

The Our Ultimate Reality Newsletters

**The
Our Ultimate Reality
Newsletters**

Volume 7 - 2011

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The Our Ultimate Reality Newsletters

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02 January 2011. Our True Source Of Power

Welcome to your first Newsletter of the year 2011. I do hope you enjoyed your seasonal festivities, a time of Joy, Togetherness and Giving and an escape from the more mundane and routine aspects of life.

There is a famous Christmas song by Wizard - "I wish it could be Christmas every day" - and the truth is it can be.

In general, humanity defines its "reality" through misery and suffering, without which "life" would seem "unreal" or "too good to be true". The absolute Truth however is just the opposite. We are All Expressions of our Source, with the same Creative Powers of Our Source, the same Powers that, as Expressions of Source we All have access to without limitation - if only people know.

The quality of our Life Experience is directly related to our ability to Realise and Express Source - everything is possible without limitation.

Over the next two years as we head inexorably towards the end of 2012, this Self-Realisation and Expression of True Potential will become increasingly important as those, who are ready, prepare to participate in the next Evolutional leap to the next phase of human, known by the Inca and many other nobly and ancient races as "Homo Luminous" which will be a much greater evolution than the previous event of 26000 years ago that saw Neanderthal's evolve to modern Homo Sapien.

This evolution will not take place suddenly on 21 December 2012 as many imagine, and neither will there be any other major Earth-changing event on that date although we may expect very challenging times on the approach to this date in almost every aspect of our lives - but these events may be considered as preparation.

So what then is the significance of 21 December 2012? Well quite simply this date is a "pivotal", "tipping" point by which time those participating should be ready for the transitional events of the next few decades. For those not ready life will continue in the appropriate sphere of the Astral Realms until the next opportunity arises.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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In our previous Newsletter we discussed the role of our Thoughts, Feelings and Emotions in the context of our Experiential Reality - our daily "Life".

As we approach our pivotal point of 21 December 2012, we need to cast aside all of the myths, religions, belief systems and other sources of control, instead to Realise, Embrace and Express our True and Only Source of Power, and to use it wisely.

Evolving to the next level of the Human Divinity does not mean praying to fictitious deities, becoming involved with "esoteric orders" or "mystery schools" or anything else - all these are misunderstandings of humanity with a promise of a shortcut to our true destiny and to make practitioners feel more important than others.

These are all false and can only lead to the wrong path, even misery.

The magnificent Truth is that we already Divine and All Powerful with Infinite Potential, and the only place we can discover and realise this Truth is not in some external texts or set of exercises and mystical practices, but rather Within Ourselves.

Dear Reader, it is all Beautifully and Divinely simple and available to All.

There are no special exercises to do each day, religions, societies or "orders" to join - nothing. As the Spiritual Guide who came to be known as Jesus said - "the Kingdom of Heaven is Within You" - and it is.

There is absolutely nothing, "external" to ourselves that can provide a "short cut" to Evolution - to Enlightenment. Every single human being already has that capacity just waiting to be realised.

This is the way it has always been - or should have been. So what went wrong?

From the very beginning, sentient humans have perceived the existence of a "power" greater than themselves, a power responsible for their very existence, a power that must be appeased and humoured in some way if they are to be "allowed" to continue to enjoy a reasonable life experience, and above all to be allowed in to a "heaven" or "paradise" of some sort after they "die".

Until fairly recently - until 2000 or so years ago - humanity experienced difficulty in conceiving of an all encompassing power, and accordingly created whole pantheons of deities, each responsible for, and governing in some way specific aspects of their lives.

One factor that has never really changed is the perceived need to "worship" or appease the "Gods" or "God", lest they be "punished" in some way.

These perceived punishments were perceived as ranging from some "terrible vengeance" causing death and/or misery, to great catastrophes such as droughts, famines, and natural disasters.

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

A major issue today, however, is that many people still live their lives by the literal word of these ancient books, many of which have often been misinterpreted, misunderstood and often mistranslated, and by the word of the churches and their representatives, without ever thinking to question it.

Often, of course this is due to strong, historical family beliefs and traditions, handed down through generations, which people accept and follow out of trust and respect, without questioning whether these doctrines are true, simply being accepted as such without question. In other cases, the very high profile and often psychological power and control over people through the invocation of fear and guilt, the orthodox churches have led people to believe that these churches must represent reality.

Orthodox religions package a belief system, offering people the comfort and convenience of not having to think for themselves, often suggesting that anyone adhering to this system will be assured of a ticket to “Heaven” providing only that they follow the creeds, dogmas and doctrines of that religion. While we must all maintain absolute respect for the beliefs of others and their absolute freewill to subscribe to these beliefs and doctrines, they will soon discover that everyone, without exception, are subject to the immutable the Universal Principles of Spiritual evolution, not subject to any form of creed, dogma or indoctrination, being dependant entirely upon the efforts of each individual. These are the only principles governing progression to levels and states of existence which truly are the “Heaven worlds”, the glories and splendours of which transcend all religion, dogma or any belief system.

The True Architect of All - Our Source - does not in any way conform to the popular vision of an elderly, stately looking gentleman with a white beard, adorned in long flowing white robes, sitting on a golden throne flanked by choirs of Angels, while directing and judging the affairs of Earth and mankind.

The True Architect of All That Is - Our Source - is not a judgemental, tyrannical, vengeful, jealous, or angry deity.

The True Architect of All That Is - Our Source - has no need or desire to be “worshipped” or to receive offerings of any sort, and is most certainly not influenced in any way by flattery or “praise”.

The True Architect of All - Our Source - does not punish people for failing to believe in Him/her, for failing to attend a church, or for failing to accept a historical person as their “saviour”.

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The True Architect of All That Is - Our Source - does not in any way require intermediaries or "go-betweens" to interpret, represent and convey the "will" of The Architect, The Supreme Intelligence. No such intermediary has ever had the "ear" or "authority" of The Supreme Intelligence or has ever possessed any sort of special connection with The Supreme Intelligence. No such self-appointed representative can possibly know "the will" of the Supreme Intelligence, or convey the wishes of the people back to The Supreme Intelligence.

Above all, The True Architect of All That Is - Our Source - is neither separate from the Universe or from anyone or anything within the Universe. The True Architect of All That Is is at once Omnipotent, Omniscient and Omnipresent.

Every Human Being, all Life and everything within the entire Universe, has its Being within the Infinite Universal Mind of The True Architect of All That Is, The Supreme Intelligence.

Every human being is a Equal and Integral Aspect of The True Architect of All That Is, the Supreme Universal Consciousness, Our Source, Our Prime Creator, First Cause, One Universal Mind.

We are The Architect, We Are Source at Every Level, with the same Unlimited, Infinite Powers.

These are the same Powers that for millennia religions, governments and even esoteric orders have stripped from humanity for thousands of years for a multitude of reasons, few of which are truly honourable.

Of all the factors influencing the attitude, actions and motivations of humanity today, none can be more pervasive than the erroneous idea that human beings are finite, mortal, transient and above all separate in some way.

The perception of the majority is still that we are "born" in to a family, culture and country by "chance", struggle through life, "grow old", retire and finally inevitably "die".

Over the centuries this sense of separation and mortality has led to behavioural traits that are completely contrary to the purpose of humans incarnating in to physical form.

One such pervasive behavioural trait is the desire, in many cases obsession to acquire material possessions at all costs, very often at the expense of others. Indeed for some this behaviour is taken to such an extreme that it becomes a competition as to who can "die" with the most money, even though the "winner" can never collect their prize.

Another very human trait is the fear of the change know as "death" - trait not shared by any other animal.

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Fear of "death" is one of the main motivations for humans feeling the need to subscribe to a religion, and conversely the reason religions have so much power over humanity. The congregations of other orthodox religions are told that unless they obey the doctrines of the church they will not receive any "favours" from God, will be banned from entering some notional paradise, often known as "heaven", but could even be "cast down" to some horrible place to be "damned" for all eternity.

If only everyone knew the glorious truth, all this could and would change overnight.

So what then is the truth?

The truth is both simple and glorious and has always been known to humanity at some level, it is just that the truth has for the most part been both denied to humanity as humanity has defined the truth which is this.

All humans incarnated on Earth personalities which in turn are aspects of their corresponding Higher Self.

The Higher Self is the Source Mind, First Cause, Prime Observer.

The Higher Self is who we truly are beyond our individual incarnations on Earth, and can be thought of as an aspect of the immortal "I".

The Higher Self is sublime, and as the sum of all of our physical lives and experiences, past present and future - relative to the Earth concept of time - is therefore infinitely wise.

Full access to the Higher Self by individual physical incarnations, personalities of the Higher Self is most sought after by those consciously following the path.

It is the Higher Self that progresses on to "greater" things once all physical lives, all personalities have completed their missions.

It should be noted from the outset that the term "Higher Self" is somewhat erroneous, and should more correctly be referred to "Inner Self". However, as the term "Higher Self" has been so widely used and understood, we will continue with its use in this book. It is very important to keep in mind that the physical world and our physical bodies are the outermost aspect of the Universe existing at the lowest rate of Energy vibration, and the highest density, and God, The Source, The First Cause is at the very centre of all creation, existing at the very highest Energy vibration, encompassing the highest vibration of all, that of Unconditional Love.

After the cycles of physical incarnation have been completed, we continue the journey inward towards God as our "Higher Self", as an individual Spiritual Being, the sum of all physical lives, and onward experiences gathered on the quest and journey of perfection

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and ultimate destiny of the potential to reunite with The Source, God, The First Cause, from Whence we first came.

During the final stage of our 26000 year journey to the next stage of Human Evolution, I am inspired to increasingly dedicate your Newsletter towards only those factors that are directly relevant, beyond religion, belief systems and indoctrination.

But at the final analysis, I can only show you The Path - which I will - only you can walk the Path - and I promise you that I will do this to the very best of my abilities.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And so it is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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09 January 2011. What Is Energy?

Welcome to your Newsletter. I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter. It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

Finding your Path is one thing - and be assured that I will always do all I can to guide you - but only you can walk the Path. Now is the time to Walk The Path. Of course to "Walk The Path" is a metaphor. No physical action is required. To Walk The Path is a State of Being, a State of Mind and Spirit - which is All There Is.

Mind and Spirit simply Express through the physical medium we call the "body", through which we learn, Experience, and above all, extend Selfless Service to "others" - although in Truth we are All One.

The Great Transition continues unabated , and so shall it continue Be. To most of humanity this is not obvious, although many feel and sense something intangible is taking place, it is therefore for each and every one of us to Be of Service by making those around us aware of the True Nature of these changes and how they may be As One with this culmination of one Great Cycle of Life, and the beginning of the next, which will see those thus prepared achieve that Great Evolutionary Leap from Homo Sapien to Homo Luminous - a Being of Light.

Take no notice of the multitude of websites and increasing numbers of television programs that preach catastrophe at the end of 2012 - they do not understand.

I will continue to do All I can during the Great Transition, but to participate is to show others the Path as well, so please do all you can to show others the Path that they may enjoy the opportunity to Walk the Path - the same opportunity you enjoy.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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All in the Universe, all in "Creation" including all realms of the Universe from Source out to the physical world consists of three fundamentals - Mind, Consciousness and Energy. Ultimately all these are One Aspect of the Same.

Energy is a human description for an invisible but mysterious "force" which is known by many other names around the World such as "Chi", "Ki", "Prana" and others.

Ultimately Energy itself is Consciousness under the control of Mind.

So what is Energy? How can Energy be defined, described and understood?

Quantum mechanics has demonstrated that Energy in its native form does not manifest as discreet "particles" of "matter", each oscillating or vibrating as for example a water molecule, the oscillation, Vibration of which increases with heating or reduces with cooling, but rather native Energy exists as a continuous "Wave".

This continuous Wave of Energy originates from Source Mind, and "ripples" out in all "directions", to the extent that the word "directions" is meaningful in the absence of "time" and "space", and remains in that form - as a waveform - until it is "interrupted" in some way, and at some level, at which point this interruption causes the Energy waveform to "collapse" and behave as particles of matter, or even photons of light.

Again, this behaviour is absolutely crucial and fundamental to everything people recognise as "experience", "life", "reality" and so on.

If we look then at Energy in its native state, what may we say about it.

A waveform whether it be light, water or Energy such as radiation, manifests at the temporal, local level with these observable and measurable characteristics:

Wavelength: Distance between the peaks and troughs of the wave.

Amplitude: Strength, height of the waves.

Resonance: The measurement of oscillation or "Vibration" of the wave, in other words how often the waveform with its characteristic length and height actually happens - is renewed in order to perpetuate it.

There are other characteristics of waves that we could also take in to account such as harmonics, which describe how waveforms relate to each other.

Wavelength then measures the distance between the peaks and troughs of waveforms. When "tuning in" to an Energy source, as for example tuning your radio in to a Energy in the form of "radio waves" transmitted by a radio station.

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Human beings behave in the same way as a radio receiver, with the ability to "receive" information, knowledge and in particular "ideas" that are being "transmitted" by another sphere of activity of Mind.

If such a transmission is between two humans on the same or similar levels, this transfer of Energy on the same frequency is known as "Telepathy".

Amplitude is the "strength" of the Energy "transmission" travelling along on its waveform, and accordingly its ability to be "received" in terms of depth and quality.

If for example we make use of our radio transmitter-receiver analogy, if the transmitter sends a weak signal, the reception of that signal may be very difficult to hear, and may "break up" or "crackle".

If however the transmitted signal is very strong, it will be received "loud and clear".

Amplitude is therefore very important to a human at all levels. The more powerful the transmitter, and more efficient the receiver, the more of a signal may be received and understood.

From a transmission perspective, all humans are transmitters as well as receivers, under the control of the Subconscious sphere of activity of Mind.

These Energy transmissions are known as "thoughts". In other words, "thoughts" are Mind Energy, and therefore a "string of thoughts" are transmitted as a waveform.

The strength of "transmission" of thoughts as a cause, will determine the corresponding effect, nature and persistence of the corresponding "Thought Form" which may be very "fleeting" or transient in nature, or very resilient and persistent.

Thoughts are Energy, so the amplitude of our Thoughts determines the quality of the corresponding Thought Form, and in turn experience related to the Thought.

Most people go through the day "radiating" thousands of "thoughts", the vast majority of which are "scattered" and weak, with no Mind Power behind them, and accordingly the resultant Thought Forms are very transient - they coalesce and then dissipate in a moment, with little or no corresponding or noticeable effect.

Many of course engage in more focused and "persistent" thinking, to which they commit a much greater amplitude of "Thought Energy" - usually towards perceived negative situations such as for example "debt".

This higher amplitude of Thought Energy in the direction of "debt" will result in a much more persistent "debt" Thought Form, the harmonic of which will attract corresponding "debt" Energy forms which will then "realise" the debt on a local, temporal level.

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But to summarise - every point of consciousness is both a receiver and a transmitter of Thought Energy, whether in human form or not.

Transmissions give rise to Thought Forms - collapsed Energy waveforms - which resonate and harmonise with corresponding "ideas" and "experiences" on a temporal and local level.

Let us now take a look at "Resonance" also known as "Vibration".

Firstly then, what is the difference if an between "Resonance" and "Vibration"?

Well nothing in absolute terms, but I will now introduce a distinction between the two terms which I consider justifiable.

"Vibration" may be considered to be purely qualitative in nature, so we are simply concerned with its behaviour in broad terms and in the context of the greater picture.

"Resonance" may be considered to be quantitative in nature, i.e. measurable.

Although this is a distinction of terms that I have chosen to apply myself, I have done so for very good reason.

Energy is Universal in nature, encompassing All That Is, and not simply in the context of how Energy manifests in the context of the space-time environment.

Beyond space-time, in other words the vast majority of All That Is, "measurement" in all its forms is a completely meaningless concept, and accordingly "resonance", or at least its quantitative aspect, is an equally completely meaningless concept.

So let us talk now of the Vibratory nature of Energy, Vibration being a term which in any case is very familiar to many - much more so than "resonance".

The most fundamental unit of Energy I will refer to as a "Quantum".

There is a plural - "Quanta", but this is erroneous in that "Quanta" implies "multiple" instances, when in fact Energy is a continuum in the form of a wave.

I know it could be argued that when the Energy waveform collapses under "observation" it appears to manifest as discreet particles, but even if this is the case - we will discuss this later", even when Energy manifests as particles it remains integral to The Whole, so I will not be making use of plurals in these contexts.

A Quantum is considered to be the most basic "unit", or more specifically Manifestation of "something" that can accordingly not be further divided or sub-divided, so clearly Quantum can only be regarded as Native Universal Energy, characterised by Infinite Potential - Quantum Potential.

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Even the word "unit" is erroneous, but in the context of Quantum Potential, it is the best description that the English language will facilitate and will have to accordingly suffice in the context of these discussions.

So a Quantum of Energy may be considered to have a qualitative characteristic of Vibration. In other words - Energy vibrates.

We cannot, as discussed, quantify or unitise Vibration due to its Universal Nature, I will therefore instead refer to Vibration as a characteristic relative to the only meaningful benchmark, the only Absolute and True benchmark - Source Mind.

We cannot make use of the physical Universe as a benchmark, or indeed Earth, simply because cannot or at least should not be regarded as a constant.

The Vibration of Earth, Solar System, Galaxies and so on is constantly varying relative to each.

Also, without wishing to blur the concept of a "solid Earth" even further, there are numerous potential "versions" or "levels" or "planes of existence" of a "solid" Earth existing at vibratory frequencies just out of phase with each "other" - they still manifest as a Continuum of the Whole.

This is in fact, in part, what the Transition of the Ages, generically associated with "2012", is all about.

During this transitional epoch, a polarisation is taking place between low and high frequencies, sometimes characterised as a "battle" between "dark" and "Light".

Those who are prepared, at the pivotal juncture or era, may experience an increase in Vibration of the triune physical, Energy and Astral bodies, transitioning to a "higher vibratory frequency of blissful peace and harmony, free of the forces of darkness that have blighted humanity for the last 1800 years or so, where humans, as a new "species", sometimes referred to as Homo Luminous - a phrase provided by the Aztecs - may once again be free to Spiritually Evolve in an environment where maximum Evolutional potential may be achieved.

Those "remaining" on the frequency of this "version" of Earth may encounter forces of an unknown nature, the outcome of which is as yet equally unknown.

It is however absolutely crucial that everyone understands this, beyond all doubt - every single human being, as with all life - whether "animate" or "inanimate", is an Eternal, Immortal, Integral and Equal Expression of Source Mind, and will accordingly "live on" and Evolve. The only varying factor is the vibratory frequency where consciousness is focused, which will always reflect individual consciousness.

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Vibration may be considered as a function of Spiritual Evolution - our primary and most Divine purpose.

As a human - the "me", as a "messenger" or "point of experience" - a Personality of Higher Self - the "I" gains experience through interaction with the Earth environment, "Vibration" of the Spiritual continuum of "bodies" increases or decreases relative to Source depending on character traits, attitudes, selflessness and so on.

This process in turn determines where our consciousness is focused.

In the context of a human body, our consciousness can "expand" or "increase" while the physical shell - the body - keeps us firmly rooted to Earth.

Enlightenment is the attainment of the highest level of consciousness while still within the context of a human body.

However, once freed from the human body, consciousness becomes not only focused but also experienced in accordance with the Vibration of the personal Energy field, our Spiritual body or Being.

After the change known as "death", everyone will automatically transition to a vibratory sphere of the Astral Spheres - after lingering in the Etheric Vibration of Energy for a while that precisely corresponds to the vibratory nature of your Astral body. Here you will find that all residents of that vibratory sphere are of similar beliefs, traits, personalities, attitudes - in short, level of Evolutional characteristics - and accordingly, unlike Earth which is a "melting pot" of humanity - harmony is the order, and everyone "gets along" with everyone else just fine. There are no typically human constructs such as "money", "work", or in the mid-Astral onwards "religion" or belief systems, so it really does seem like a "perfect world".

That environment most certainly would be inherently "perfect", but only in and of itself. There are a potentially infinite further "spheres of perfection" beyond, which will be experienced in alignment with Evolution.

There is only One Ultimate Perfection - Source Mind, Supreme Intelligence.

Beyond the extremely limited and, in the context of The All, extremely minimal "space-time" bound framework of the Newtonian physical Universe of matter, mathematics and physics derived concepts such as "dimensions", "velocity", "mass" are totally inapplicable and therefore equally meaningless.

We know this because quantum mechanics has demonstrated no particle actually exists until it is "observed" or measured in some way.

We also know that before such observation, Energy exists only as a waveform with infinite potential, but which potential can never be actually quantified or derived.

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So no matter what "particles" on whatever "level" are "predicted", including the "Higgs-Boson", the fabled "God Particle", there is no real existence or basis in fact for such concepts, because the very act of looking for such a particle creates a transient representation of the expectation of the "appearance" of the particle, without the particle ever being "real" or "true". The scientists are only being shown precisely what they expect to see - a product of "wishful thinking".

So although numbers and equations, may be of academic and perhaps theoretical interest within the context of a "space-time" environment, they can never be of any tangible value when considering the nature of the Universe, The All as a Whole, or of the relationship between humanity and all other Life in all forms, whether animate or inanimate, with the whole, or their true "meaning" as an Expression of Source.

Again, "space-time" itself does not even actually exist, and therefore the entire space-time paradigm cannot and does not exist in absolute terms, simply because the native state of The All, The Whole, Source is as Waves of Energy of Infinite Potential.

"Space-time" is Energy collapsed from Wave to particles, which is a transient state, and therefore not "true".

