently passed over almost always endeavour to make contact with loved ones in order to offer these assurances, say goodbye if the departure was sudden and unexpected, and for many other purposes. Of course this is usually a very frustrating experience for the “deceased” person due to the fact they are now living on a

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much higher vibration, and cannot make their presence felt to people still living on the physical vibration.

A very common way that “deceased” people endeavour to make contact therefore is through the dream state. As discussed above, we all project from our physical body during sleep as a natural process, and when we do so we are potentially projecting into the same realms of vibration as “deceased” people who can then lower their own vibration to the same level in order to meet loved ones face to face as it were, at a level of vibration and consciousness common to both.

At this level of vibration communication is “normal”, all taking place through thought transfer as with telepathy, by imagery and other thought processes. of course most people do will not remember this upon awaking, or if they do might dismiss it as “fantasy” or figment of their imagination, or even wishful thinking which only leads to more frustration on the part of both the physically alive person and the “deceased”.

An excellent practice for everyone is to keep a “Dream Journal”. This again is described in detail in my book, *Our Ultimate Reality*, and broadly consists of keeping a small notebook by your bed, and as soon as you awake writing down every single detail of what you can remember of your dreams.

This will have the effect of impressing upon the Subconscious Mind your intent to remember dreams in the morning upon awaking, and the Subconscious Mind will then increasingly facilitate this process.

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The information received in the dream state can be extensive and profound, and the keeping of a dream journal is therefore a very valuable practice.

This by no means adequately encompasses all there is to know about the sleep state, but I hope at least this brief introduction will encourage you to investigate further, and I sincerely hope to also take action. Starting to keep a Dream Journal is an excellent start to investigating both the mysteries and benefits of the sleep state, which is every bit as important, if not more so, than the daily waking state.

I would like to take this opportunity to thank you very much indeed for taking the time to read my newsletters in 2007 and previous years, and for all of the numerous and most kind messages that I receive every day which I truly appreciate and for which I am most grateful.

I look forward to publishing my weekly newsletter in 2008, and to being of service in any way I can during these crucial times for humanity, all life on Earth and Earth Herself.

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