The only factors of interest to people therefore are those help to explain, and/or directly or indirectly influence Experience, because Experience, Evolution through Experience, is the primary and most fundamental "meaning" of what people regard as "life".

No number or equation or formula, however impressive or however derived, can never, as a number, equation or formula make even the slightest tangible difference to Experience.

Knowledge and understanding are powerful tools, but ultimately the only Experience that matters, the only Truth, is that which is Experienced at a Personal and/or Individual level.

Everyone without exception can know the Truth for what it is, because we are all intimately connected to and aspects of that One Source Truth, all anyone ever need do is to realise Source within, and the Source of All Truth is ours.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And so it is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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09 January 2011. Fundamentals Of 2012 - Part 1

Welcome to your Newsletter. I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter. It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

It is apparent from the many messages I receive each day that increasingly more people are becoming concerned about "what will happen in 2012".

Much of this is being driven from movies, such as "2012", an increasing number of television programs and an even more increasing number of books, many of which are sensationalistic and totally ignorant of the facts.

The only real danger as such is that it is a fundamental Universal Principle that we all "create" our own "reality" at every level, i.e. both at a personal level and at the level of the human Mind on the Mental Plane of humanity, so if the majority of humans believe that Earth will "blow up", that is precisely what will happen.

In reality, most of those who are aware of 2012 do not seriously expect Earth to explode in 2012, and in fact the majority of the human population remains unaware of the "2012 phenomena" at all.

That said. 2012 is a significant epoch for different and more fundamental reasons, and the more these reasons are masked under a constant stream of inaccuracies, the less people will be in a position to prepare themselves Spiritually and Mentally.

As we approach the pivotal date of 21 December 2012, your Newsletters will become increasingly focused on the fundamentals of these events that you may set aside all of the misinformation and be prepared for that which is nearly upon us, which is potentially glorious, not something to dread. This week then we will discuss some of the more fundamental aspects of 2012.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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It is only in the last two decades or so that the subject of "2012" has filtered in to human consciousness at all, and mostly in fact during the last 5 years or so as many people have endeavoured to capitalise on the "doom and gloom" scenarios in order to sell books, movies and products on websites.

So where did this notion of "2012" originate?

There is little doubt that 2012, and more specifically the date 21 December 2012, originated as being derived by Mayan researchers as the date, in the Gregorian Calendar", of the "end of the Mayan Calendar".

This one single mistake has led to the vast majority of the apocalyptic scenarios being put forward today, the "end of the Mayan Calendar" being associated with the "end of the World" or at the very least "the end of humanity".

The overwhelming majority of people putting forward these claims, including television documentaries for example, really have no idea whatsoever about the Maya, their culture or their calendrical systems.

For example, almost every television program I have seen about 2012, show the following as the "Mayan Calendar":



This is in fact the **Aztec Sun Stone** and has **nothing whatsoever to do with any Mayan calendar**, including the Mayan Long Count Calendar which is purported to "end" on 21 December 2012.

In fact, the Mayan Long Count Calendar does not "end" on this date, and the Maya never said, and still do not say that it does. The Maya are fundamentally concerned with measuring, recording and extrapolating **Cycles**, some very small, some much larger - the Mayan Long Count Calendar records just such a cycle of 5126 years.

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The current cycle began in the year 3114 BCE and will "end" in 2012 CE. However, this does not mean that the calendar will actually "end", it rather **recycles** to begin another 5126 year period.

Now nowhere, in the entire Mayan region of Mesoamerica, has "a copy" of the Long Count Calendar ever been found - it simply does not exist.

Instead, the Long Count Calendar has been derived by Mayanists based upon information, and in particular dates found on Stellae - standing stones - and other stone artefacts and monuments found across the remains of most Mayan sites.

It should be mentioned that the Maya did not only record in stone - this in fact was a secondary practice. Most Mayan culture was recorded on tens of thousands of beautifully on types of rolled parchments known as "codices" in glorious colours, over hundreds if not thousands of years, containing a vast and rich source of information about the Mayan culture and systems.

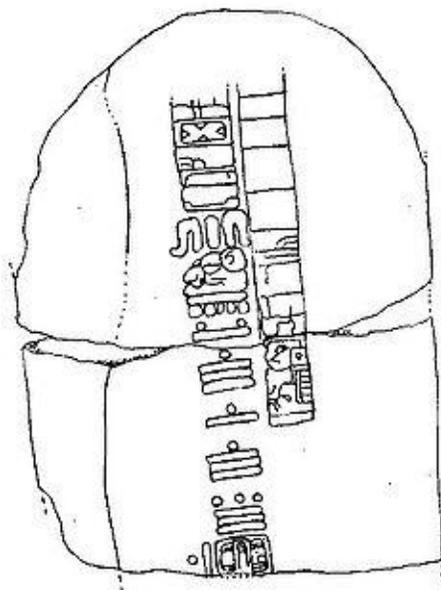
When the Spanish invaded, the Roman Catholic Church ordered that all of these codices be placed in a pile and burned before the Mayan people as they were forcibly converted to the Roman Catholic Church.

Of the original codices, only three were saved and brought back to Europe, now named after the cities of the museums in which they are now preserved - the Dresden Codex, The Madrid Codex and the Paris Codex.

These three codices alone contain vast information about the Mayan culture, so we can only imagine what we could have learned from all of them, instead of having to rely upon worn inscriptions in stone.

This is what a typical set of Mayan numerals inscribed on a stela would look like:

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In this case the numerals 7.16.6.16.18 equate to the date September 1, 32 BCE in the modern Gregorian calendar.

Through the translation of many such stellae, Mayanists have been able to derive the full numerical system comprising the Mayan Long Count Calendar.

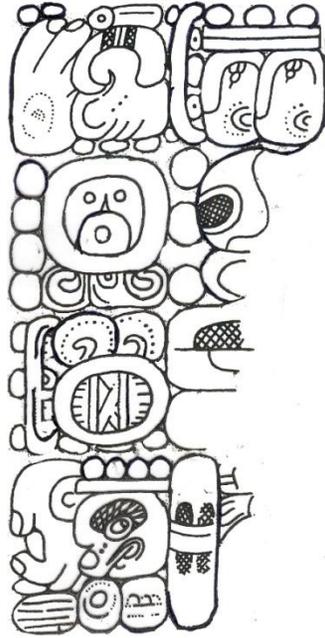
The derivation of the Mayan Long Count Calendar is actually complex, and so I will not discuss it in depth at this juncture, not being relevant to the main discussion.

The important facts to keep in mind are that current iteration, or cycle of the Mayan Long Count Calendar ends on 21 December 2012, **and the next cycle begins.**

Before continuing, I would like to mention, in no uncertain terms, that no Mayan record ever discovered, has stated that the "world will end on 21 December, 2012".

Recently a discovery was made on a monument at the Maya site at Tortuguero:

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A section of the inscription is effaced - worn away - but the remainder of the inscription can be translated to mean:

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

Now due to the incompleteness of the text, we may never know precisely what was being stated here, but clearly the implication is that the current cycle of the Long Count Calendar - the thirteenth Bak'tun - will conclude on a date equivalent to the Gregorian 21 December, 2012, and the next Bak'tun will begin. However, the Maya were clearly expecting an event in accordance with their mythology, the most likely being the return of their deity Bolon Yoke K'u, who may be equivalent to the Aztec deity known as Quetzalcoatl - the "feathered serpent" - which is well known in Mesoamerican mythology.

But of course such events are symbolic, and deeply rooted in local mythology as well as cosmology, with anthropomorphic deities being associated with the night sky.

Another example is the "dark rift" at Galactic Centre which will align with the Solstice Sun and Earth on 21 December 2012. The Maya know this dark rift as "Xibalba", meaning "place of fear", and is mythically ruled by the dark gods of the underworld.

Now while this may be mythology, unlike the superstition of religions for example, each deity is meaningful as part of the cosmic cycles that affected the Maya at an Earthly level, and were used for more fundamental tasks such as agriculture as mentioned for example in the Popol Vuh, which roughly translates to "Book of the Community", and was the basic guide for everyday living in classic and post-classic Mayan eras.

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Now let us look at the Classic Maya in practical terms, as people.

It should be observed that for some reason humans in general tend to regard ancient texts, including prophecies from dim and distant past, written in medieval or what appears to be strange or mystical language as authoritative, for example Nostradamus, Mother Shipton and the Book of Revelation from the New Testament of the Bible - in fact the entire Bible for that matter. Jesus never spoke in "thee's" and "thou's" etc, he spoke Ancient Aramaic which cannot even be literally translated. The first attempts at translating the modern Bible took place in medieval times, and was therefore written in medieval language. This medieval language has been retained by the church because it sounds much more convincing to the congregations as would be the case with modern language, giving it an air of authority.

If any of these prophetic texts were written today in modern language, they would be immediately dismissed as nonsense, yet in the future would be taken seriously.

The Book of Revelation for example is thought to be a coded account of the Roman occupation of the region and atrocities committed. Had John, who had been exiled to the island of Patmos wrote about the Romans in literal terms, he would have been executed for treason.

Now the Classic Maya were not, and never purported to be "prophets".

"Prophecy", "fortune telling", "psychic readings of the future" etc are all impossible, for the simple reason that there is no "future" - it simply does not exist. What people think of as the "future" is actually the result of events in the Present moment of Now, which is infinitely fluid and therefore constantly subject to change in any moment

Quantum Mechanics proves this conclusively.

So what then were the Maya?

The Maya were, Cosmologists, and therefore early scientists. Through dedicated and meticulous observation and recording of the pristine night sky over hundreds of years, they observed cycles which became the basis not only for their calendrical systems, but there entire culture and way of living.

Many modern scientists remain in awe of the incredible accuracy of the Mayan calendars and other mathematical systems, many of which would still not be possible even today with all our modern computers, telescopes and technology.

So the Maya did not make "prophecies" they actually made scientific predictions based upon long-term observation and record keeping.

Now this provides us with a very important clue as to what the Maya could or could not predict.

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They could not predict anything with a very long cycle, either because they may not have observed it at all, or at least could not observe it for a long enough period to extrapolate a cycle.

An example of this would be a rogue planet such as "Nibiru" or "Planet X" which has an orbit, to the extent it exists at all, of tens or even hundreds of thousands of years.

Likewise with other large Near Earth Objects such as comets or asteroids. The Maya will have observed comets no doubt, but not on a collision course with Earth, and probably not the same comet twice except for regular visitors such as Halley's comet.

So what else could the Maya have been observing that could threaten Earth?

Well clearly they could have observed the Sun. In fact scientists are predicting the most active and volatile "solar maximum" -based upon Sun Spot activity and associated solar emissions such as flares and CME's - Coronal Mass Ejections - in recorded history around the end of 2012, lasting in to 2013.

Now he Maya may well have known about Sun Spot cycles, and even observed, measured and recorded and understood them, but it is highly unlikely that they would be able to predict peaks of activity such as that we are heading for, or the implications for the planet and humanity.

The chances of the Maya of 1500 - 2000 years ago being able to predict the intensity of a Solar Maximum in 2012 are extremely low to zero, so I would personally discount this as a factor in the Mayan associations with 2012, and that any such associations are therefore coincidental.

It should be noted however that a solar maximum of the intensity predicted could be catastrophic, or at least devastating, taking decades to recover from, but this is by no means certain. My view is that we may be in for a wild ride, may see Aurora as far south as Southern Europe, experience satellite related failures, e.g. GPS, TV, communications etc, but humanity for the most part will be unaffected although probably inconvenienced to varying extents, depending on how much each country and culture relies on modern technologies.

So what then could the Maya have been observing in relation to the iconic date of 21 December 2012?

Well actually we know the answer to this question. They were observing the so called "Galactic Alignment" which can be defined as the alignment of the December solstice sun with the Galactic equator, or Galactic centre.

So what is the significance of this?

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Well, what we know about Galactic centre is not necessarily what the Mayans knew. For example, we know that there is a "super-massive black hole" at the centre of our Galaxy with associated massively powerful forces, but did the Maya know this?

This is actually a rather crucial question because modern science has only been aware of this super-massive black hole for a few decades, so if the Maya know about it they may also have been aware of the significance of it.

The event horizon of a super-massive black hole has massive gravitational and other energies emanating from it, some measureable and some not, any of which could easily affect our solar system and therefore Earth. The potential is so vast in fact that we will leave this for another Newsletter.

The question is however, is this alignment physical or symbolic? The actual date and year of any visible alignment will depend on the point of observation, and can differ greatly even within our solar system, which, even in the context of our galaxy, the Milky Way can vary dramatically due to our vast distance from the centre of our galaxy. The Galactic Alignment as viewed from Earth would be very different in Earth time to for example to a Galactic Alignment viewed from Mars, yet any physical effects would clearly equally influence every planet in our solar system and beyond.

So in theory at least, the Galactic Alignment and associated iconic date of 21 December 2012 should be purely symbolic.

However - the geographical record proves conclusively that massive Earth changes, that, for example, change the Sahara from desert to lush rain forest and back again, with the largest lake and river systems in the World, happen at regular, equal intervals, the last of which took place approximately 5200 years ago, and over a very short timescale of perhaps 50 years or so, which also coincides with the start of the current Mayan Long Count Calendar. These "swings", which must affect the whole planet, have been taking place for millions of years.

So the question is this a coincidence, or do the Maya know more than modern science, and know what we are facing in 2012?

These are big and crucial questions that we will discuss future Newsletters.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And so it is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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24 January 2011. Fundamentals Of 2012 - Part 2

Welcome to your Newsletter. I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter. It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

It is apparent from the many messages I receive each day that increasingly more people are becoming concerned about "what will happen in 2012".

Much of this is being driven from movies, such as "2012", an increasing number of television programs and an even more increasing number of books, many of which are sensationalistic and totally ignorant of the facts.

The only real danger as such is that it is a fundamental Universal Principle that we all "create" our own "reality" at every level, i.e. both at a personal level and at the level of the human Mind on the Mental Plane of humanity, so if the majority of humans believe that Earth will "blow up", that is precisely what will happen.

In reality, most of those who are aware of 2012 do not seriously expect Earth to explode in 2012, and in fact the majority of the human population remains unaware of the "2012 phenomena" at all.

That said. 2012 is a significant epoch for different and more fundamental reasons, and the more these reasons are masked under a constant stream of inaccuracies, the less people will be in a position to prepare themselves Spiritually and Mentally.

Last week I shared Part 1 of a series of Newsletters designed to put this whole 2012 scenario in to a proper, healthy, realistic perspective, that we can approach this undoubtedly pivotal epoch in the most effective and transformational way. This week I will progress this series from an additional perspective.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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Last week we took a close look at the Maya as a people, their customs, and the legacy of their historic remains that led ultimately to the iconic 21 December 2012 .

Now we have already discussed the Maya as the ancient culture who originated the iconic Long Count Calendar, from which the equally iconic date of 21 December 2012, from which virtually all subsequent 2012 related prophecies, theories and conspiracies have ultimately originated.

We have now taken a dispassionate look at the Maya from a cultural perspective, and determined that they were highly accomplished scientists, mathematicians and cosmologists, not given to mumbo jumbo, and also highly accomplished Spiritualists, Shamanists and Mystics, totally in tune with All That Is, then we now have a much more balanced perspective on the true meaning of the 2012 era.

However, in order to justify, or at least lend credibility to the new 2012 "phenomena", much more recently, especially in TV programs and on websites and books, people are rolling out such well known "prophets" as John of Patmos who wrote Revelation, Mother Shipton, Nostradamus, and more recently a selection of psychics, remote viewers and others.

Well at this point we need to get a few facts straight.

There is no such thing as "the future".

What people think of as "the future" is an illusion in absolute terms.

What people think of as "the future" is actually the direct result of thoughts, feelings and actions taken in the Only Moment of Now - "the present" - which must be experienced in a subsequent moment, to the extent that "moments" exist at all.

Countless people have emailed me over the years and protested that they went to see "so and so" psychic, tarot reader, fortune teller etc , and that it "came true".

These situations are known as "self-fulfilling prophecies" arising from such faith in the psychic reader, and such belief therefore that at subconscious level they steer their life in that specific direction until the experience becomes real sooner than later, and will be attributed to the accuracy of the original fortune teller.

This is not fortune telling, but self-fulfilling experience originating from your own Mind through belief, faith and expectation arising from the original psychic reading.

Of course we do not need a psychic reader, tarot reader, fortune teller etc but rather have the Infinite Power of Source Energy within us all in order to attract and Experience absolutely we can imagine Through Source, supported by Faith, Belief and Expectation.

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So then, do any of these prophecies from the past hold any sort of warnings at all, or are they simply visions that have been interpreted as such based upon current events?

To begin to answer these questions, we need to take a basic look at Quantum Mechanics.

Now Quantum Mechanics demonstrates that Energy exists and behaves fundamentally as a continuous Waveform originating from Source, but transiently collapses in to particles at the point it is observed before collapsing back again once that observation has been withdrawn.

If a "fortune teller" gives a reading to a client, then the client will immediately begin to focus on that hope, altering the waveform and vibration of Energy associated with it, and collapse it from a waveform to a particle form of Quantum Possibility. The more focus placed upon this quantum form, will bring it to this Quantum Possibility to a Quantum Probability and ultimately an Experiential Quantum Reality, the "persistence" of which will be determined by the level of Energy backed by true Faith, Belief and Intent.

These are big and crucial questions that we will discuss future Newsletters.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And so it is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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6 February 2011. Pure Unconditional Love

First of all I would like to thank everyone who sent me a message regarding to the passing of my father as shared in your Newsletter last week.

Your thoughts are much appreciated, I am still responding to messages I received.

As I mentioned last week, there is no condition known as "death" in reality. What people think of as "death" is actually nothing more or less than a transition to the next phase of Life in an Eternal process that seems every Soul and Spirit make countless such "passing's", the only difference being that the first such passing from the physical to none-physical worlds seems much more dramatic than it really is due to the physical organic nature of the physical body.

"Death" is not the end, it is simply the beginning, of our journey back to Source from whence we came, and there is no "life after death" but only Eternal Life after Life.

That which lies beyond Earth is nothing to be afraid of - it is glorious beyond imagination and comprehension - I know because I went there after I "died" myself in 2003, and then returned albeit with just 2 minutes to spare. This is just one reason why we should never live for an imaginary future that does not exist, or a past that we simply cannot change.

There is Only the Eternal Now in which we should focus each Moment and live that Moment to the maximum possible extent, as if it were our last here on Earth. Just a few months ago I slipped on a shower mat as I was going in to the shower, severely lacerated my right leg right down to the bone and went through a major artery. I lost a huge amount of blood and required emergency surgery to repair the physical damage. I am never daunted by these unforeseen events, and only learn from them, in particular the Divinity and Sacredness of Each and Every Moment as an opportunity to go towards fulfilling our reason for Being here on Earth.

Also, since my three sons definitely "saved my life" in 2003, and perhaps also last year, we should never take our Loved ones for granted, or think that we are immune from incidents that are out of our control, no matter how Spiritual we are. In this physical world we are subject to physical Principles, and although we can manage our Experience with our Mind, there are always unforeseen situations to test us.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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Last week I mentioned that I would be continuing our series on the subject of 2012, but with apologies, I will now continue this in our next Newsletter.

I think after a subject involving passing in the change known as "death" of my father, we should also consider the Principle Sustaining Force of All That Is, and the Power that sustains us and All Life - Pure Unconditional Love.

We all owe our Being and Wellbeing to Unconditional Love Emanating from Source.

Pure Unconditional Love is the most powerful vibration, force, Energy, in the entire Universe, in all spheres of life and reality. Without the all-pervading power of Unconditional Love the entire Universe could not and would not exist. If Unconditional Love were to be withdrawn, the entire Universe would collapse in an instant.

Unconditional Love should never be confused with sentimental love, attraction between two people, sexual love or lust, love of family or friends, or where the word "love" is used loosely as a sign of friendship, affection or simply as an expression of endearment.

Unconditional Love is best described as a state of Energy, vibration, a powerful force, ultimately the very highest expression of Energy and vibration of all emanating as it does from the very highest, purest, most perfect and most Divine Energy of Source, First Cause, of "God", a vibration sustaining all creation within the entire Universe without which there would be nothing.

In order to live in complete harmony with the Universe and become an open channel of expression of Source, it is necessary to attune to a personal state of Unconditional Love in order that our body, Soul and Spirit can resonate in harmony with this same Divine vibration of Energy. In order to maximise our inner abilities, and to truly live in Spirit, Unconditional Love is not something we should simply be aware of, or claim to practice, but rather something we should actually feel and become as an integral part of our very Being.

Many people might claim to practice Unconditional Love, but very often this is very far indeed from reality.

True, Unconditional Love is not merely about feeling good towards yourself or others, romantic love, showering everyone with affection or other such sentimental behaviour, although of course these are perfectly harmless and even good things to do when appropriate, it is rather a much higher and ongoing state of being rather than mere words or a temporary or notional display of emotion, or affection.

As mentioned before, Pure Unconditional Love is the very Energy behind all creation from the very beginning. It was out of Pure Unconditional Love that Source created and sustains the entire Universe in all spheres of life and reality; Pure Unconditional Love is therefore the very highest and most Divine Expression of Source.

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Unconditional Love really does mean "unconditional" in every possible sense, that is to say without any conditions of any sort attached.

Of course it is not possible to simply "become" Unconditional Love overnight, it is rather a process commencing with a total and sincere resolve, integrated into daily life, and practiced increasingly with genuine and complete dedication, until Pure Unconditional Love is fully realised in every aspect of Life and being; body, Soul and Spirit.

Before resolving to become One with Unconditional Love, it is first necessary to contemplate and meditate deeply about exactly what Unconditional Love really means and how we will proceed with, and ultimately achieve your objective. It is necessary to fully understand the true nature of Unconditional Love to the point where it is not something we ever need to consciously think about, but is rather an integral aspect of our very Being.

To Be Unconditional Love is to See, Love and above all know the Divinity in absolutely every-One and everything without exception, not only the superficial shell that is the temporal physical vehicle by which to experience earthly matter, but in particular the immortal Spirit Within, the True "image" of Source.

We must know beyond any doubt in our very Heart and Soul that everyone without exception, regardless of any sort of thought for race, creed, culture, personality, individuality, characteristics and earthly "status" is an integral and equal aspect of Source, our Divine Sustainer who has "given" us all the precious gift of Immortal Life.

We cannot be selective about "Unconditional" Love. We must radiate and really Be Pure Unconditional Love to every-One and every-thing including those who we might have previously perceived of not being "worthy" of such love, including, but not limited to "terrorists", murders, bank robbers, difficult neighbours, annoying co-workers, and all those whom we might have, or are still having major disagreements, or generally have simply not "got along with" in the past for whatever reason that might be, the reason simply does not matter. Every single one of these people without exception is also an equal aspect of Source of God, and to "hate" them is also to hate Source your-Self and the entire Universe in all of its magnificent spheres and dimensions of Life and Reality.

Source never, ever discriminates against Source's Children anymore than any human being would discriminate against their own children, and therefore as true sons and daughters of Source no human being should discriminate against any other human being.

Many might say, "but we are only human after all". Yes, but therein is an extremely important point. People might well believe and think as if they are "only human", however in reality, we are Source and Source is Us - we are All Eternal Expressions of Source, and one day upon attaining such a level of "Perfection" every-One will realise the opportunity to assist in the harmonious "operation" of the entire Universe in all

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dimensions, spheres and realms as “God people” - Realised Expressions of Source. When we attain this on Earth it is considered to be "Enlightenment".

When we begin to embrace Being Unconditional Love, we must pour the high Energy vibration of Unconditional Love into every-Thing and every-One, our entire surroundings without any hesitation or condition. We very quickly discover that Unconditional Love is very expansive and pervasive due to being an integral aspect of the group Human Mind, and very soon people around us will begin to receive and to assimilate the vibrations of the Energy of Unconditional Love they are receiving from us, and will respond accordingly. People will seem to become much happier and more peaceful around us, smiling more, and being generally more relaxed.

As the people around us respond in this way, they will in turn radiate much more peaceful, harmonious feelings, again which will in turn be absorbed by people around them, and very soon your being Unconditional Love will directly or indirectly touch the hearts of many people.

In this way it does not take too many people Being Unconditional Love to raise the Vibration of the entire world to this most Divine level, with profoundly positive consequences.

While Being Unconditional Love we must be vigilant for and reject all negative or unloving thoughts immediately they occur. Other important aspects of Unconditional Love are Unconditional Tolerance and Unconditional Forgiveness.

We should always Unconditionally Forgive those who believe may have wronged us, keeping in Mind that to these people they have not done anything "wrong", never being bitter or resentful, projecting Unconditional Love in place of any anger or resentment, whilst remembering to learn any lessons we can from the situation.

It is very important to remember and to know that Unconditional Love is much more than a sentiment or something we might say to our-self, such as “I practice Unconditional Love”, it must radiate from the Heart and be an absolute knowing without thought or effort.

Unconditional Love must literally be a State of Being, inseparable from our Soul, Spirit and Higher-Self, our Divine Self, connected directly with the most Divine Vibration of Energy of Source, First Cause, of God.

Always know that Unconditional Love is projected by Source through Higher-Self, through our immortal Spirit, through our Soul and finally to our physical body, through which we send vibrations to every-One and every-thing.

Very soon our vibration and very Being will be raised to a new level, and you will begin to instinctively understand how to overcome limitations in Life. In Reality we have no limitations, being an Expression of Source and therefore of Perfection.

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The door will open for many more possibilities we would never have considered or thought possible before.

Our abilities of creating your own reality, healing and many other powers of the Mind will open wide to us without effort. Not only will we be positively influencing other people, we will also be raising the vibration and therefore Energy within our own Experience to a whole new level of happiness, peace and harmony with the world, Universe and all those around us.

At first, Being Pure Unconditional Love might prove to be difficult, but as we persevere over the course of weeks and months it becomes a way of life, and we will never want to return to the lower Energy Vibration of our previous state ever again.

While relaxing or meditating, we should focus on our heart chakra, the centre of Unconditional Love in our Etheric or Energy Body, seeing it glowing, sending out its rays of Love to the world.

After some time we will feel and know beyond any doubt we are connected directly to this ultimate, Divine Source of the Vibration, of Unconditional Love, and know beyond any doubt whatsoever we are an integral aspect of this Source.

Such a level of realisation is extremely important to the development of many positive natural abilities, and for ongoing growth and Evolution along the Sacred Path back to our Source of Pure Unconditional Love.

Source always embraces Pure Unconditional Love for all of His/Her Children within the entire multi-dimensional Universe.

Unconditional Love has been recognised throughout the millennia as one of the ultimate "mysteries" of Life and of the Universe, and yet most people in this stage of their personal evolution do not recognise or strive to become as One with Unconditional Love.

Those who do recognise Unconditional Love and live their lives as an Expression of Unconditional Love and therefore of Source, will surely Realise these profound Truths which can shake us free from the influence of Ego and allow us to enjoy a new freedom and state of Being which most might find unimaginable.

Only those who are Pure Unconditional Love will know the absolute truth of this.

To conclude, here is a passage contained within Corinthians of the Bible which, regardless of its origin, is highly appropriate.

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“And now I will show you the most excellent way.

If I speak in the tongues of men and of Angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self seeking, it is not easily angered, it keeps no record of wrong. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies they will cease, where there are tongues they will be stilled, where there is knowledge, it will pass away. For we know in part and we prophesy in part. But when perfection comes, the imperfect disappears.

When I was a child I talked like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror, then we shall see face to face. Now I know in part, then I shall know fully, even as I am fully known.

And now these three remain; faith, hope and love.

And the greatest of these is Love.

1 Corinthians 13:1 - 13:13

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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20 February 2011. Fundamentals Of 2012 - Part 3

In general, humanity defines its "reality" through misery and suffering, without which "life" would seem "unreal" or "too good to be true". The absolute Truth however is just the opposite. We are All Expressions of our Source, with the same Creative Powers of Our Source, the same Powers that, as Expressions of Source we All have access to without limitation - if only people know.

The quality of our Life Experience is directly related to our ability to Realise and Express Source - everything is possible without limitation.

Also, everything is Perfect. There is no "good" or "bad", "right" or "wrong" - or any other polarity. We are all, as with all In Creation, Expressions of Source, God if you prefer, Who Is Perfect, and therefore All In Creation is and must be inherently Perfect. It is only the rational, conscious, ego Mind that constantly but erroneously endeavours to rationalise "things" Experience as "imperfect" in some way. often as an excuse to refuse to face our true purpose here - Evolution through Experience.

Over the next two years as we head inexorably towards the end of 2012, this Self-Realisation and Expression of True Potential will become increasingly important as those, who are ready, prepare to participate in the next Evolutional leap to the next phase of human, known by the Inca and many other nobly and ancient races as "Homo Luminous" which will be a much greater evolution than the previous event of 26000 years ago that saw Neanderthal's evolve to modern Homo Sapien.

This evolution will not take place suddenly on 21 December 2012 as many imagine, and neither will there be any other major Earth-changing event on that date although we may expect very challenging times on the approach to this date in almost every aspect of our lives - but these events may be considered as preparation.

So what then is the significance of 21 December 2012? Well quite simply this date is a "pivotal", "tipping" point by which time those participating should be ready for the transitional events of the next few decades. For those not ready life will continue in the appropriate sphere of the Astral Realms until the next opportunity arises.

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In parts 1 and 2 of our current series on 2012, we have looked in details as to how the iconic date 21 December 2012 came to human consciousness, and dismissed many of the myths, misinformation and misunderstandings surrounding it.

This week I would like to turn our attention to reality, and specifically those factors that could indeed exert an influence in 2012, whether the Maya predicted it or not.

This week then I would like to discuss a factor that has, in my view, the very highest potential to affect us in late 2012 and 2013 - the Sun.

Now while the Maya were astronomers and cosmologists, it is likely that most observations were restricted to the pristine night sky where they lived.

That sad, many of their great buildings and monuments were oriented towards the Sun, and indeed the Sun was used for many important and ceremonial events.

For example, at the great Classic Maya site at Chichen Iza is the Temple of Kukulcan, which is the Maya name for the Mesoamerican deity Quetzacoatl - the Feathered Serpent.

Kukulcan is often referred to in contemporary times as "El Castillo" - The Castle.

The Temple of Kukulcan is a typical "step pyramid" with a ground plan of square terraces with stairways up each of the four sides to the temple on top.

On the Spring and Autumn Equinox, when the Sun rises and sets, the corner of the pyramid casts a shadow in the shape of a plumed serpent – Kukulcan, or Quetzalcoatl – along the west side of the north staircase.

During these two events, the shadows from the corner tiers slither down the northern side of the pyramid with the sun's movement to the serpent's head at the base.

Now whilst this is clearly very important to the Maya, and is impressive to watch, does it have anything at all to do with 21 December 2012?

No is the short answer. These structures and events simply serve to illustrate that the Maya knew of the importance of the Sun for the marking of symbolic events, and perhaps measurement of different parts of the year, and their pivotal events such as solstices and equinoxes, which might have been used in turn as indicators for agriculture, ceremonies etc.

What the Maya could not have measured, or at least it seems most unlikely, is the actual surface activity of the Sun itself, even though it may have been possible to broadly observe cycles of the Sun and associated localised implications and effects.

This, to me, would almost certainly preclude the Sun being part of the Mayan "2012".

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However - this does not mean that the Sun will not affect us in 2012 and/or 2013.

It just so happens in fact that the Sun is approaching a new Solar Maximum of the sort that takes place regularly every 11 years or so, but which can and do vary in intensity and associated effects from cycle to cycle.

Again, due to the unpredictability of each cycle until it arrives, even though the Maya will have observed these solar cycles, they would likely not have foreseen the magnitudes, effects and consequences on each one, especially as they had no technology as such they relied on and could have been affected.

So what does this imply for 2012 then in terms of solar activity for Earth and Life on Earth, whether the Maya were aware or not?

Well all we know for sure is that the next Solar Maximum is due to take place anywhere between late 2011 and late 2013. This current cycle actually took unusually long to really get started, suggesting that it is "saving the best to last". All that pent up Energy in the Sun needs to be processed and released, and it looks therefore as if rather than being evenly distributed over the course of an entire 11 year cycle, it may well be concentrated in to just a couple of years, implying a much higher level of activity towards the end of the cycle to make up for the earlier low levels of Solar activity.

In a recent Newsletter on the Fundamentals of 2012 I mentioned that the Sun was one of major contributing factors to how humanity and Earth could be influenced in 2012, independently of the Maya Long Count Calendar reset date, and this now looks increasingly likely due to recent events.

Sunspot 1158 recently unleashed an X2 class Solar Flare towards Earth - the most powerful for 4 years - with an associated CME - Coronal Mass Ejection - which impacted Earth as a glancing blow at 01:00 UTC on February 18.

The resultant impact, although not serious for technology, is still giving rise to some spectacular aurora in the Northern latitudes, and at lower latitudes that might normally be the case.

As this current Solar Cycle reaches its peak in the next couple of years, we may expect to observe spectacular Aurora far further South and North than the norm, certainly well in to Europe and even as far as the Mediterranean regions.

Now, beautiful though the Aurora most certainly are, we should look at the greater implications for life on Earth generally, and human life in particular.

Earth is naturally protected from "cosmic bombardment" through to main, and in planetary terms rare barriers - the Magnetosphere and the Ionosphere.

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The Ionosphere is most relevant as protection against what would be otherwise extremely harmful ongoing Sun radiation, particularly ultra violet.

It is however the Magnetosphere that provides our primary defences against major solar outbursts such as solar flares and in particular Coronal Mass Ejection, also known by the acronym "CME".

So what then is a CME?

In broad terms a CMS is a concentrated ejection of highly charged plasma particles from the Sun, which are also usually directional. So if for example, as recently occurred, an Earth facing Sunspot area resulted in the projection, or ejection of a solar flare, then this could quickly become a full blown CME as recently took place.

The recent CME was equivalent in destructive energy terms to one billion nuclear weapons exploding concurrently, which is clearly considerable potential destructive energy. However, this is the energy of the CME as it leaves the surface of the Sun, and although these highly charged "plasma bolts" can retain considerable integrity, it is unlikely that such a CME could impact Earth with similar or equivalent magnitude.

Sunspots are numbered within solar cycles. The Sunspot responsible for the recent CME is 1158, but also two other's, 1161 - 1162 have also launched some of the strongest solar flares recorded in the last 4 years. The solar flare responsible for the recent CME was classified as an "X2" class flare which in fact is a powerful flare.

So should we be concerned about the possible dangers that the Sun presents in the next three years or so?

Well in broad terms, yes and know. Or to be more specific we should be aware but never afraid.

As regular Newsletter readers are all too aware, we Create our own "reality" or more correctly Experience at every level, from the Personal level to the Collective level of the Plane of the Human Mind.

Ergo, if enough humans on Earth believe that something could or will happen in 2012, whether it is related to the activity of the Sun or some other "2012 related phenomena", then it will surely come to pass in accordance with Universal Principle.

This then is why it is so crucial that the human race generally is correctly informed of the truth of the iconic and in some cases feared 2012 date, and approach it accordingly, and not based on the abundance of hype and misinformation out there.

Plain and simple - if enough people believe that the "World will end in 2012" then the World will end in 2012, or rather the human race will end as it relates to Earth, because no other form of life is influenced by superstitions and misinformation.

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That said, I am of the view that nowhere near a critical mass of human beings believe in, or even know about "2012" as yet to swing the balance, but at while increasingly more books, websites and movies are published on the general theme of "disaster" and "surviving" 2012, the nearer we get towards the critical mass, which is why it is crucial for us all to understand 2012 and help others to understand 2012 for what it truly represents, to the extent that it represents anything at all.

In the interests of completeness and balance however, it is incumbent upon us to examine the potential consequences and possibilities of the current solar cycle.

The current Solar Cycle is numbered 24, and was predicted by NASA to be by far the most cycle in recorded history. I say "was" because just after the movie entitled "2012", NASA and their agents appeared to retract this prediction as well as all associated evidence and material from their websites.

Nevertheless, this does not conceal the fact that Solar Cycle 24 is shaping up to be immense, as evidenced by the fact that it was unusually dormant for the last few years of the cycle, and now appears to be exploding in to activity. if this level of activity continues to increase at current levels, then the years 2012 and 2013 are shaping up to be quite a Solar event.

So what could this mean for Earth?

Well at the very least I am expecting spectacular displays of Aurora Borealis and Australis - Northern Lights and Southern Lights, much further south and north respectively than usual.

In the case of the Northern Lights I would expect to see fantastic and beautiful displays throughout Britain and well in to Europe, possibly even as far as the Mediterranean regions.

The practical implications however are far more diverse.

Although Earth is protected by an ionosphere, satellites in orbit are not. Earth relies on satellites for numerous purposes including, but not limited to GPS navigation, communications and weather forecasting.

There have been numerous occasions in the past where even relatively small CME's have knocked out satellites, rendering them useless.

However, CME's have been known in the past to knock out Earth based electricity grids, blacking out whole cities and even states due to the electromagnetic effects.

If Earth were to be hit by a major CME or series of CME's then there is a potential to actually destroy whole power grid systems which could take generations to repair, which could, and likely would throw Earth back in to the so called "dark ages", with socio-

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economic infrastructure along with "law and order" collapsing, resulting in a "post-apocalyptic" scenario,

If Earth was to be hit directly by a major CME, then there is a potential for an "ELE" - and "Extinction Level Event" where life on Earth may become unsustainable.

Should we however be focusing on these possibilities?

No - absolutely not.

Humans, collectively as a Mental Collective, may determine our own "Experience", or if you wish our "destiny".

Accordingly we should only focus on Peace, Harmony and Tranquillity over the next few years and beyond - and so it shall be in accordance with Universal Principle.

We should disregard all those who seek to make 2012 an apocalyptic scenario, for whatever reason, which is normally related to some sort of gain, whether political, control or financial.

In our next Newsletter in this series we will look at the possible positive scenarios that the Maya and numerous other ancient and noble cultures have been hinting at.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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27 February 2011. Fundamentals Of 2012 - Part 4

In general, humanity defines its "reality" through misery and suffering, without which "life" would seem "unreal" or "too good to be true". The absolute Truth however is just the opposite. We are All Expressions of our Source, with the same Creative Powers of Our Source, the same Powers that, as Expressions of Source we All have access to without limitation - if only people know.

The quality of our Life Experience is directly related to our ability to Realise and Express Source - everything is possible without limitation.

Also, everything is Perfect. There is no "good" or "bad", "right" or "wrong" - or any other polarity. We are all, as with all In Creation, Expressions of Source, God if you prefer, Who Is Perfect, and therefore All In Creation is and must be inherently Perfect. It is only the rational, conscious, ego Mind that constantly but erroneously endeavours to rationalise "things" Experience as "imperfect" in some way. often as an excuse to refuse to face our true purpose here - Evolution through Experience.

Over the next two years as we head inexorably towards the end of 2012, this Self-Realisation and Expression of True Potential will become increasingly important as those, who are ready, prepare to participate in the next Evolutional leap to the next phase of human, known by the Inca and many other nobly and ancient races as "Homo Luminous" which will be a much greater evolution than the previous event of 26000 years ago that saw Neanderthal's evolve to modern Homo Sapien.

This evolution will not take place suddenly on 21 December 2012 as many imagine, and neither will there be any other major Earth-changing event on that date although we may expect very challenging times on the approach to this date in almost every aspect of our lives - but these events may be considered as preparation.

So what then is the significance of 21 December 2012? Well quite simply this date is a "pivotal", "tipping" point by which time those participating should be ready for the transitional events of the next few decades. For those not ready life will continue in the appropriate sphere of the Astral Realms until the next opportunity arises.

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In parts 1 and 2 and 3 of our current series on 2012, we have looked in details as to how the iconic date 21 December 2012 came to human consciousness, and dismissed many of the myths, misinformation and misunderstandings surrounding it, as well as looked at some possible scenarios, including the activity of the Sun, that could, but not necessarily will exert an influence in the years around 2012.

This week we will take a look at how the Maya, and other ancient and noble cultures may perceive the importance of 21 December 2012, and what these could mean.

The Maya appear to have based the end-date of their Long Count Calendar to be coincident with cosmic events that they observed and extrapolated in the night sky.

Although the Maya, and other cultures, attached mythology to what they observed in the night sky, and to the events they believed to be associated with what they observed, this was really in the interests of better understanding, and above all as a way of conveying these observations and significance to their people, which did, as now, number in to the millions.

Even though major constructions such as Chichen Iza were the Spiritual centres for the populations of the area, most of the population lived outside of these cities in more modest societies, and simply gathered for major Spiritual events, and also for events such as the "Ball Game", which although may have been overtly for entertainment, also had deeper meanings and teachings, often coincident with major cosmic events.

Now not only the Maya, but also numerous other major native cultures in Mesoamerica, and indeed from around the World place great importance on 2012, or the 2012 era, whether they actually mention the specific date or year of otherwise.

In addition to artefacts and traditions of more ancient cultures, there are also much more recent, but sometimes enigmatic symbols such as the Great Cross of Hendaye in France, and the Georgia Guide Stones in the USA, the authors and origins of which largely remain shrouded in mystery, along with their exact meaning.

In addition to these more "permanent" monuments, the so called "Lost Book of Nostradamus", which in my view was neither a "prophecy" or indeed authored by Nostradamus, tells a very similar story.

So what then is this message?

Well in very simplistic terms - "The End of Time".

But here is where we must be very careful, and to be wary of the vast amount of misinformation, misunderstandings and plain hype out there.

The "end of time" does not necessarily mean "the end of days" or "end of the world", or anything similar, although the possibility exists that it just might.

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The "end of time" could encompass a wide range of possibilities and interpretations, ranging from symbolic to apocalyptic, and anywhere in between.

The question we should ask then is what did those originally producing the dates actually understand by "the end of time"?

Well, first of all I am personally certain that they did not mean "the end of the world". Why? Because there is quite simply no way to prophecy or predict "the end of the world", because the future does not exist, therefore "prophecy" does not exist, and therefore there is no way anyone could make such a statement out of knowledge.

One of the main considerations here is that people today somehow assume that "prophecy's" from the past, because they are from the past and often written in mystical, medieval, non-modern way, including, but not limited to The Book of Revelation - as well as the rest of the Bible, Mother Shipton, Nostradamus etc must be somehow true, whereas if the same things were written today, by a modern author, modern language, they would be, and are considered to be "crazy", "conspiracy theorists", activists etc, when in fact there is absolutely no difference.

In reality, the closer to any event we are, the more likely we are to suspect or have evidence that it might happen, or be taking place, when in fact it would be impossible to predict a few hundred years ago.

But most importantly, all Humans, whether at a personal or Collective level - on the Mental Plane of the Human Mind - "create" our own "reality".

So if enough people believe in a certain "prophecy", then it will likely take place, not because it was "prophesied", but rather because it has become self-fulfilling in accordance with Divine Universal Principle, and Quantum Mechanics for that matter.

This is just one reason why it is crucial to have a proper grasp on the reality of these matters, and place "prophecy's" etc in a proper context.

One Truth is certain - whatever does "happen to Humanity" will be the direct consequence of collective thoughts, feelings and expectations of Humanity itself.

So what could "the end of time" mean, and how could it actually be played out?

Well "the end of time" is, in and of itself, meaningless, because "time" and "space" do not actually exist - they are a construction of the physical senses - which I have called the "Experiential Loop", but have no basis in fact in the grand scheme of things. Even the mainstream sciences have no true basis, except for the Quantum Sciences which take these factors in to account.

What most think of, or think they experience as "space" and "time" is, in reality, nothing more than a Quantum Superposition of Possibilities, which do not become subjective

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"Experience" until "observed" in some way - a function of the Mind, not the eyes - but which is a transient process which "returns to normal" once such observation ceases. This of course is relative to the space-time bound senses which often provide the illusion of experience being more persistent than it really is.

The "end of time" therefore is much more likely to imply "the end of experience", or Specifically the end of this particular phase of human experience.

The Universe - Source - always operates in the direction of harmony and balance. Once any aspect of the Universe become unbalanced, or reaches the extreme of what can be tolerated, then this imbalance must be corrected in some way.

We have seen evidence in the archaeological and paleo-archeological record of numerous "extinction events" in the past, the most well known ones being the Great Permian Extinction of 230 million years ago - which nearly ended all life on Earth - the great K-T dinosaur extinction of 65 million years ago, until most recently the event which became known as "the Great Flood".

Now "The Great Flood" was not a biblical event, although it was recounted in the Old Testament, albeit in a very biblical way.

The Book of Genesis flood myth is actually a much abbreviated and changed version of a much older record from Sumer - now Iraq - known as "The Epic of Gilgamesh".

However, there is considerable evidence to support the fact that around 5200 years ago there was a major global catastrophic event which affected every country and human being in the World, records of which still exist from every corner of the World.

It is also a known fact that modern human beings were almost completely wiped out at least once, DNA testing proving that all contemporary humans are descendants of a very few female ancient humans, the survivors of an ancient catastrophic event.

So none of this is myth or speculation - only the precise details are unknown.

It just so happens that the last time this took place, was likely around 3114 BCE, which corresponds to the beginning of the current iteration of the Mayan Long Count Calendar, and significant archaeological evidence is emerging to support this, from all corners of the World.

So what then could be "causing" these events.

Well here we have to wander in to the realms of educated speculation, since we probably know less than the Maya did about these events.

We do know however that the Maya most likely coincided the end of one cycle and beginning of the next cycle with an observable event - the Galactic Alignment - as discussed in a previous part of this series.

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So the question then we should be speculating upon is how the Galactic Alignment might, in and of itself be responsible, if at all, for these events, considering that we know the Maya would have been well aware of these cosmic events, if not the consequences which would have pre-dated their culture.

So let us look at this from a logical perspective.

Einstein's Law of Relativity describes, among other things, the rate of time, and scale of space. For example a clock may be observed to run slower at lower altitudes, where the gravitational potential exerted on the clock is higher.

The gravitational potential of a black hole, in this case the galactic centre is so massive that "time" itself is suspended and the dimensions of "space" reduced to zero. In other words "space" and "time" as experienced on Earth cease to exist altogether.

We, along with all life on Earth, are currently bound together in the same shared quantum reality by virtue of the fact that we are all at the extremity of, and thereby subjected to, the same extreme gravitational potential, and have been since before recorded history.

As we approach 2012 and beyond we may well be travelling through the plane of the super-massive black hole at Galactic Centre, associated with greatly modified gravitational potential to which we will all become progressively subjected as this process progresses, as will every planet in our solar system and beyond.

Without going into the extensive and complex quantum mechanics behind this process, the ultimate outcome of this scenario might be that the twin illusions of "space" and "time" would cease to exert their influence. If this finally takes place, and this process is accelerating even now, as mentioned previously, humans will be left "Spiritually naked" in an environment where everything is perceived for what it really is, and where our thoughts, feelings emotions and other powers of the Mind will manifest into our experience instantly no longer being subjected to the twin forces of space-time.

This would be a pivotal juncture for all humanity. Each of us and all life would be freed to realise our true Spiritual potential based upon our individual state of Spiritual evolution knowledge, wisdom and other factors. Those who are thus ready will transition to a quantum reality, a plane of vibration that most closely matches their individual vibration. Although this would happen in due course anyway, this could be a "mass evolution" event that appears to occur from time to time. An opportunity to take the "fast-track" of evolution if the opportunity is recognised and acted upon.

Those not Spiritually prepared will gravitate to another "time-space" bound reality similar to Earth, if Earth is no longer habitable. No one is "destroyed" to oblivion. As immortal, infinite, Spiritual Beings we all continue, but as two varieties of human - those who took the opportunity and those who did not. The latter, as mentioned, will live on somewhere, to prepare themselves for evolution, which can take place at any time, when ready, but

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in any case when the next great evolutionary event comes around with immutable certainty.

So again we can clearly see that the super-massive black hole and the equally super-massive Energy that it radiates outwards from its plane can potentially have a dramatic effect on Earth, humanity and all life on Earth in many different ways.

Now while this is definitely speculative, and perhaps beyond the scope of the Maya, the Maya, as well as many other cultures, do speak of the various "ages" of humanity, and are saying that one "age of humanity" is ending, in readiness of the next "age of humanity" to begin - as has happened previously.

So what could this "age of humanity" be?

Well this "age of humanity" could be the "age" where those humans who are prepared will finally "grow up" Spiritually, and become the next evolution of human being, which the Aztec and others are calling "Homo Luminous" - Light Man or Being, or "Man of Light".

Of course this does not mean that the normal Evolutionary process is short-circuited in some way for everyone - far from it. This would rather be an opportunity for those prepared to realise their full Spiritual potential, and move on to the next stage of Evolution - which will be Glorious.

How many are thus prepared? No one really knows, but the percentage of the human race which could be ready is currently very small.

Here is the wonderful fact however.

More and more of humanity is changing towards being prepared for this Spiritual Event - which will not happen overnight - while there is a polarisation in that more and more humans are moving away from this event due to a massive dependence on material things and the physical World generally.

This polarisation will likely continue through and beyond 2012, until the process is complete a few years later.

Only each individual can know where they are in this process, and all have the opportunity to participate if Spiritually ready to do so.

Beyond all the misunderstandings, misinformation and hype, a truly wonderful Transition is already taking place, and anyone reading this Newsletter is likely to be of the Spirituality to be participating already, along with many others.

It is crucial however that as many humans as possible participate, and all humans that have the potential to participate actually recognise and fulfil that potential.

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Please do send this Newsletter to as many people as possible with their permission.

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

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And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

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Adrian.

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06 March 2011. Fundamentals Of 2012 - Part 5

In general, humanity defines its "reality" through misery and suffering, without which "life" would seem "unreal" or "too good to be true". The absolute Truth however is just the opposite. We are All Expressions of our Source, with the same Creative Powers of Our Source, the same Powers that, as Expressions of Source we All have access to without limitation - if only people know.

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Over the next two years as we head inexorably towards the end of 2012, this Self-Realisation and Expression of True Potential will become increasingly important as those, who are ready, prepare to participate in the next Evolutional leap to the next phase of human, known by the Inca and many other nobly and ancient races as "Homo Luminous" which will be a much greater evolution than the previous event of 26000 years ago that saw Neanderthal's evolve to modern Homo Sapien.

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So what then is the significance of 21 December 2012? Well quite simply this date is a "pivotal", "tipping" point by which time those participating should be ready for the transitional events of the next few decades. For those not ready life will continue in the appropriate sphere of the Astral Realms until the next opportunity arises.

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In parts 1, 2, 3 and 4 of our current series on 2012, we have looked in details as to how the iconic date 21 December 2012 came to human consciousness, and dismissed many of the myths, misinformation and misunderstandings surrounding it, as well as looked at some possible scenarios, including the activity of the Sun, that could, but not necessarily will exert an influence in the years around 2012.

In Part 4, last Sunday, we also looked at how the Maya themselves, the origin of the iconic date 21 December 2012, perceived the significance of it.

We will conclude this week then by taking an objective and dispassionate look at what "2012!", and in particular 21 December 2012 could mean in experiential terms.

Now we have looked at a wide range of possible as well as improbable scenarios, that may be directly related to 2012, broadly based upon the so called "Galactic Alignment", as well as the much more recent factors that the Maya would likely have not known about that far in advance, notably the peaking of the most recent Solar Cycle, which, although could be very significant, cannot be meaningfully calculated, or, at this stage, even evaluated as to its likely outcome and implications for all Life on Earth and even Earth Her-Self.

If I knew what, if anything, was definitely going to take place before, during and after 2012 I would surely share it with you, but the Truth is I do not, which, to me, is, in and of itself significant, since I do have access to knowledge generally.

What then could this mean?

Well I am of the view that the fact that humanity, and apparently no physical person knows the significance of 2012 tells me that there are two possibilities - there is no significance or the knowledge is being withheld lest it influence the outcome, in which case the outcome must be profound and crucial in the Grand Scheme of Things, and one in which each individual must experience at a personal level.

In broad terms then, 21 December 2012 can be one of two things:

1. Symbolic.
2. Experiential and perhaps along with this - Evolutional.

First of all, do I think that there will be a major event of some sort, specifically on the date 21 December 2012?

No I do not. Absolutely nothing I know or have seen leads me to believe that on this date, 21 December 2012, even anything "out of the ordinary" will take place, and that therefore 22 December 2012, or 25 December 2012 or 1 January 2013 will be "normal" days, relative to what might be considered to be "normal" by then in a rapidly changing World and socio-economic climate.

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As mentioned previously, and generally recognised by Mayanists and others, the Maya most likely derived the basis of their Long Count Calendar, which resets on 21 December 2012, to the Galactic Alignment which they extrapolated from their observations of the night sky and therefore visible cosmos, from which the Mayan Calendars and mythology was derived and evolved.

While contemporary humans can speculate on what this alignment could imply in scientific terms, it is doubtful that the Maya could have known or even cared about these aspects of what they were seeing unfold in the night sky from a physical perspective.

It is a considerable tendency for people of today to take ancient mythologies, predictions and so called "prophecies", which were relevant to the circumstances and understanding of the ancient people or cultures who derived them, but then to attach a modern human interpretation upon them, the difference between original and "modern" meanings being so far apart as to be unrecognisable.

We should note that there are major events that have been proven by scientific discoveries and research to exert devastating effects on Earth and Life on Earth, the most notable of these being the so called "Pole Shifts", which can be physical or magnetic in nature.

Whilst there is little or no doubt that these events take place, with catastrophic consequences, there is no evidence whatsoever that they take place at fixed intervals. There may well be a broad cycle involved, due to the geophysical nature of Earth, but the periodicity of individual "Pole Shift" events could and probably do vary by tens or even hundreds of thousands of years, making them almost impossible to predict, at least with today's technology.

Again though, we do know that, for example, the Sahara Desert has changed many times, over millions of years, between arid sandy desert, to lush rain forest, with massive rivers and lakes, absolutely abundant with life. Only a Pole Shift where the Earth moves on its axis could be responsible for these events, as well as the associated events on the planet as a whole, which are equally dramatic - life at what is now known as Antarctica for example.

There is evidence to suggest that there was a pole shift event - with plant and animal Life instantly deep frozen - around 5200 years ago, which just so happens to coincide with the "beginning" of the current cycle of the Mayan Long Count Calendar, leading some to conclude that the same outcome awaits at the point where the current calendar resets on 21 December 2012.

This would imply of course that the Galactic Alignment exerts a profound physical influence over Earth, in ways discussed in previous parts of this series on 2012.

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It should be noted that even if this was the case, I see no reason why it should be a very sudden event, much more likely to take place over tens if not hundreds of years, and the result of the gravitational influence exerted by the super-massive black hole at the centre of our Galaxy.

It is much more likely in fact that the Maya saw this Galactic Alignment from a Spiritual as opposed to physical perspective, and to this extent may well understand, or have understood the implications for Earth, Life on Earth and humanity generally.

The other major factor we must take in to consideration is that nothing, in All Creation from Source outwards ever, ever happens by "chance".

We also have to take in to consideration, whether it is comprehensible or not, that the physical Universe really does not exist in a tangible form, so everything that "takes place" is taking place within us as Expressions of Source, and never therefore "outside" of us in some way - we Are The Universe.

As Expressions of Source we are also "channels of Causation" of Source together with All Life.

Now this most certainly does not mean that Source is "pulling our strings" in any way - Source is only "concerned" with the "big picture". However, the "big picture" does include the Evolution, Harmony and Expansion of All That Is, and of course Humanity is part of that equation in absolute, but not individual or personal terms.

So what does this mean?

Throughout Earth history, which of course has only been recorded in writing or glyphs in recent years, there appears to have been many "purgative events" that "destroyed" the predominant type of life form almost completely - having run its course and fulfilled its "purpose" - to allow for alternative forms of Life to emerge and in turn demonstrate its viability towards the "ultimate objective".

To this end there have been many "great extinctions", the earliest recorded being the "Great Permian Extinction" of around 220 million years ago which allowed the dinosaurs to emerge, followed by 65 million years ago by the "dinosaur extinction" which allows for the mammals to emerge, from which ultimately the ancient ancestors of human beings emerged.

However, even during the evolution of human beings there have been several "near extinction" events that have been identified over the last three or four million years. The most compelling evidence for this is that every human being in the World originated from less than 10 female ancestor mothers - DNA testing shows this - meaning that at some point humanity came very, very close to extinction.

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The so called "Great Flood", which almost certainly took place in some form based upon numerous records from unconnected races around the World also happened.

Humanity, generally speaking, has now reached the lowest sustainable lows that can be reached before another "purgative event" or situation becomes necessary.

This is, I believe what is ultimately behind this Transitional era that commenced around 1987 is ongoing, and the Maya recognised both in their Long Count Calendar, the end of which they recognised as the end of one "age of humanity" and the beginning of which they recognise as the "next age of humanity".

Other cultures recognise the next evolution of human being to be what they call "Homo Luminous" - Man of Light.

This, whether associated with 21 December 2012 is the Truth, and which many Spiritual Guides, such as the person known as Jesus came to prepare humanity for, as well as the various monuments around the World such as the Great Cross of Hendaye.

There will be no "rapture" and there are no "chosen ones".

Every single reader of this Newsletter and every single human being now has a choice - whether to participate in this process or not - no one is excluded in principle.

This then is what 21 December 2012 is all about - it is the pivotal, tipping point where those wishing to do so will be committed, and those not committed are destined for a different Path, although ultimately all Paths lead to Source from whence we came.

Everyone is an Immortal. Eternal Expression of Source, no matter how personalities are perceived within the confines of this Spiritual Kindergarten we call Earth.

Those participating will already know, or will soon know and will arrange their physical lives accordingly as Spiritual Beings, and not "physical people" attached to material things, will recognise the Oneness of All Life as equals, and will always put other humans and Life generally before themselves - there is no other way.

This is it.

21 December 2012 will seem like any other day - and it will be - be assured of that.

21 December 2012 may well be symbolic in some respects, conveniently marked by the Galactic Alignment which may or may not be integral to this process, but absolutely certain that this Transition is taking place Right Now and it is Now when the choices must be made as to whether to participate, and to Live Life accordingly.

Beyond all the misunderstandings, misinformation and hype, a truly wonderful Transition is already taking place, and anyone reading this Newsletter is likely to be of the Spirituality to be participating already, along with many others.

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It is crucial however that as many humans as possible participate, and all humans that have the potential to participate actually recognise and fulfil that potential.

Please do send this Newsletter to as many people as possible with their permission.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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13 March 2011. The Nature Of Suffering

First of all I would like to thank everyone for your most appreciated feedback on our five part series on The Fundamentals of 2012.

Over the next 18 months or so it really is crucial that the whole 2012 issue is kept in perspective, because, as we have often discussed, humans create our own Experience at every level, and at the collective level will inevitably influence the ultimate outcome of the 2012 epoch, one way or the other.

There are still many, including highly respected people with good intent, predicting some form of cataclysm on or around 21 December 2012, a "pole shift" being the most often mentioned instrument of such an event. I do not share this view.

This time around this cyclical event is first and foremost an opportunity for those prepared to Evolve to the next level of human Being - often known as "Homo Luminous", a choice that is still open but will close on 21 December 2012 - this is an ongoing event.

For those Spirits not able or willing to participate, their evolution will follow an alternative Path, although ultimately all Paths lead to our one True Source.

Future Newsletters will be more directed towards this Evolutionary opportunity and what we must do to accept that Path as opposed to the alternatives.

Our Higher Self already knows which Path we are here for, without exception, but many, if not most, are not listening to their Inner Voice. It is not for me to say who is or is not "ready" to Evolve and neither would I. Our Higher Self knows the purpose of this Expression on Earth, and listening to, and this is why acting on that Inner Voice is so absolutely crucial. I will always do my best to show you the door, but only you can walk through that door, which, in many cases, will mean material sacrifice.

Earth and other planets in the physical Universe is only the beginning, a kindergarten, but a crucial one which must be transcended to Spiritually graduate.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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This week I received an email from Newsletter reader Diane who asked the following excellent and relevant questions:

"..... I have not been able to make sense of or be at peace with thoughts I struggle with daily. How do we make sense of all the pain and suffering inflicted on living beings throughout the world? If innocent beings are currently suffering at the hand of others, isn't it our responsibility to try to reduce their suffering? My constant awareness of this suffering negatively affects my thoughts, feelings and outlook. Is this suffering real or an illusion? If suffering is an illusion than how do we make sense of it's non existence but our very real perception of it? How can we feel peace with so much unrest around us?"

Now although these and other questions I can certainly answer, sometimes it is difficult to do so without appearing insensitive, which is the last thing I would wish.

"Suffering" of all types and degrees seems to be prevalent around the World to the rational, conscious, ego Mind, yet what, in absolute terms is "suffering"?

What for that matter is "good"?

What is "evil"?

What even is "normal".

Well the very short answer before discussing these in more depth is that there is no "suffering", "good", "evil", normal or degrees of these concepts in absolute terms.

These are simply words the conscious, ego Mind engages to rationalise much more profound processes and principles that it cannot understand or comprehend.

Now let me say straightaway that this concept really only applies to human beings on Earth, since all other forms of life on Earth are naturally in Perfect Equilibrium with Source and natural environment, and immutably, unconditionally accept and live out their reason for Being accordingly within the context of their own environment.

It is generally humans that destabilise the integrity and environment of other Life Forms as well as their own, through mostly material desires and a lack of conscious connection with Life as a whole and the role of human beings on Earth, which, although trusted has also been abused in the name of power, greed and gratification of the physical senses. These comments of course take in to account the fact that most humans are subjected to, and accept these factors which are instigated by relatively few for their own selfish reasons, which is broadly the quest for power.

Now let us look more closely at the question of suffering, good, evil and so on.

Well first of all these are all fundamentally human concepts which are relative and subjective rather than objective.

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I will provide a graphic example of this, but first of all let me make it clear that what I am about to say is not intended to be judgemental or anti-religious in any way, but simply the truth and a very graphic illustration of this topic of discussion.

There is an organisation, or entity, that has been the cause, directly and indirectly, of more misery, suffering, torture, death and destruction than any other in the history of humanity. That entity is known as the Roman Catholic Church, which was contrived by the Romans, under Emperor Constantine in 325 CE, as an alternative form of power and control, through fear and guilt, in the face of the declining military empire.

Yet over 1 billion people in the World today accept the RC Church as the archetypal force of good in the belief that they represent the only valid "line of communication with God", and therefore represent the "authorised" "law" and "will" of God on Earth.

So here is a graphic example of an organisation which is perceived to be "good", but yet in human terms based upon historical actions, which over the centuries exceed even the most infamous tyrants and dictators, would usually be considered to be evil.

Again - this is all a matter of recorded historical fact which is beyond dispute.

But how can this apparent paradox be?

Well "good" and "evil" are rationalised human concepts based upon personal experience, without taking account of the "bigger picture" which includes the Universal Principle of Cause and Effect, and instruments, or opportunities for Personal Evolution through Experience.

So how can "good", "evil" and "suffering" actually be of benefit to humanity?

It is through the Experiences that people associate with these words that we Evolve.

If everyone on Earth was of an identical or even very similar personality, character or nature, then opportunities to Evolve through Experience would be very limited.

This is the case for example in the Astral Realms, also known as the "afterlife", where each Astral Vibratory Frequency is populated by people of the same Spiritual Vibratory Frequency, and therefore same characteristics and state of Evolution.

In such an environment there are few challenges to overcome, and therefore little that may be learned through interaction and shared Experience with those on the same Energy frequency. Of course people in the Astral can and often do evolve by helping each other in various ways, willingly, and in particular by helping others who reside on a lower Vibratory Frequency to raise their vibration to a higher frequency.

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Although the Astral Spheres do not present the same opportunities for Evolution as Earth, there are nevertheless still an infinite number of ways that Astral residents can and indeed do Evolve from the opportunities afforded by the Astral environment.

Earth, and other planets in the physical Universe however is unique in that people of all levels of Spiritual Evolution all co-reside on the same Vibratory Frequency - that of the physical Universe, and therefore must learn to survive in this situation.

So where then is the challenge?

Well everyone has heard of, or experienced the stereotypical "difficult boss" or "annoying neighbours" or "imposing in-laws" etc, and who are often viewed as situations "sent to try us".

Well in fact, although these situations are not "sent" as such, they are presented to "try us".

What then are the lessons to be learned?

Unconditional Love, acceptance and forgiveness for perceived wrongs are among the highest, although "forgiveness", in and of itself is relative to a perceived "wrong".

Without the opportunity to interact with a wide variety of people, these valuable lessons and Experience, crucial to Spiritual Evolution, may never be learned.

These are crucial, fundamental, for some difficult lessons, but within the reach of everyone, and must be ultimately faced by everyone.

Unconditional Love, acceptance and forgiveness should be part of our Mind and Spirit, and not require effort in any way, out of the Inner Realisation and Knowing beyond doubt that those we would Unconditionally Love, accept and tolerate are equal Expressions of Source, and therefore Perfection, and an aspect of ourselves.

Taking this one step further, our ultimate natural state is one of "Service to Others Before Service to Self", without any degree of judgement as to the perceived nature of those we are Serving.

In other words we should never be selective about who we Serve or for what reason, we rather Serve all people, animals and other forms of Life as equals, before Self.

This is a fundamental principle within the Glorious Inner Spheres of Light, and must be part of our Spirit before we can Experience on that level.

This is the definition of Enlightenment and the Realisation of the Higher Self in to a Complete Spiritual Being and Individuality, within the context of the Oneness of All, Who

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can move on to greater and more glorious Spheres of Light and Experience on the Path back to Source.

So what then of suffering on Earth generally. What does it mean? Why does it exist?

Well of course while we are in complete control of our own Experience at a personal level, we cannot control the Experience of others and neither should we seek to or wish to. Everyone is born with Divine Freewill, and it is through this Divine Freewill that we make the decisions that shape our Experience and opportunities to Evolve.

Suffering, in general terms, arises when people endeavour to interfere with the Freewill and Life Experience of others and indeed animals and other forms of Life.

There are many systems of control on Earth, some obvious, others much less obvious, but when a person is subjected to such control, suffering inevitably results. Further, it is often due to these systems of control, both directly and indirectly, particularly those which stress materialism, that people fail to achieve their Life purpose here, and the Higher Self of the person must then repeat the exercise.

This suffering also, as previously mentioned extends to animals, fish, birds, plants and many other forms of Life which are interfered with by humans for material gain. Numerous species have been driven to extinction or near extinction due, for example to deforestation, mining, fossil fuel extraction, rampant construction, pollution and much more - and it is unsustainable.

What the perpetrators of this destruction fail to realise is that whatever they destroy they equally destroy part of themselves, because destroyer and destroyed are One and the Same, and Equal Expressions of Source.

The root cause of suffering, beyond the quest for power, money and material gain is the illusion of separation - duality. Those inflicting suffering on others and the environment believe that they are affecting "something else" apart from themselves, and attach a value to it based upon their own selfish perceptions and ambitions.

This again is a particular characteristic of living on Earth within the confines of a physical body which is perceived and experienced by most to be separate from the Life Forms and Nature that is being affected by their actions.

There will come a time when this illusion of separation and duality will no longer exist. The Great Transition characterised by "2012" is part of this process, where the twin illusions of "time" and "space" and therefore separation will no longer be relevant to those who participate. Others will continue through an alternate Path.

So how then do we cope with the suffering around us?

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When we see the suffering of people, animals and the environment, Spiritual people are moved within, often very deeply and profoundly, especially when we see what it is all motivated by, and how needless it all really is.

Of course we are moved to wish to help alleviate this suffering in any way possible.

On a physical level there is only a limited amount that any one individual can do, although we can and should do everything we possibly can if we see suffering of those close to us and are in a position to help. This is one aspect of Service to Others. If we take this one step further involving personal sacrifices, this becomes Service to Others Before Service to Self which is the Highest Expression of Service.

We must exercise caution however. As we discussed earlier, what may seem like the suffering of another person, may well in fact be the outward expression of a Life Lesson that the person is in the process of learning. In other cases what appears to be the suffering of another person may seem like bliss to that person, and the suffering is actually a matter of personal perspective.

For example, we may see various remote cultures on the TV living in "mud huts", clad in what might seem to be basic or ragged clothing and eating basic foods, which to most in the so called "civilised world" may seem "primitive", yet these remote cultures are usually far happier, healthier and enjoy abundance far beyond that which is possible in the so called "modern society" of the so called "civilised world".

Just because a native of a remote tribe cannot enjoy, and does not desire a "big mac", does not mean they are suffering in some way, indeed they are truly blessed.

So we have to be very careful about our definition of suffering based upon locally accepted socio-economic "norms" and the potential compromising of Freewill. In other words, we cannot and must not attempt judge who is or is not "suffering".

Another factor we must take in to account in this context is the Higher Self. It is the most sacred objective of the Higher Self to attain "completeness" or "wholeness". Only when a Higher Self has attained this can the Higher Self progress as a Whole Spiritual Being and move on to far greater responsibilities and modes of Experience.

Our Higher Self is our Individuality. Each "incarnation" is a "Personality". Therefore the Individuality of the Higher Self is the aggregation of all "incarnated" Personalities.

No Higher Self can become a Whole Spiritual Being within the Spheres of Light, until all personalities have Experienced the entire spectrum of Experience that the physical Universe can facilitate, including experiencing of suffering and being the instrument of suffering, as both male and female, across all timelines and so on.

Suffering therefore is an integral part of Evolution, although relative to perception.

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Does this justify the infliction of suffering? Absolutely and definitely not. If anyone rationalises the infliction of suffering on another by believing the person is here to experience suffering and they are the instrument of that suffering in some way, then they simply do not understand and walking a false path. These things can never be rationalised in this way - they simply Are - under the guidance of Higher Self. In other words, it is not a matter for the rational, conscious ego Mind to determine.

This then introduces the bigger picture - Humanity as a Whole.

The entire human race is evolving, and striving to ascend from the physical plane.

When the human race as a physical species becomes Enlightened, then it will follow those races that have gone before in the physical Universe attaining a higher vibratory frequency, beyond the "trials and tribulations" of the Universe of matter.

Whatever our Life situation therefore, it is crucial to always Live by the Fundamental Spiritual and Evolutionary Principles, including Pure and True Unconditional Love for All Life and All Creation, a central tenet of which is Service to Others Before Service to Self, which is a natural aspect of the Realisation of Absolute Oneness of All.

So what does this mean in practical terms?

Well we can never solve a perceived issue by "fighting or campaigning against it". This is the very reason that all of these "activist" groups, well meaning though many may be, against for example vivisection, a horrible human practice, cannot help the suffering of the animals who are victims to human vivisection to a significant extent.

To "fight" against a cause is to attract more of the same cause in the same or a different way and degree, thereby often increasing rather than reducing the issue.

We can never "fight" war, but only strive for peace. It is a Universal Principle that the Light will always prevail over darkness. But first the Light must be recognised. We cannot take darkness in to a room which is already light and see it get darker, but we can always take Light in to a dark room and see the room become Lighter.

Source, of which we are all Divine Expressions, is the Purest and Greatest Light of All, and it is for us, in any sphere of Life, to Express the Light, Source, to our maximum potential, the ultimate potential for which is attained by Enlightenment.

Source, God, First Cause is Pure, Perfect, Unconditional Love which is Expressed through and for All Expressions of Source, regardless of how they are "behaving".

As Expressions of Source we must do the same, regardless of the circumstances.

This may seem a very hard and harsh lesson to learn, but it is also so Crucial.

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As Expressions of Source and Light we Are Source and Light, and therefore our objective, both personally, collectively and Spiritually-Individually is to progressively Express the True Perfection of Source to the very best of our Potential, which often means setting aside the base human emotions of the conscious, ego aspect of Mind.

Express the Light and the dark cannot and will never prevail.

Please do send this Newsletter to as many people as possible with their permission.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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27 March 2011. Vibration Is Everything

Well Spring has arrived with the Vernal Equinox of 21 March, a joyful part of the yearly cycle when the darkness and coldness of Winter, when much of Life "sleeps", gives way to a bursting in to a new cycle of Life, just as it has from the beginning.

Yet this transition from one phase of Life to the next phase of Life does not instantly take place on 21 March, plants do not instantly burst in to flower on that day, or eggs instantly hatch. 21 March is rather a convenient symbolic reference point, based upon the four cycles of the Seasons, and the Solstices and Equinoxes. And so it is as we progress towards the next "season" for humanity which is conveniently and symbolically represented by the date 21 December 2012.

However, just as animals, reptiles, birds and fish prepare for Spring, weeks before it formally arrives, by building nests and preparing their homes for the coming months, so too must humanity prepare for the Great Transition that is taking place as we approach the next Great Cycle of Life in the Evolution of the Human Being.

If animals, reptiles, birds and fish left these fundamental and crucial preparations until 21 March each year, they simply would not be ready for what is to come. Likewise, if humanity leave its preparations until 21 December 2012, then humanity will simply not be prepared for that which is to come.

In both the transition of the Season, and the 2012 Transition, lack of preparation may not be immediately obvious - Life will seem to just "go on" . It is not until later that realisation eventually dawns that it is "too late", and although Life in continues, a valuable opportunity for Evolution has been missed, another Path must be taken.

Of course most forms of Life on Earth never miss the cycles of Life, because it is part of their very Being - they know and act instinctively. Humans however have an Ego aspect of Mind that always endeavours to rationalise things according to present circumstances, therefore often not hearing or acting upon the call from within.

The Moment to act is now. Knowledge of the change is not enough. Everyone must be that change Now through Inner Realisation and Service to Others Before Self.

If you are a new reader, you can join us every week by adding your details to the form

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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That which we know as "Energy" is the fundamental "medium" from which All That Is is Expressed, differing mostly through Infinite variations of Vibration.

Vibration is one of the most fundamental characteristics of the entire Universe from the very highest Vibration of Source, First Cause, of God, out to the physical world of matter.

So Energy with its Infinite range and nature of Vibratory Frequency is an integral component of the great continuum of the Universe, manifesting in Infinite ways.

Our very Spiritual Nature and Evolution is a function of Vibration of our unique Energy Field, our "Spiritual body" in all its manifested forms.

As we Evolve, our Vibration increases, and we Transition to the "level", "plane", "realm" or "sphere" of The All corresponding precisely with our unique Vibratory Frequency - which is always Perfect

Physical Human beings also consist entirely of pure Energy in the form of an apparent physical body, even though the human body and physical surroundings might appear to be "solid" to the five senses and conscious Mind.

But how can this be?

Matter comprises smaller units known as molecules, and still smaller units known as atoms. Yet smaller still we find sub-atomic particles which in turn are made up of still finer particles and so on, until the ultimate constitution of anything is of pure Energy Vibrating at specific rates according to individual characteristics.

From Source out to the densest form of matter there are an infinite number of modes or frequencies and configurations of Vibration. This is also now one of the basic accepted principles of Quantum Mechanics with the realisation that sub-atomic particles are ultimately not "particles" at all, but rather progressively more subtle forms of Energy, which appear to only "collapse" from a wave to a particle when observed, until ultimately existing a Vibration, pure Energy with Superposition.

This Energy is also known as "The Light". This is not the light commonly known in the physical Universe as for example emanating from The Sun, but rather the Primordial Light of Source from Which everything in the Universe is Expressed, lives and "has its Being".

Quantum physicist David Bohm considered physical matter to be "frozen Light".

So how do we reconcile this beyond the physical Universe of matter?

We need to look at Vibration much more closely in order to understand this. Most people know sound for example is Vibration, and a very powerful Vibration at that. Loud

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

The frequency range of perception of the ear of the average human is from around twenty Vibrations per second, up to around twenty thousand Vibrations per second.

Moving up the Vibratory scale we reach electricity at around one billion Vibrations per second.

Moving up the Vibratory scale further still we encounter heat at two hundred billion Vibrations per second.

Further still up the scale the spectrum of visible colours Vibrate in a range of around five hundred billion Vibrations per second, and yet higher still is the invisible spectrum of colour including infra-red and ultra-violet.

And so we can move further progressively up through the levels of Vibration, still manifesting as Energy known to science, until we reach the higher levels where we encounter "x-rays" which Vibrate at around two trillion Vibrations per second.

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

However the reality is very, and fundamentally different.

It is erroneous to conclude that progressively higher levels of Vibration do not exist, simply because they cannot be observed or measured by material science.

Vibrating at speeds completely beyond the comprehension and observation of science are the inner dimensions of the planes of correspondence, The Etheric Astral and Mental planes, the Mental Planes or Spheres being beyond the earthly concept of material or bodily form, the Spiritual Planes of Pure Energy and Vibration.

Ultimately, if something or someone were to raise its Vibrations to a high enough level it would rejoin Source. This indeed is the same ultimate destiny of every Human Being, "each" - although ultimately All are All One With Source - constantly raising Vibrations of the Soul and Spirit through the process of Perfection, ultimately realising the potential to achieve Vibratory Harmony with Source, at which Moment the Vibration of the Spiritual body would approach the Vibration of Source.

In addition, all Life manifesting at any level of the continuum of the Universe Vibrates at a level being exactly equivalent to the "plane" or "sub-plane" they occupy, but each at

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the same time exhibiting characteristics that identify all forms of Life in the Universe with unique individuality.

It is due to the fact that a Soul or Spirit body of a human being Vibrates in harmony, at the same rate or frequency as the plane or Sphere being occupied, that everything seems to be, and indeed is totally solid and real. This of course also applies to the physical world, which is also a rate or range of rates of Vibration, as is every person and indeed all forms of Life and everything else existing in the physical Universe.

Everything is Energy and therefore Vibration. Everyone and everything therefore “tunes” into the Vibratory Frequency of the plane of Vibration, corresponding to their own unique Vibration. This is analogous to television or radio transmitters and receivers whereby although there are thousands of programs or channels all being broadcast into the Ether concurrently, it is only usually possible to tune into one such program or channel being broadcast at its own particular frequency at any moment.

Beyond the confines of the physical world of matter, frequency of Vibration, Energy is therefore the means by which all Life manifests and exists within its own unique, individual, corresponding level, plane or state of Being. This also fully explains why humans, and indeed all forms of Life upon passing on to the Astral worlds after the “death” of the physical body find a "world" which is every bit as “solid” and “real” as the physical world. In fact the Astral worlds, the "Afterlife", where most people transition to after the "death" of the physical body, are much more “solid”, “real” and vibrant than the physical world, and this becomes progressively more the case with the ascent to the ever inner Spheres. The higher the level of Energy, the finer are the corresponding Vibrations, and accordingly everyone and everything within that level of Energy or Vibration will be much more “finely tuned” with it. Physical matter by comparison, being at the lowest level of Energy and Vibration is extremely coarse.

So everything in the Universe, The All, Every Expression of Source and Vibration, up to and including Source Energy Who exhibits a level of Vibration of such an infinitely high degree and of such intensity that Source can almost be considered to be at rest.

Such levels of Vibration are far, far beyond any current human comprehension. This can be conceptualised on the physical plane by observing the spokes of a wheel from a sideways perspective, spinning progressively faster. The wheel soon achieves such a rate, frequency of rotation, as to appear stationary and not spinning at all, its spokes appearing to be invisible to the physical senses of the human eye.

As discussed earlier, science now recognises the fact that the everyday “phenomena” with which everyone is so familiar such as heat, light, temperature and magnetism are all but differing degrees of Vibration, each exhibiting unique characteristics, each of which everyone can readily recognise and experience by means of the five senses. Modern science however is nevertheless still struggling to fully explain such important characteristics as cohesion, molecular attraction and affinity, and in particular the very

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force keeping everything rooted firmly on the ground, thereby preventing things from floating off into space - the force of gravity.

Vibration plays an extremely important part in lives of every person by way of normal thinking processes and states of being.

All thought's, emotions, desires, temperaments, indeed any mental state of Mind or being, are ultimately degrees and aspects of Energy as Vibration, as of course is thought itself. This is just one reason why in the collective plane of the human Mind thoughts can, often unwittingly or even intentionally be projected, and can affect other people by the process of induction.

These are major factors in so called "paranormal phenomena" which people recognise as "telepathy" and other forms of Mind power. It is also the reason why a person's "mood" can affect those around that person, a "mood" simply being an energetic state of Vibration which people can "tune in to" and begin to Vibrate at the same frequency, much like a "tuning fork".

This can happen on any scale, including the entire human race.

It is a most important fact therefore that every single thought, every single state of Mind and every single emotion is each characterised by its own unique Vibration.

In the physical world of matter these Vibrations and "thought forms" are not readily apparent to the physical senses, however, in the vastly finer degrees of Vibration of the Astral worlds and beyond, thoughts and thought forms can actually be seen to be instantly created and projected, and which thought forms will persist in accordance with the level of Energy and persistence with which they were originally projected.

Those who understand these laws of Vibration and Mentalism can exercise a high degree of control over their own individual thought processes, thus gaining a high level of control over their own states of Mind, moods, feelings and emotions.

In the same way, a person who is well practiced in these disciplines can also affect the Minds of others by applying the same principles, indeed very often people do this without even realising it.

On the Mental plane therefore, and in particular on the collective Mental Plane of the Human Mind, people produce thought Energy, Vibrations, which can effect themselves and the people around them either unintentionally or in some cases at will. It should be pointed out that conscious and effective use of these abilities can usually only be acquired by the means of dedication and practice over some period of time, although there are a very few people in existence who can command these powers as a natural ability, often from birth.

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The principles we have discussed so far will also explain many of the so called "phenomena" that have been demonstrated over the ages by the great Masters, Adepts, Guru's and others, often considered to be "miracles".

All these people are really doing is to consciously control completely natural Universal Principles, and in particular, in the case of physical manifestations, the Principle of Vibration, in order to "alter" or "transmute" one form of Energy and Vibration, into another form of Energy with a different Vibration, thereby altering the apparent form of physically observable objects.

Now this subject is highly relevant and indeed crucial to the 2012 era, because the Great Transition is about the Raising of Consciousness and therefore of Vibration.

The more people who raise their Consciousness, through Inner Realisation, Service to Others Before Self, Conscious Expression of Source and other crucial aspects of Evolution, the more this "Higher Vibration" will propagate throughout humanity, thus raising Vibration generally, and in particular, for those here to Experience the Great Transition, beyond that crucial pivotal point - pivotal Vibratory Frequency, Raising of Consciousness.

As previously mentioned course there is more to being Spiritually prepared than simply gaining knowledge of the process - it is rather a State of Being - not thinking or doing but Being.

Service to Others Before Service to Self is ultimately a State of Being its purest form, because such Service should be Part of us, something that we Live and Breathe, something we should embrace at every opportunity - not something that should be thought about for the sake of it.

It is this inherent Spiritual State of Being that we will discuss in a future Newsletter.

In the meantime, please do be of Service to Others by simply sending this Newsletter to as many people as possible that they too may have the same opportunity that you have.

In so doing such a small action, act of Service, can be of great value to those receiving it, and therefore to yourself as well.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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3 April 2011. Being The Change - Part 1 - Inner Realisation

Well here we are in to the wonderful Season of Spring, with new Expressions of Life and the regeneration of existing Expressions of Life all around. Spring is a Season of Renewal and of Hope. Spring is also a Season of Change, in so many Divine ways.

Change can take place on many different levels and degrees, from small, almost imperceptible changes, to changes so huge they literally change everything, to changes on such a large timescale - relative to the Earth concept of "time" - that they cannot be perceived on a local, temporal level.

In previous Newsletters, particularly more recent ones, we have discussed the Great Changes that are taking place right Now, today, as we head inexorably towards that iconic date of 21 December 2012.

As we also discussed in our recent series on the "**Truth about 2012**" - the entire 30 page article for which you may acquire here - [Truth about 2012](#) - this iconic date is not a day upon which massive changes of some sort will befall the Earth, but is rather symbolic of the pivotal, "tipping" or transitional era whereby all those participating in the Transition from the current Evolution of Human Being to the next, must have prepared themselves to participate.

There is no "instant gratification". These changes involve a change of Vibratory Frequency which is Spiritual in Nature, and no words, hopes, needs or other concept of the human conscious Mind will make one iota of difference in this process.

The only way to Change, and participate in the Change is to Be The Change. This is the way in which Vibratory Frequency rises to a new Evolutionary level.

This week therefore we will begin with the first of a three part Newsletter series on "**Being The Change**", that everyone can understand and appreciate what it means, to progress accordingly, and above all to help others to progress.

The Moment to act is Now. Knowledge of the change is not enough. Everyone must Be that Change Now through Inner Realisation and Service to Others Before Self.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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As we have so often discussed, simply knowing about, or even understanding the coming Evolutionary Changes, is not enough.

Academic knowledge alone will make little or no difference, and would be akin to wanting to become a Neurosurgeon simply by reading a book from the local library.

It is human nature, at least in recent millennia, to desire everything "on a plate", without any, or at least minimal effort. While this might sometimes work at a physical level, it most assuredly will not make any difference at all on a Spiritual level.

The only way we can Spiritually Change is to Be The Change, and while that should never require effort - nothing Spiritual should require effort - it does involve a shift in consciousness and above all willingness and resolve to potentially make appropriate changes, regardless of what "others" may or may not think or say.

Now is the time to decide whether to take the path of least resistance for the sake of an "easy life", and find yourself on the same Path as everyone else, choosing the convenient option, or whether to bravely face the changes and **Be The Changes**.

So what do we mean by changes?

Whilst there is no absolute answer to this question, which, in any case, will differ from person to person, this three part Newsletter series will discuss the three main areas of focus, the ones which broadly encompass all others. These are:

- 1. Inner Realisation**
- 2. Service to Others Before Self**
- 3. Pure Unconditional Love**

This week therefore we will commence with:

Inner Realisation

All changes must come from Within - there is in reality "nowhere else".

The main factor, by far, keeping people attached to the phantasm of the material world is the illusion of duality, that is to say, broadly speaking, the perception that you are separate to everything else, including all other people and Life generally.

Duality is the root cause of all misery and suffering and lack of Spiritual progress.

One of the biggest "driving forces" behind Duality is orthodox religion - Christianity, Judaism and Islam which encourage subservience to an "external", jealous, capricious, vengeful, all powerful "God", "who" is to lesser or greater degrees intolerant of non-adherents to the doctrines as set out in the "holy book" for that religion, and enforced by the respective church.

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This is particularly ironic since the teachers around whom these religions were contrived never actually taught duality or the existence of any external deity or God:

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 (Personal Consciousness) and Brahman (Source 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

How much clearer can these Truths be stated?

Yet still billions of people around the world subscribe to and "worship" an external, anthropomorphic deity, usually stylised according to local costumes and customs.

This adherence, for whatever reason, to this external deity has effectively concealed from these people the Great Truth that Source, God if you prefer, is not only Within every person, but Is Every Person - **We Are All Expressions of One Source**.

Actually, even the expression, "we are all" is dualistic in that there is no "we", there is only One, and that One is Source, God, and All Expressions of One, of Source.

The glorious Truth therefore, plain and simple, is that because "we" are All Expressions of Source, "we" Are Source, with All the Power of Source, a Power which is Truly Infinite.

Now this is one reason why Spirits, humans, start their journey back to Source on Earth or other physical planet. With Infinite Power available to us, we must first learn, through numerous incarnations of our Higher Self, how to control and apply that Power towards the Supreme Objective.

Not to progress in this way would be akin to giving a 4 year old child access to the launch buttons of the worlds thermonuclear weapons.

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There is only One Fundamental Principle in Which this Power must be channelled - Evolution of The Whole - The All.

So the most fundamental step in Being the Change and preparing for Evolution is to Realise Source and therefore our Power Within, and to see the physical world for what it really is, or should be - a valuable learning opportunity towards Evolution.

Earth is unique in the Greater context of The All in that it is the only level of Vibratory Frequency of Energy where physically "incarnated" people co-exist, people of every conceivable kind and level of Spiritual Evolution.

Earth also uniquely provides, through the illusion of matter through the five physical senses, numerous challenges that must be overcome in order to progress, and lessons to be learned, not the least of which is Service to Others Before Self.

However, over the last couple of millennia in general, and last couple of centuries in particular, humanity has become increasingly infatuated with material things, and more specifically the quest to gain material things, sometimes at any cost, including Spiritual Evolution. Media and technology have been major catalysts in this process.

Materialism has also escalated duality in that "other people" are often seen as obstacles to overcome rather than those to whom Service should be offered out of Love and with no thought of reward of any kind.

Another major issue over the last couple of centuries are the "forces" behind the major governments of the world, who ultimately seek power and control at any cost, including human, while making people believe they represent their best interests.

Now in order to progress and prepare for the "2012 Transition", all of these "eternal factors" must be set aside completely, the focus being Within, except when Being of Service to "others", although this is still ultimately Within - there is "nowhere else".

So how then to proceed?

Well the first step is recognition, realisation of the material world for what it is.

I have already covered this in some depth in the paper "[The Quantum Matrix](#)", and refer you to that document rather than repeating the fundamentals here.

One of the biggest "adversaries" that many will face is the Ego. It is the Ego that gives arise to for example vanity and generally the perceived need to be seen favourably or even better than "others" in some way - the need to be recognised.

It is this, together with many other socio-economic factors endemic in "modern society", that cause the focus of many people to be in a direction, other than the one which really matters - Within.

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So the first thing to do is to take a very big step back and ask yourself "what am I really doing, and "why am I actually doing it"?

When you answer these questions with honesty and sincerity, you will see that you have been "living a lie" - albeit unintentionally, and this is notwithstanding the fact that the material world in which the lie is being lived, does not, in reality, even exist.

Most people live their lives for others - because they want to be seen to be "successful" in some way, to "make their parents proud" and to generally "fit in" with their social structure, while hopefully at least living comfortably - surviving at least.

The "losers" is the Inner Divine Self, and others who could be benefitting from any Service you could be offering to guide them towards their own Path.

One of the biggest catalysts, by far, for these increasingly material obsessions is television - specifically advertising - commercials - that "go straight for the jugular" of the Ego, by making people think that they absolutely must have a certain product, otherwise they will be disadvantaged in some way compared to "others".

This is particularly insidious in the case of vanity products which purport to make you "look younger", "feel healthier", "be more attractive" and so on.

Another major subject of advertising is for a wide range of processed, packaged food products, which emphasise gratifying the sense of taste, while reducing "animal based products" to a convenient commodity. Although efforts are being made to legitimise animal suffering and slaughter through the "animal welfare" initiatives, these still portray the idea that it is fine to eat animals, providing they do not "suffer as much", while being prepared for the table to gratify the physical sense of taste.

And then of course there are the multitude of adverts aimed at parents and children, touting "realistic toys" to prepare kids for their future roles in the "real world", which, in the case of older children, includes increasingly nasty, bloodthirsty and violent video games, which seek to legitimise war and conflict while devaluing Human Life.

So to start Being the Change we must first of all take a long, honest and dispassionate look at our material motives and aspirations.

In a word Introspection. Change can begin with Introspection.

Introspection begins with an honest and dispassionate consideration of motive.

As yourself these questions, to the extent they may apply to you:

Why do you feel the need to decorate your body with various ornaments?

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Why do you wish to be seen wearing certain clothes for different "occasions" or different clothes, shoes and other items each day?

Why do you purchase your choice of food from the supermarket? Taste, nutrition?

Why do you react to, or treat different people in different ways?

Why do you place such an emphasis on money, possessions, work etc?

Why do you care about "what people think" of yourself and your situation?

Why do you take vacations?

Why do you care about "time"?

And so on.....there are many other such introspective questions.

The starting point of all Self-Realisation is introspection - only then can we resolve to live our lives on Earth as Spiritual Beings, not controlled, indoctrinated humans.

If we "care what people think" - any person, however close - then this is a major issue to overcome - it implies that you are living for others instead of yourself.

This is not the same as **Service to Others Before Self** which is crucially important.

What this does mean however is the need to be Free - Free of external influences. All we could ever require at any Moment in our Evolution is Within. Once we can fully assimilate and Live this Great Truth, then All we genuinely require, for the right reasons, will become available to us, effortlessly. This alone is liberating. When we Live Naturally, everything is "provided".

This is also made clear in the Bible, if the true meaning is understood:

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 - 12:32

To transcend the control systems and perceptions of humanity is a major priority.

To transcend the physical human "Mindset" however does not only include material things, or the trappings of society, but also more fundamental factors of duality.

In Japan, there is a word of the Wise and Enlightened - "Satori".

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Translated, "Sa" means "distinctions", "Tori" means "to remove".

Satori therefore means literally to "remove all distinctions". But what does this mean?

This means to reconcile and thereby resolve and remove all artificial, human created dualities such as "us and them", "me and you", "self and other", "right and wrong", "good and evil", "heaven and hell" and so on.

These are all examples of a duality oriented perspective which ultimately rejects the Truth of the Oneness of All.

These are also the same dualities that give rise to wars, conflicts, judgementalism, and even arguments on a family level, and all a major cause of misery and suffering.

When we realise and know, beyond all doubt, that the "others" are actually both a part of and reflection of "ourselves", then such dualities become utterly meaningless.

Every single Human Being as with All Life are Expression of Source, of Perfection, and therefore are inherently Perfect.

Any perception to the contrary is due to lack of Realisation of this Great Truth, together with human concepts, ideas and very often prejudices, based around cultures, societies and religions. No child is born in to this world with preconceived ideas, but he or she is rather an Expression of Perfection and "clean slate" upon which this "life" on Earth will be scribed, based upon Experience which will be eventually returned to Higher Self.

During these early years, especially until the age of 7, the child relies heavily upon guidance from parents, relatives and later the school system as a basis upon which to shape the rest of this "life" on Earth. It is during these years that most children become indoctrinated with the belief system, religion, of parents along with other biases, beliefs, prejudices etc, which the child will accept as true.

If, instead, a child was shown and guided how to make in communication and achieve Inner Realisation, then nothing else would be required, especially school. **We are all connected in to the Infinite Source of All Knowledge In All Creation, together with Guidance from Higher Self, which is a Higher Expression of Source, and these are all we need to achieve and to Know and Realise All.**

To achieve this within the physical World is Enlightenment, and occurs after the pre-programming of a lifetime has been overcome, seen for what it is, and Life from that Moment is lived in accordance **with Inner Source Realisation, Knowing, and Being the Oneness of All humanity, Life and Creation**, whatever form it takes.

This then is the challenge over the next year or so. Will you quell the noise of the phantasm of the physical World to listen to your Inner Self and completely change your Life accordingly, totally irrespective of what others may think of you, or will you choose

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to take the path of least resistance, a Path which will not lead to Evolution to the next level - at this opportunity anyway - the next for perhaps 26000 years.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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10 April 2011. Being The Change - Part 2 - Service To Others Before Self

As I write your Newsletter this week, even though it is only very early April the Sun is shining gloriously and warmly, bathing everything in glorious Light, both Sunlight and The Inner Light, The Source from Which All Life on Earth, is born and is sustained.

On Earth, what most think of as "light" is in reality in the form of photons emanating from the Spiritual Being we call "the Sun", which is necessary during in the context of this physical space-time bound environment, Vibratory Frequency of Divine Energy,, which is subject to its own principles and restrictions.

The True Light of The All, Source, is always Present however, "day" or "night".

We are All Expression of One Source, Light, are All sustained by Source Light and are All Source Light. To discover, Realise, bathe and Live Within that Source Light while here on Earth in the context of a physical body is to become Enlightened.

It is the highest objective of all Beings on Earth to achieve Enlightenment, that the Higher Self may graduate as a fully Evolved Spiritual Being, ready to progress to "Higher" roles within the Infinite All, as Expression of The Infinite All - of Source.

A crucial aspect of human graduation is to "slay" every vestige of the desires of the Ego, all material desires, and to always put Others Before Self in Unconditional Love, regardless of our own "life circumstances", however difficult they may seem.

In Truth, as Expressions of Source we inherently Express all Source Power, Love and Light. The great challenge of humanity is to discover, Realise and Express these Great Truths, not for ourselves but for other Expressions of Source on the Path.

This week therefore we will continue this second part of our three part series on **Being The Change** with the **Divine Principle of Service to Others Before Self**, for without this Fundamental Principle Earthly Evolution is incomplete, and Higher Self must continually "project " aspects of Itself to Earth until the mission is complete.

If you are a new reader, you can join us every week by adding your details to the form

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

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Now as we have so often discussed, simply knowing about, or even understanding the coming Evolutionary Changes, is not enough.

Academic knowledge alone will make little or no difference, and would be akin to wanting to become a Neurosurgeon simply by reading a book from the local library.

It is human nature, at least in recent millennia, to desire everything "on a plate", without any, or at least minimal effort. While this might sometimes work at a physical level, it most assuredly will not make any difference at all on a Spiritual level.

The only way we can Spiritually Change is to Be The Change, and while that should never require effort - nothing Spiritual should require effort - it does involve a shift in Consciousness and above all willingness and resolve to potentially make appropriate changes, regardless of what "others" may or may not think or say.

Now is the time to decide whether to take the path of least resistance for the sake of an "easy life", and find yourself on the same Path as everyone else, choosing the convenient option, or whether to bravely face the changes and **Be The Changes**.

So what then exactly do we mean by changes?

Whilst there is no absolute answer to this question, which, in any case, will differ from person to person, this three part Newsletter series will discuss the three main areas of focus, the ones which broadly encompass all others. These are:

1. **Inner Realisation**
2. **Service to Others Before Self**
3. **Pure Unconditional Love**

This week therefore we will continue with the second part in our series:

Service to Others - Including "Animals" And All Life - Before Self

One of the most important principles of progression in all spheres of life is the offering and provision of Unconditional Selfless Service to others, out of Unconditional Love, and without any thought whatsoever of gain or reward.

Selfless service to others before service to self is absolutely is a **Fundamental Principle and Quality of Spirit**, both from an individual perspective and from the perspective of the entire human race, **and of All Life**, without which there can be no true progress. Human beings, and indeed all manifestations of Life and Spirit in the Universe of The All, Are One, aspects of Divine Source. **We are all, whatever our state of evolution, here to help those further out on The Path to Progress also.**

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Again — Service To Others Before Service To Self” is an absolutely fundamental Principle. True, selfless service should be motivated by, extended from of a deep and genuine desire to Serve others, before serving the needs of self.

Beings residing within the Astral, Mental, Celestial and Cosmic Spheres of Life are Eternally involved in Service, to the extent their circumstances facilitate, the inner always Serving the outer being within the inner spheres of life as we progress along the path to perfection back to our Divine Creator.

Those within the inner spheres wish only to raise those living in the outer Energy Spheres of The All ever inwards, that they may enjoy the Love, Light and Bliss they already experience at those levels, with a deep desire to share with fellow Spirit.

The fundamental Principle of Service To Others Before Self has alas seriously broken down on Earth, due in no small part to the demands of the Ego, materialism and the pressure to conform at all levels of “society”, together with a lack of understanding as to the true nature of humanity and of The All. Many people today will not consistently help others, especially strangers, without expecting a tangible “reward” in return — very often money. There are, of course, notable exceptions, such as the excellent work carried out by the many charities and volunteer workers.

Of course, people are understandably committed to their own daily needs, motivated by a “survival” instinct, only helping each other whenever appropriate. This is of course understandable between families and friends.

Selfless service, however, extends far beyond the confines of family and friends and the expectation of reward or personal gain in some way.

The true meaning of Selfless Service Before Self is to Unconditionally Serve Others whenever and wherever the need for such assistance is apparent and appropriate, and without any thought of personal gain, providing always that such service is consistent with the well-being of the person to whom the service is being extended, and does not infringe upon their freewill in any way, and thereby their own freedom to learn and evolve through experience.

Such Selfless Service can be extended in numerous ways, ranging from financial assistance to direct guidance, physical help, advice, support, healing and teaching.

If all humanity would embrace these extremely important, crucial, fundamental, Universal Principles, of Service to Others Before Self, the greed, selfishness, avarice, materialism, and egocentricity so prevalent in the world today could not and would not be perpetuated, and life on Earth would be harmonious.

This is already true of the Astral and Spiritual spheres of life, where "All Beings, including humans, live on the level of **Universal Vibratory Frequency of Divine Energy Which Is In Harmony with Individual Vibration Frequency**, and therefore on

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the same level as other Beings of the same vibration. In these worlds a level harmony always exists relative to that particular level of vibration.

The very outer Astral worlds might well be analogous to a type of “hell” in religious terms, the “dark” nature, the vibration of those realms being in perfect harmony with the nature and therefore vibration of those residing there. However, these people will eventually learn their own particular lessons through Experience, a fundamental principle of life, and will go on to return to their Higher Self with their own unique package of experience, which in turn contributes to the complete Self in the ongoing quest for perfection and evolution.

No experience on Earth, however “dark” or “evil” it is perceived to be, is ever wasted. Without “evil” there would be no reference for “good”, and accordingly “good” and “evil” are both relative in accordance with the perceptions of the observer, as well as being points on the same polar axis in accordance with the Universal Principle of Polarity. Before God, there are no “good” people or “bad” people. We are all the Children of God on a unique learning experience in the kindergarten of the Universe called “Earth”.

Those who believe “death” will release them from their “issues” in the physical world had better think again because “death” is no escape.

Most people, with the exception of those who are ready for the next stage of their journey, or are here for a specific mission from the inner spheres, will transition to the Astral worlds, to a realm that exactly matches their character as determined by their unique vibration, and will be the same person in every respect, with the same memories and “issues”, except they will now possess a perceived non-physical as opposed to a physical body.

Selfishness is one of the most serious transgressions against individual Spiritual progression and one which will bring corresponding karmic consequences in accordance with Principles of Cause and Effect and The Law of Attraction. “Do unto others and you would have them do unto you”.

Notwithstanding the conditions awaiting a persistently selfish person after physical death, all transgressions will have to be reconciled sooner or later. Relinquishing the habits of a lifetime on Earth or making so called “death bed confessions” is completely meaningless, and does not absolve the “confessor” of a lifetime of selfishness or other negative traits, which have become an integral aspect of the Energy field and therefore vibration of that person. Mere words are not enough. These negative characteristics can only be reconciled by learning the necessary lessons, and transmuting the negative traits into their polar opposite positive traits, which, in the case of selfishness, is by extending selfless service to others.

This equally applies to religious people, many of whom have been led to believe that by going to church, reading the Bible, attending “confession”, having an abstract “faith” and “belief” in God and “accepting Jesus as their saviour” will ensure their place in

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“Heaven”. Some even go as far as believe that, even after a life of selfishness and other negative traits, if they “embrace Jesus” on their deathbed, they will be “saved” and go to “Heaven”.

If only such people knew the truth from the beginning of that life, they would then know how to live their lives joyfully, productively and in service to others, while know, beyond doubt what awaits at the end of their physical days on Earth, and subsequent transition to the Astral worlds.

True progression includes subjugating the Ego, ennoblement of Soul and Spirit on the Divine path to perfection, respect for all life, Unconditional Love and selfless service to others before service to self. No one knows precisely when their current lifetime on Earth will be completed, and no time should be lost in fully embracing these Universal Principles and the true meaning of life. Failing to do so would inevitably mean the Higher Self of the person sending another representative to Earth to learn the lessons that were not learned in that incarnation, thus delaying progression to the inner spheres of life, the glories and splendours of which are beyond the comprehension of Earthly Man. All progression must be out of Unconditional Love and service to others before service to self, and not simply out of a desire for gain, a fundamental Principle that all humans need to embrace sooner or later.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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10 April 2011. Being The Change - Part 3 - Unconditional Love

Welcome to your Newsletter. I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter. It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

It is apparent from the many messages I receive each day that increasingly more people are becoming concerned about "what will happen in 2012".

Much of this is being driven from movies, such as "2012", an increasing number of television programs and an even more increasing number of books, many of which are sensationalistic and totally ignorant of the facts.

The only real danger as such is that it is a fundamental Universal Principle that we all "create" our own "reality" at every level, i.e. both at a personal level and at the level of the human Mind on the Mental Plane of humanity, so if the majority of humans believe that Earth will "blow up", that is precisely what will happen.

In reality, most of those who are aware of 2012 do not seriously expect Earth to explode in 2012, and in fact the majority of the human population remains unaware of the "2012 phenomena" at all.

That said. 2012 is a significant epoch for different and more fundamental reasons, and the more these reasons are masked under a constant stream of inaccuracies, the less people will be in a position to prepare themselves Spiritually and Mentally.

Last week I shared Part 1 of a series of Newsletters designed to put this whole 2012 scenario in to a proper, healthy, realistic perspective, that we can approach this undoubtedly pivotal epoch in the most effective and transformational way. This week I will progress this series from an additional perspective.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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Pure Unconditional Love is the most powerful force, or more specifically Vibration in the entire Universe. If the Vibration of Unconditional Love were to be withdrawn from the fabric of Universe, the entire Universe would collapse in an instant.

Unconditional Love should never be confused however with sentimental love, sexual love or lust, or even token love of family or friends. In these contexts the word “love” is often used very loosely as a token of friendship, affection or an Expression of endearment, or sometimes loosely used without any feelings associated with it at all.

Unconditional Love may best be described as a state, or Vibratory Frequency of Energy, emanating from Source, First Cause, God, and is therefore the most powerful Vibration and Expression of Energy sustaining all creation in the Universe.

In order to live in complete Harmony with Life and be a wide open channel of Experience and Expression of The Source, it is necessary to attune to a personal state of Unconditional Love. In order to maximize our natural abilities, Unconditional Love should be Experienced as an integral part of our very Being, and not simple as a matter of convenience.

Many people might claim to practice Unconditional Love, but this is often far from the reality. Unconditional Love is not merely “feeling good” toward others, good though that surely is—it is rather a much higher and ongoing State of Being that goes far beyond mere spoken words or displays of affection.

It was out of Pure Unconditional Love that Source Expressed and sustains the entire Universe of All That Is, and therefore all manifestations of life within the Universe.

Pure Unconditional Love is the highest and most Divine Expression of Source, and accordingly, Which, as aspect and Expressions of Source we should all aspire to.

Those wishing to Experience total peace and complete Harmony with the Universe should strive to become the individual epitome of Pure Unconditional Love. Unconditional Love really does mean “Unconditional” in every possible sense—without any conditions attached.

Of course, it is not possible to become Unconditional Love overnight. It is a process commencing with a total and sincere resolve, integrated into daily life, and Experienced with genuine and complete dedication, until fully realized and assimilated with every aspect of our life and Being at all levels—body, Soul and Spirit. Unconditional Love should be a natural state of Being.

However, due to the path upon which humans have chosen to travel over the last few thousand years, becoming more remote from Source, other, lower emotional states of Vibration have come predominant. It is necessary therefore for most people to re-learn the true meaning and Experience of Unconditional Love in its truest and purest sense.

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To Be Unconditional Love is to see and love the Divine Essence of absolutely everyone and everything without exception, not only the superficial physical shell, but the Immortal Spirit of All—the true "image" of God, of Source. You must know, beyond any doubt, in your Heart, Soul and Spirit that absolutely everyone, regardless of race, creed, culture, personality, individuality, characteristics, attitude and current Earthly status, is an integral and equal aspect of Source.

We cannot be selective about "Unconditional" Love which must always be "Unconditional" by definition.

We must radiate and Be Pure Unconditional Love to everyone and everything, including those you might have previously perceived as not worthy of such love, including but not limited to terrorists, murderers, bank robbers, difficult neighbours, annoying co-workers, etc. Every single one of these people, without exception, is an equal aspect of the absolute and Immutable Perfection of Source, and therefore of all of us as human Beings. To "hate" such people is to hate Source, yourself and the entire Universe.

Each of these people has the same ultimate destiny, and all contribute to the complete Harmony and balance of the very fabric of the Universal Continuum of Energy.

Even people considered to be the most "evil" humans on Earth are simply individual aspects of a Higher Self, each of which that must Experience a wide range of lives, conditions and Experiences, including those considered from a human perception to be "good" or "evil", in order to attain the necessary balance required to eventually ascend back to our Divine Creator in a state of Perfection.

Everyone and everything is an instrument of learning, and accordingly nothing should be taken personally, or regarded as "evil"—the person you may regard as "evil" is an aspect of yourself.

Source never discriminates against Source's own children anymore than any human being would discriminate against their own children. Therefore as true sons and daughters of Source, no human Being should ever discriminate against any other human Being. Many might say by way of an excuse, "but we are only human after all". In reality, we are Source, God, and Source, God is us.

When we begin to Express Unconditional Love, we pour the high Energy Vibration of genuine Pure Unconditional Love into everything and everyone we encounter without hesitation, irrespective of our perceptions of that person. We very quickly discover that Unconditional Love is very expansive and pervasive, and the people around us will begin to receive and assimilate the Vibrations of the Energy of Unconditional Love that they in turn are receiving from us.

As the people around us respond in this way, they radiate more peaceful, harmonious feelings, which will, in turn, be absorbed by people around them. Very soon, being Unconditional Love will directly or indirectly touch the hearts of many people. In this

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way, it does not take too many people being Unconditional Love to soon raise the entire world to this most Divine Vibration with profoundly positive results for everyone and all life. While practicing Unconditional Love, be vigilant for and reject all negative or unloving thoughts immediately they are recognised.

We must remember also that with Unconditional Love comes unconditional forgiveness. Always unconditionally forgive those who you believed have or might have wronged you, however bitter or resentful you might feel at the time, and continue to project Unconditional Love in place of any anger or resentment, while learning any valuable lessons you can from the situation to help you on your path.

It is very important to remember and to know that Unconditional Love is much more than a mere token sentiment or something you might say to yourself, such as “I practice Unconditional Love”. It must radiate from our very Being and represent an absolute knowing without thought or effort. Unconditional Love must literally be a State of Being, inseparable from our Soul, Spirit and Higher Self, connected directly with the most Divine Vibration of the Energy of Source, of God.

Always know that Unconditional Love is projected by God through Higher Self, through your immortal Spirit, through our Soul and finally to our physical body, through which we send the Vibrations to everyone and everything.

Very soon our Vibration and very Being will be raised to a new level, and you will begin to instinctively understand how to overcome limitations in your life. The door will open for many more possibilities than you would ever have considered or thought possible.

Above all, never become disheartened or give up altogether. Always know it is your Divine right as a true Son or Daughter of Source, of God, made in the true Spiritual Image of God, to be Pure Unconditional Love at all times. Always remember that the Love God has for us is Pure Unconditional Love. Source never judges anyone, no matter where a person is on the path—God, The Source, our Creator Unconditionally Loves every aspect of the creation of God without limit or exception.

Source always embraces Pure Unconditional Love for All of His/Her Children and creations within the entire multi-dimensional Universe.

Unconditional Love has been recognized throughout the millennia as one of the great mysteries of life and of the Universe, and yet, most people in this stage of their evolution do not recognize or attempt to become as one with Unconditional Love.

Those who do recognize Unconditional Love, and live their lives accordingly, will realize these profound truths.

It can shake you free from the influence of the Ego and allow you to enjoy a new level of freedom which most people would find unimaginable. Only those who become Pure Unconditional Love will know the absolute truth of this reality.

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To conclude, here is a passage contained within Christian Bible which is most appropriate to the true meaning of Love.

“And now I will show you the most excellent way.

If I speak in the tongues of men and of Angels, but have not Love, I am only a resounding gong or a clanging cymbal.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not Love, I am nothing.

If I give all I possess to the poor and surrender my body to the flames, but have not Love, I gain nothing.

Love is patient, Love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self seeking, it is not easily angered, it keeps no record of wrong.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies they will cease, where there are tongues they will be stilled, where there is knowledge, it will pass away.

For we know in part and we prophesy in part. But when perfection comes, the imperfect disappears.

When I was a child I talked like a child. When I became a man, I put childish ways behind me.

Now we see but a poor reflection as in a mirror, then we shall see face to face. Now I know in part, then I shall know fully, even as I am fully known.

And now these three remain; Faith, Hope and Love. And the greatest of these is Love”

-- 1 Corinthians 1:13 -13

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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24 April 2011. The Origins And Meaning Of Easter

This week's Newsletter will be somewhat shorter than usual due to the fact that it is today that my son Declan is doing his 115 mile cycle ride for the benefit of Sunnydene Animal Shelter and operation on the leg of Karla the German Shepherd.

I of course will be locating myself along the route to provide drinks etc, and to generally provide support in any way that might be required over the long route.

As you read this Declan will be well on his way and cycling hard.

Declan and the animals at the Sunnydene Animal Shelter really are most grateful for all your support so far, and for any further donations that might be provided.

Today is also Easter Sunday, and so today I thought it appropriate to take a look at the true origins and meaning of Easter, a festival widely observed and celebrated around the World.

Of course, in discussing Easter, we should never overlook it's joyful significance for millions of children around the world who eagerly look forward to this day every year when they get to open and tuck in to their chocolate Easter Eggs and bunnies.

This is one of the most important aspects of many of these traditional festivals such as Christmas - the joy it brings to our children, and the joyful memories that last a lifetime. Easter, like Christmas, is a time of giving and making others happy, and in so doing makes the giver of the gift feel joyful as well in the act of giving.

Of course giving should not be only reserved for a few specific, "official" days each year, but rather be a way of Life - especially as The Great Transition progresses.

We should never miss an opportunity to be of Service to others - before Self - in any way within our means. It is not the magnitude or price of the giving that really matters, it is rather the very act of giving without thought or expectation of reward.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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While festivals such as Christmas and Easter provide for an "excuse", or even expectation for giving, which is good, they remind some of the many paradoxes and hidden meanings of significance behind these festivals.

When we look at the true origins and meaning of festivals such as Christmas and Easter, we see, beyond any possible doubt, that they far pre-date any religious significance that has been attached to them over the last two thousand years or so.

In broad terms, before the Christian religion could become fully dominant a millennia ago - which was still its objective - it first felt the need to quash all remnants of what was perceived as "pagan" traditions around the World, by any means including force.

This "purge" was largely responsible for the destruction of the knowledge of most ancient cultures including, for example, the Mayan culture and historical records.

In Europe and the East - and the rest of the World - the ancient cultures were very close to nature, knowing and practicing the One-ness of All, including humans, animals and plants, and also recognised and respected the importance of the Seasons, and in particular the role of the Sun in the transition of the Seasons, and Life generally, which were marked by various festivals, customs and celebrations.

December 25, which is religiously considered to be the date of "the birth of Jesus" is in reality an ancient festival that marks and celebrates the re-birth of the Sun after the Winter Equinox of 21 December, when, after 4 days of peak darkness and the "shortest days", the Sun is "born" and once again becomes the "Light of the World".

Part of this process of subjugation by Christianity was to convert ancient rituals to religious symbolism, few of which are more iconic than the sign of the cross.

Because many churches did not understand the true meaning of the cross, they copied it almost verbatim from the earlier cultures. For example - when we see a cross on a church with a circle around its centre, often with projections radiating from it, this represents the Cross of the Vernal Equinox, the horizontal plane representing the horizon, and the circle and rays representing the Sun after it has "risen" to the horizontal plane in its annual "journey" of bringing Life as the "Light of the World".

The Cross of the Vernal Equinox is a very ancient and important symbol of Life.

So in broad terms, this cross with a circle around its centre, and rays projecting from it actually represents what is now celebrated as Easter - not the "crucifixion".

Actually, even in the Bible, there is no actual mention of Easter per se - it was created by the church based upon their interpretation of the Bible and in particular their objectives which was to dominate and become the central focus for religious and superstitious people, at the expense of ancient, local nature based cultures.

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There are still stone crosses with circles around the centre to be found in many locations, particularly in the British Isles, most of which well pre-date Christianity.

So looking now beyond this brief overview of how ancient traditions and festivals were subjugated by Christianity for their own purposes, what then is the true historic and original meaning and significance of Easter?

Well to begin to answer this question, we only need to take a look at the iconology of Easter, notably eggs and "bunnies" and other symbols representing "new Life".

Now how do eggs and bunnies relate to the religious "resurrection"? They do not.

Eggs and bunnies have a much more ancient and profound significance which are firmly rooted in the cycles of nature, therefore so important to our ancient ancestors.

Our ancient ancestors were called "pagan". often as a derogatory term, due to the fact that they were perceived by religion as "ignorant" and "primitive" in "worshipping" a number of "gods" instead of the one approved deity of modern religion.

This of course is to completely misunderstand the motives and culture of the past where "gods" or deities were not worshipped specifically as a multitude of anthropomorphic, super-human people "floating around up there somewhere", but rather as symbolic of a wide range of aspects and customs of their culture - this was true throughout the World including for example the Mayan culture.

Other related occasions such as "Lent" and "Passover" also have ancient origins.

The actual name "Easter" has at least two possible origins - "Ishtar" the Babylonian deity of around 4000 years ago, and "Astarte" or "Ostara" the Anglo-Saxon deity.

In my view the latter, Ostara, is much more likely, since Easter appears to originate from the Anglo-Saxon cultures of the West, and is connected to fertility rites represented by the hatching of eggs, and birth of multitude of baby rabbits, both of which they would have been observed and present in nature all around them.

Many of the more traditional aspects of Easter for example egg hunting, rolling and painting almost certainly originated from these ancient cultures and are still widely practiced today as part of the local Easter celebrations broadly linked to fertility.

Fertility and the birth of new Expressions of Divine Life are so fundamental, and are therefore so rooted in traditions and cultures for thousands of years, they have never been and simply cannot and should not be suppressed. This is why what is now to most a religious festival, marking the "resurrection", is celebrated with eggs and bunnies, neither if which have any relevance whatsoever to the religious mythology and associated stories, and neither of which are mentioned anywhere in the Bible.

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Easter, eggs, bunnies and other associations with Easter do not appear in the Bible.

Anyway - enough of the history of Easter, what of its significance?

Well in ancient times the festival that has now become Easter was most likely celebrated at or around the time of the annual Vernal Equinox, which, in the Gregorian calendar, which the ancients did not have, would be 21 March each year.

It is also thought possible that the festival was actually celebrated on the day of the first full moon after the Vernal Equinox.

Modern Easter takes place on the Sunday after the first full moon after the Vernal Equinox - presumably for convenience. The Vernal Equinox however is always the absolute reference point for the Easter in all its forms, both in antiquity and today.

The celebration however, as mentioned before, is not about the Vernal Equinox per se, but rather about what it signifies as both the first day of what we know as "Spring" and the associated birth of a new generation of Life. It would not be correct to say "new Life" in absolute terms because All Life Are Expressions of The Eternal and therefore are Eternal. So the new generation of Life is simply the latest - in space-time terms - cycle of Divine Expression that can be observed in nature.

For many cultures, this festival has a much deeper and far reaching significance, representing the cycle of Life itself in all "dimensions" and aspects - notably birth, death and rebirth - which are deemed to be continuous, and places "death" not as something final, but rather a natural stage in an ongoing Divine and Eternal process.

In absolute terms however the festival marked by Easter is about Life.

Following the dark, apparently lifeless days of Winter where many animals retreat to hibernation, many trees lose their leaves and flowers "die back" or lose their colours, Easter represents the beginning of the new cycle of Eternal Life, represented symbolically by the proliferation of eggs and "bunnies" in all their forms and colours.

Whatever Easter means to you and everyone around the World, it is ultimately, first and foremost a celebration of Life, and for that we should certainly be Joyful, and I wish you a Happy and Joyful Easter with your family.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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1 May 2011. Parallel Universes, Parallel Choices

First of all I am absolutely delighted to let you know that my son, Declan, successfully completed his cycle ride last Sunday.

Due to an unexpected and complete road closure early along the route, due to bridge repairs over a river, and followed by the considerable detour required, Declan finally completed the route on Sunday evening, having cycled 154 miles in one single day - a truly exceptional feat for someone not used to riding long distances.

Even though he was extremely tired towards the end of the cycle, as you would expect, Declan showed immense courage, strength and resolve to complete the route for the benefit of everyone who has kindly sponsored his efforts for Karla the German Shepherd and the Sunnysdene Animal Sanctuary.

Declan will be writing a note of thanks to all readers of this Newsletter who kindly sponsored him, and which I will include in a Newsletter very soon.

I can say that in total, including local sponsorships and the generous donations from Newsletter readers, Declan will have raised at least \$9000 which is a great effort.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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I watched a program on History Channel recently about "Parallel Universes", and it struck me just how far scientific thinking has progressed in just a very few years.

A decade ago the only "theory of the creation of the Universe" was one of a single, 3 dimensional model, bound by "space" and "time", created by a single "big bang", and outside of which Universe nothing could or did exist.

Today scientists have not only one, but four different theories, which not only expand upon the theory of the "known Universe" but also propose four theories for so called "parallel universes".

I found this to be greatly encouraging from the perspective that science finally seems willing to expand its horizons beyond traditional thinking, originating with Newton, to consider the possibility that "this" Universe is not the only "level of existence".

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Now although all four of these theories of the Universe, or "parallel universes" are still broadly based around the concepts of space and time, and therefore materiality, this expanded thinking really is a big step forward, and one which may, and probably will ultimately lead to the truth.

As it is, quantum Science is moving apart from physical science in that the former already acknowledges a quantum structure of the Universe as a Whole, whereas the physical sciences, which are all sciences outside of the quantum sciences, still theorise in terms of the physical Universe with its three dimensions plus time.

So what then is the reality of these so called "parallel universes"?

Well in broad terms the "parallel universe" theory originates from the idea that our universe, and everything within it can also exist in further additional states of variation, with some theories postulating that there could be infinite such states.

Now this is actually not too far from the truth in absolute terms, but these theories still strive to satisfy the Newtonian model of three dimensional space plus time.

In the "parallel universe" theory then it is suggested that for example Earth and everything and everyone on Earth also exists as an infinite number of variations within the context and confines of a physical space-time framework.

While this may not be strictly true, it does take in to account the fact that nothing in the All is ever fixed and is therefore infinitely variable with infinite possibilities, but does not go as far as postulating the basis for those variations, thus implying that they must occur by chance in some way or by some as yet unknown factors.

While the physical sciences may struggle with this one, the quantum sciences have been much closer, even going back decades.

A fundamental difference between the physical and quantum sciences is that the latter is open to, and even based upon the fact that "creation" exists and manifests at levels far beyond the observable and measurable limits of time and space and beyond the concept of fixed structure - i.e. at a more discreet level.

Quantum science views things broadly from the perspective of particles and waves, while the physical sciences view things largely from the perspective of atoms and molecules, governed by time as well as other physical forces such as gravity.

In broad terms, the recent "parallel universe" theories seek to explain quantum and Spiritual realities, but only as yet in terms that they are currently willing to accept, which, after all is a step in the right direction, because ultimately all paths must inevitably lead to the one truth, however it is reached. This is the nature of human experience and evolution - there is no absolute "right" or "wrong" - only Experience.

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Ultimately the "technicalities" are irrelevant, because whether through the physical or quantum sciences these "higher realities" are still being approached through the limited capability of the thinking, rational, ego Mind. The ultimate reality is self-evident to those open to it, and, as in life generally, requires no "thought" at all.

That said then, let us, for the purposes of this Newsletter, endeavour to discuss the differences between the physical and quantum approaches and understandings.

The "physical sciences" hold that "parallel universes" exist side by side as multiple or infinite variations of our known universe, similar in structure, but varying in detail.

The quantum sciences on the other hand hold that there are no discreet "physical universes" at all in absolute terms, and that All exists in the same eternal moment as "quantum superposition" of infinite possibility in and of itself.

The main difference is then that in physical terms there are multiple or even an infinite "number of universes", while in quantum terms there is only one continuum of infinitely fluid possibilities of a single, or seamless stream of reality, in the Now.

However, while the physical parallel universe theory remains a theory, Quantum Superposition can be demonstrated through, for example, the "double slit experiment" which also demonstrates that "quanta" of Energy can exist as waves or particles.

In addition to "quantum superposition", quantum science has additional explanations such as "quantum entanglement" and "quantum non-locality", although ultimately all these expressions are variations on the same underlying principles.

Let us now take this comparison one step further.

The physical sciences find it convenient to assume that, for example, an infinite number of parallel universes exist, but are somehow fixed in and separated by their own "version" of "time and space", and which simply play out as fixed variations of each other, with fixed outcomes, and always subject to the "laws of physics" as it applies to their version of the universe.

In the quantum sciences nothing is either separate or fixed, but rather a continuum of a single stream of Energy, in the form of waves, that are infinitely variable in nature.

In broad terms, the physical sciences embrace an infinite number of "fixed universes" while the quantum sciences embrace a single, infinitely variable universe.

In Universal terms the physical sciences imply that some "other force" has pre-determined the nature of these "parallel universes", while the quantum sciences imply that there is no "fixed" form in creation, but rather it is infinitely fluid, moment to moment - or actually in the same moment, based upon some other factor or factors.

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But what could these other factor or factors be?

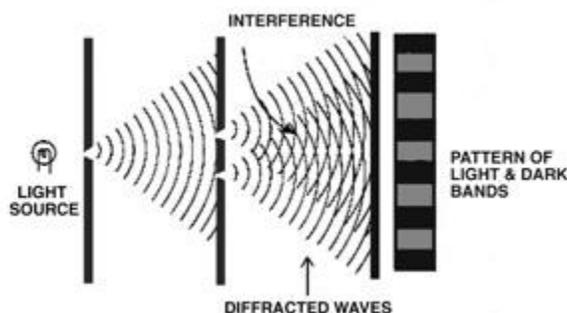
In a word - Mind.

Quantum Mechanics holds that the entire "Universe", in all spheres and therefore Vibratory Frequency is Energy of infinite possibility or potential, broadly known as "Quantum Superposition", whereby if the Universe - again we refer to all Spheres, not just the outer physical - can exist concurrently as multiple waves or particles, then it can also exist, in any moment as a "superposition" of these multiple possibilities which can be observed, or experienced in that moment.

This also implies that such a quantum superposition may be, and often is transient, once the "force" responsible for the superposition no longer exerts its affect.

One of the most well known demonstrations of this is called the "Double Slit Experiment".

Now at its most complex level, the Double Slit Experiment along with superposition alone would take an entire Newsletter to explain, but we will restrict ourselves to the broad fundamentals and basis of the subject of this Newsletter subject.



In the above illustration, a light source is being projected on to a screen containing two slits, hence the name, and then on to a solid screen at the back.

As you might expect, the light causes what is known as an "interference pattern" as the light waves pass through the slits at different angles, eventually resulting in bands of dark and light on the back projection screen.

A similar effect can be observed using water in a tank with screens instead of light.

Now if instead a light consisting of a vast number of photons a single photon of light is projected one at a time, it would be expected that the photon of light would travel through one or other of the two slits, thus, instead of an interference pattern, because photons are not colliding if projected one at a time, we would eventually, after millions of photons have been projected, see an image of the two slits on the back screen where each photon has passed through one or other of the two slits.

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However, in practice what happens is that the same interference pattern appears, as if multiple photons were being projected in the same moment and colliding as would be the case with the continuous and full beam of light.

So an interference pattern has emerged in a situation where there is no interference.

If one slit is then closed, the photons quite happily pass through that single slit and project the expected corresponding image on the back projection screen, but if the second slit is then re-opened, the photons instantly "know about it" and begin to travel through both slits once again, giving rise to an interference pattern.

Now here is the really interesting and significant "phenomena".

If an attempt is made to observe this process in order to determine the behaviour of the individual photons, by for example placing a detector next to the two slits, then immediately the photons of light begin to behave as might have been expected, going through one slit or another, but not both, giving rise to two individual projections of the slits on the projection screen, instead of an interference pattern.

So the simple act of observation has caused the photons to behave differently.

There is another quantum theory that seeks to explain this "phenomena" called the "Copenhagen Interpretation" which endeavours to hypothesise how a single "unit" such as a photon or an electron, or of course beyond the scope of these experiments an infinitely smaller unit of Energy, could "travel" as a wave but arrive as a particle.

According to the Copenhagen Interpretation, what is passing through the slits in the experiment are not "material waves", but rather "probability waves".

In other words, the particle does not have a fixed position or trajectory, but rather has the probability of being "here" or "there", or even "somewhere else" entirely.

In this theory, the photon that is not being observed does not exist as a particle at all, but is a waveform encompassing all spatial areas of probability.

Therefore once the photon is observed in some way, the natural waveform "collapses" and the photon becomes a "particle".

What this experiment and quantum mechanics suggests therefore is simple - nothing is "real" or more correctly can be Experienced, until and unless it is observed.

Now of course the implications of this for science, and indeed the accepted "nature of reality" are staggering, but of course come as no surprise to Newsletter readers.

Nothing whatsoever can be Experienced except at the point and moment that it is actually observed, its persistence being proportional to the nature of the observation. It

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can be so transient that it could be missed entirely, or so persistent that it could remain almost indefinitely, as for example is the case in the Astral Realms to which the same Universal Principles apply.

So what are the greater implications as they relate to Earth and the physical Universe, which, after all, appear to be tangible or "solid"?

Well in truth the physical world, or what people think of as the "physical world", is not solid or tangible at all, but rather just a more persistent state due to the nature of the comparatively low vibratory frequency of the physical universe and the sheer extent of physically focused Expressions of Source observing it throughout human "history" as it relates to the Earth concept of "time".

Of course it is the physical senses that report that we and everything around are "solid", or "material" in some way, but in reality this is simply a cooperation between the five physical senses, organic brain and Mind, that I term "The Experiential Loop".

In actual fact, what people perceive as the "world" around them is behaving in exactly the same way as the photons of light in the "double slit experiment".

The "Energy Field" emanating from Source is in the form of a Wave, and remains in waveform as it radiates outwards from Source, with decreasing vibratory frequency, until such moment, in the outer levels of Energy and Frequency, especially Earth, physical Universe and the Astral Realms a Being focused there decides to make an observation, as a result of which the Waveform "collapses" in to what are considered to be "particles" and the "building blocks of what can be experienced and observed", until the observation is withdrawn, after which it reverts back to its native Waveform.

Now when we talk of "observation" we are not necessarily referring to viewing through the physical eyes, which is simply one of the physical senses available to us.

All observation, at the most fundamental level is of the Mind, one characteristic of which is Imagination, but also encompasses all Thoughts, Feelings and Emotions.

So when we "observe" something as demonstrated in the "double slit experiment", it is not the eyes and physical apparatus doing the observing, but rather the Focus and Intent of the Mind behind them that actually collapses waves to particles.

Before progressing, I must add that this knowledge is extremely empowering, in that clearly we can create any "reality" or "experience" we could possibly wish for through the Power of the Mind alone - which of course we have often discussed.

This is also where the so called "Law of Attraction" is misleading. "Attraction" implies "attracting" something "to" us that already pre-exists "out there" somewhere.

In reality nothing of course, pre-exists at all that can be "attracted" to us as such.

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Instead, everything that we could possible wish for, need or desire is available to us without limitation, not by "attracting" it to us from "somewhere else", but by "observation" of the Mind through the power of Imagination, supported by other powers and qualities of the Mind such as Feelings, Emotions, Intent and so on.

In the physical world, due to its Vibratory Frequency and general nature, this may not appear to be immediately evident, and many people simply do not have the level of control over their own Mind to "make it happen". But in the much higher vibratory frequencies of the non-physical realms such as the Astral Realms, beyond the influence and illusion of space and time, this principle is immediately apparent, in that anything that can be imagined can be instantly "thought in to being", which is one reason the Astral, the "Afterlife" seems so fantastic to people there compared to Earth where they had been used to working and even suffering for everything.

So how then does all this relate to the subject of "parallel universes".

Well it tells us that "parallel universes" no more exist than the "law of attraction" exists for almost exactly the same reasons. Nothing in the entire Universe from Source outwards "pre-exists", not even in the physical universe.

There cannot therefore an infinite number of "parallel universes" out there somewhere, but rather a Quantum Superposition of possible Universes, of infinite potential variation, and which can only be "realised" in the moment observed.

So what we actually have is Infinite Parallel or Concurrent Possibilities as it relates to the concept of the Universe, any possibility of which can be transiently experienced.

This means then that our "Life" as we Experience it is the direct Expression of our personal sphere of Mind, with the wider World the Expression of the collective Mind.

This also means that our lives, our Experience, as with the concept of "parallel universes", have an infinite number of possible characteristics, any one of which we can "choose" to Experience in any Moment through the focused Power of the Mind.

Alas, the nature of "modern society" is such that many choose to focus on the negatives, on fear, hopelessness, and define "reality" through misery and suffering.

As Equal and Unconditionally Loved Immortal, Eternal Expressions of Source, we have a choice through Personal Mind, and free to choose a glorious, abundant Life defined by joy, beauty, service and other High Vibration qualities of Spirit.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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8 May 2011. The Meaning Of Earth Experience

Welcome to your Newsletter, I do hope that you have experienced a Healthy, Joyful and Abundant week.

As we relentlessly but surely journey through the Transition that is currently taking place, and escalating as it reaches a pivotal point, our understanding and the choices we make become increasingly crucial at both a Personal level and Collective level for all humanity, because ultimately we are All One.

My Newsletters will increasingly reflect this.

Last week I mentioned that my son, Declan, would add a message of thanks and a brief summary of his 150 mile cycle ride for Sunnyside Animal Sanctuary and for the surgery on the leg of Karla the German Shepherd.

Declan is still preparing this and I will be including it in next week's Newsletter. I am absolutely delighted to inform you however that thanks to the generosity of all sponsors, Karla recently underwent her surgery. The procedure was performed by a Veterinary surgeon specialising in this type of surgery. During the 5 hour procedure, bone was taken from her shoulder blade region and grafted in to her leg. The procedure was deemed a complete success, although constant monitoring a possible follow-up procedure if necessary.

That said, Karla is already walking much better than she was previously, and her quality of life improved dramatically as a result.

I will of course keep you informed of any further developments.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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As the Great Transition inexorably progresses, never, in human history has it been so important, crucial even, to understand the true meaning of Life, because without that understanding there can be no opportunity for contemplation, or to reconfigure the way we live now in readiness for the Divine opportunity being presented to us.

Humanity has, especially over the last few millennia and last few decades in particular, lapsed in to a state that is contrary to where humanity really needs to be, in order to Evolve to the next level, or alternatively to begin, more or less, again.

As I have mentioned in previous Newsletters, humanity has already been "reset" several times before in the past few hundred thousand years, and before that other dominant life was "reset", for example the great prehistoric extinctions that eventually gave way to the rise of the mammal, from which modern humans finally came.

It has been genetically proven, beyond any doubt, through DNA and other tests, that all 7 billion or so humans in the World today are the direct descendants of just a couple of hundred common ancestors, of which half or dozen or so were females.

Now it should be evident that in the past there must have been, and indeed archaeological evidence has proven, that there was a very large population of more ancient "hominins", the precursor to modern humans. So what happened?

Well clearly there must have taken place the latest in an ongoing series of natural, cyclical events that "reset" the state of ancient humans, so that evolution could begin again with a small group that were most reflected our ultimate purpose on Earth.

As I have also mentioned previously, Neanderthals to Homo Sapien, through Cro Magnon are more recent examples of this natural, cyclical process.

The Great Transition ironically, but somewhat arbitrarily represented by "2012" is simply the representation of the pivotal point in the next such "purgative" event, yet it is not intended to be "purgative" per se, but rather a great opportunity in which every human being can participate in principle.

There are no "chosen ones" and never have been. If we are here on Earth Now - which we clearly are - then the door is always open as equal Expressions of Source.

So what then are we here to "realise" and to "become" in order to participate?

Well first of all we should be absolutely clear that there is no one "up there" passing "down" any sort of judgement as to who will "make it" or who is deemed "unworthy".

We rather judge perpetually "judge" ourselves through our own actions, own thoughts and feelings. our attitude and treatment of others, and of All Life, which truly defines "who we are" and "where we are" in the process of Spiritual Evolution.

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These are the factors that determine a factor far more fundamental to Evolution - our personal and individual Vibratory Frequency, which in turn determines where we will transition to after the change known as "death" - specifically to the Vibratory Sphere of The All which perfectly corresponds with our Vibratory Frequency.

These are immutable Universal Principles which cannot be circumvented through dogmatic religions, doctrines, beliefs, empty actions, confessions or anything else.

There is no doubt that "modern society" is such that it has never been more challenging to achieve what is known as "Enlightenment", which broadly speaking is a term to describe a fully "Source - Realized" person, who has thus achieved the Vibratory Frequency necessary to evolve to the next "level", which deep within is what every Soul and Spirit yearns for, and knows it is here on Earth to achieve.

So if the Soul and Spirit already knows the reason for incarnating on Earth, then why are so many people apparently oblivious to it at a level of conscious awareness?

In a word "Ego".

Now there is nothing intrinsically "wrong" or "negative" about the Ego - to the contrary in fact. It would be impossible to live on Earth without the Ego Mind.

The story of "Lucifer", the "fallen Angel" is an allegory for this.

Before humans were Expressed in to Being, there was only Source, "Christ Mind". When Source Expressed aspects of Source's "Self" outwards as individuated consciousness, with freewill, the Ego Mind was also Expressed as the means through which the Ego Mind can make its own choices through which to learn and thereby Evolve back to Source.

The Ego Mind therefore became known as "Lucifer" which "fell" from Christ Mind, and whose ultimate destiny is to reunite with Christ Mind, Source, through the process of Spiritual Evolution.

So the Ego Mind is the conscious, rational, thinking aspect of Mind, facilitated so that people can actually experience and thereby to make the decisions and choices necessary in the physical world, Earth in our case - there are numerous other "learning planets" - to potentially fulfil the objectives, or "mission" of the incarnation.

It is through the exercise of these choices then that we learn and thereby evolve.

In the past history of Earth, everyone enjoyed the equal opportunity, without distractions, through the need to survive and remain healthy and happy to make choices based upon fundamental human needs and principles, without interference.

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However, as society expanded and developed technologically, a whole new culture developed, which progressively became much more self and therefore Ego oriented.

"Modern Society" can therefore be both a great challenge to be overcome or a great distraction that ultimately leads to nowhere of true value.

When we choose to incarnate into the physical world we do so in full knowledge of who our parents will be, what challenges in the next physical life we will be faced with, and the determination to realise, understand and to meet those challenges, thereby learning vital lessons, to evolve Spiritually and to achieve total joy while doing so.

It is only in achieving these and other important objectives can we become fully aligned With and progress towards Source.

Over the years however humanity has progressively turned away from Source, and towards an alternative existence involving materialism, dogma and indoctrination.

Many are influenced by such erroneous factors such as what is expected of them by those around them, particularly family and friends, conforming to the demands and expectations of society and the "way things are done" or "should be done", and above all by the trappings of material desire, vanity and of the individual Ego.

It is only when an individual realises these truths and has the courage, strength and determination to face up to them can that individual become truly free to fulfil his or her destiny with total joy, meaning and purpose, and thus bring harmony to their life.

The majority of people incarnating on Earth today are within this cycle of birth, Earth life and transition back to the Astral worlds to review what has or has not been achieved before returning to Earth as another aspect of their Higher Self in order to correct the counter-productive actions of the previous life, and of course to hopefully progress towards the ultimate objective - the Path back to The Source.

Of course at the same time every single human without exception has to go through an evolutionary phase, often including hundreds of "lives" or "personalities" on Earth over the course of many thousands of years. This is a natural and necessary aspect of individual evolution of the Higher Self.

Unfortunately, even in the 21st century, society is still operating a system that has been exerting its influence for centuries, thereby trapping people from a very young age in a cycle that prevents happiness, fulfilment and above all - Evolution.

From the first day a child is born into what should be a glorious, joyful and fulfilling existence they are indoctrinated into the trappings of the material world. A child is taught to focus on the five physical senses, to behave in a certain way that precludes maintaining their still strong connections with the inner realms from where they so

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recently arrived, and they are taught to treasure material things including toys representing what their parents hope they will materially become later in Earth life.

Later children are told by parents, relatives and teachers that they must "go to school" in order to get the qualifications required in order to get a "job" so that they may "work" for the next 40 or 50 years before "retiring" on a "pension" in the hope of "getting by" until the time for release finally arrives, often in a non-caring world.

From the moment of birth the Mind of most children is shaped by parents based upon their own perception of what life "is all about", and usually based upon their own current circumstances in terms of type of job, type of street and house to live in and many other factors, all based upon the situation and aspirations of parents, relatives and others.

Many children are taught that it is wrong to aspire to a life that is outside of their "station in life" and they should focus on the lifestyle that their parents have always accepted.

The Mind of a child at both conscious and subconscious levels is very impressionable, and it does not take many years of having the ideals of parents repeatedly reinforced for the subconscious of the child to accept it as reality. From that point onwards it will become the reality of the child just as it was for the parents.

Humanity is currently stuck in this apparent paradox, a cycle of often what amounts to misery due to creating a reality that is not consistent with the true mission of the Soul. It is not until this cycle is broken that a person can find true joy, fulfilment, happiness, peace and harmony, and above all true and meaningful Evolution on the Path back to Source, to Whom we all have the ultimate destiny to return as perfected human beings made in the true "Spiritual Image" of Source, our Divine "creator".

People might say that money is necessary even to acquire the basics of survival such as food, clothing and shelter. Yes of course this is true on a very basic level, but the fact is we are here to attract and enjoy unlimited abundance if desired and required for Evolution, and not simply the very basics for survival in the Earth life system. There is a very big difference however between "wealth" and "money" and it is this distinction that has led so many people astray, continues to do so today, and will continue to do so until the Consciousness of mankind begins to understand and live by these realities and, most importantly each individual live their life accordingly.

However Dear Reader, as I mentioned previously, "modern society" offers both an opportunity and a distraction.

Those who simply "take the path of least resistance", simply choosing to "live" in order to facilitate food and shelter, while endeavouring to "keep up appearances" by striving to conform to the latest trends, fashions, fads etc will certainly learn valuable lessons, but are unlikely to ultimately fulfil their own individual life purpose, and therefore equally unlikely to achieve the peace, harmony and joy that goes with it.

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The challenge therefore is to follow our heart, inner guidance and inspiration as opposed to the Ego, or symbolically - "Christ" instead of "Lucifer".

So what does this mean exactly?

We have discussed these in previous Newsletters, and will doubtlessly do so again in future Newsletters such is there importance, but in summary:

Unconditional Love: Unconditional Love means more than sexual love, love for those close to us or affection, but Literally and Unconditional Love and acceptance of every single human being, animal, plant and other form of life.

In Unconditional Love there is no perceived "differences" between any form of Life - All is Equal, treated as Equal and Loved as Equal to Our-self.

Service to Others Before Self: This to offer and if required to provide Service to All Forms of Life who may benefit from such Service, before any act of service for self, even if such Service involves sacrifices.

Selfless Service never, ever expects or accepts any form of reward or recompense.

Subjugation of the Ego: As discussed in this Newsletter, to "subjugate the Ego" is to Follow your Heart, Inspiration and Inner Guidance regardless of what others may think, do or say.

In following your Inner Guidance you may be regarded as "eccentric", "non-conformist" or even a "crank". The test therefore and the ultimate achievement leading to Evolution is to proceed regardless, thereby resisting the temptation to "make life easy for yourself" by bending to the spoken or unspoken views of others.

This may seem "easier said than done" and perhaps it is, but "done" it must be.

You see there is a choice, as always - follow the crowd or follow your Heart.

Only the brave Souls who choose the latter will and must prevail.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service, Adrian.

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15 May 2011. The Divine Meaning Of Love

Welcome to your Newsletter.

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

In our last Newsletter I mentioned that Declan would include a summary of his sponsored cycle ride. He has already written a summary for other publications, but needs to shorten the account somewhat for this Newsletter.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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In recent Newsletters, we have looked at the most fundamental inherent qualities of Spirit that humanity should realise, assimilate and "Be" in order to personally fulfil the next stage of Human Evolution as the Great Transition inexorably progresses.

Many people have asked me whether there is just one "quality" above all others that truly represents and integrates all of these "qualities".

Yes there is - **Unconditional Love**.

Now when considering "Unconditional Love" I realised that this phrase, "Unconditional Love", is actually a misnomer, suggesting a dualistic basis.

"Unconditional Love" implies that Love can be also "conditional". In its purest form, Love simply cannot be "conditional" by its very Nature. Nothing "conditional" or with "conditions attached" can ever be "Unconditional" and can therefore never Expressed through or out of Pure Love in the highest sense of the word "Love".

One of the fundamental qualities of human beings at a Spiritual level, and that we have both discussed recently and previously is "Service to Others Before Self".

Now Service to Others Before Self, while crucially important, and fundamental to Spirit in All Spheres of "Creation", still originates out of Love in the highest sense. If we are Living, Being and Expressing Love in its purest form, then there can never be "service to self before others", because Love, by its very Nature, will always Serve "others" first, even if it means sacrificing Self in the process.

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In absolute terms "Christ" means "Love", not a person. Any human Being can, in principle reach Christ Consciousness. So the symbolic allegory of the person known as "Jesus" being "crucified on the cross" represents Jesus placing humanity before himself, in other words his actions were Selfless, and out of Love for Humanity.

As an aside, the religious interpretation and doctrine of this allegory is that "Jesus Christ died for the sins of humanity".

But what is "sin"? Many believe that "sin" is "doing something bad" in some way.

Well in fact the true meaning of "original sin" is the disconnection of humanity - human Mind and Consciousness from its Higher Spiritual Being. This is allegorically represented in the Bible by the story of "Adam and Eve" in the "Garden of Eden".

So when "Christ died for the sins of man", the true meaning is that the force of True Love was invoked, in order to reconnect Humanity with its Spiritual Being.

Instead of course, The Romans, in the 4th century, used this as a fear and control based religion, with the true meaning buried in time, doctrine and dogma.

Now if the phrase "Unconditional Love" is ambiguous, what would be a more suitable and appropriate phrase to use in its place?

Well the word "Love" alone should suffice, because ultimately there is only one meaning and Expression of True Love - Source, Which both **Expresses** and **Is** True Love in the Highest possible sense.

The word "Love" has however become greatly expanded during the course of recent human evolution to encompass, for example, an attraction between two people, or even an expression of how much a person likes something, e.g. "I love that food".

Now without wishing to seem unromantic, the "love" between two people is actually, and more accurately described as "chemistry", in that the feelings of sexual love arise from the activity of neurotransmitters within the brain, particularly dopamine.

So when two people become sexually "attracted" there can there be many reasons such as physical appearance, character, personality etc. Brain chemistry is modified giving rise to the feelings and sensations typically associated with sexual love.

Very often of course attraction between two people is not even based upon brain chemistry, but rather on a much more primal urge to "mate", in which case it is "lust".

On a different level, we hear people speak about "love" of friends or relatives, often expressed as "love", but which, in reality, is much nearer to affection - which is fine.

There are no doubt many other uses of the word "love".

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There is nothing whatsoever "wrong" in using the word love in any of these contexts, all of which are completely valid in the context of humanity and the human experience generally, but at the same time, when the word "love" is used so liberally and generally in so many contexts, the true meaning of Love becomes diluted.

Now you might ask, understandably - "why does this matter?" "What is in a word?"

Well while these uses of the word "love" are fine in their respective contexts, "Love" in its absolute, purest, most Divine form is absolutely fundamental, not only on an Individual or Personal level, but on a Divine Level. Love is the very "fabric" of the Universe of All That Is. Love is Source Energy of the Highest Vibratory Frequency.

It would be nice to have available to us an alternative word to describe the Highest Expression of Love, but to introduce such a word would probably only cause confusion. After all, why change a word that has served so well for millennia?

In the Bible, the word "love" is used frequently, but having been translated or mistranslated from the original Greek texts as the word "Agape", which literally means "Unconditional Love" in its original sense.

However, over the centuries the church has consistently changed words and/or their meanings that either do not suit its intended religious purpose, or which they cannot understand in the context in which the word is used.

Now consider the following passage from the Bible:

"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him". -- John 14:6 -7

Now keep in Mind that the basis of Christianity is the central doctrine that "Jesus is *the* Son of God", and therefore throughout the New Testament, any verse that contradicts this central doctrine in any way has been modified accordingly.

Also keep in Mind that the Highest meaning of the word "Christ" is "Love". So when early religion spoke of "Jesus the Christ", what they were really saying is "Jesus the Love" or more specifically "Jesus The Highest Expression of the Love" - i.e. Jesus the Highest Expression of God, Source, Christ Love on Earth.

So returning to the above bible passage, the original statement and meaning would likely have been much closer to:

Love is The Truth

Love Is The Way

Love Is The Light

No One Progresses Towards God, Except Through Love

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Now you can replace the word Love with Christ if you wish - the meaning is the same. So it is true to say that "Christ is the way to God" which has the same meaning as: Love Is The Path To Source.

In another bible passage, Jesus was quoted as saying:

"Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." -- Mark 12:31

So why did Jesus place such an emphasis on Love?

Well quite simply he was making the crucial point that every human being, despite the illusion of separation, is One and All. There is no "me", "you", "them" etc.

In other words - however you Love yourself - in a Divine, not narcissist sense - we should Love all "other" Expressions of Source, our "neighbours" in humanity, equally.

Conversely, at the other end of the scale - if you "hate" someone, you equally "hate" yourself. There are few more certain ways of bringing down Spiritual Vibration, and therefore Spiritual Being, than by negative thoughts and actions towards "others".

However, as previously mentioned, Service to Others Before Self already encompasses Love, because it recognises the Oneness, Equality and Divinity of All.

So what then could we refer to this Highest form of Love instead of "Unconditional Love" which is ambiguous, and to differentiate the word from other contexts used?

I shall henceforth refer to the Highest Expression of Love, Expressed By and From Source through every person, animal, plant and indeed All Creation as **Divine Love**.

It is impossible to over-emphasise the fundamental importance of Divine Love, because it is literally All That Is.

Every single person on this and all other planets is an Expression of Divine Love, no matter how they are perceived by others in the duality based environment of Earth.

People fundamentally differ only in the degree to which they naturally, Spiritually Realise, Become and Express Divine Love at the very core of their Being.

Divine Love is Energy, Vibration. The Greater extent We Express Divine Love, the nearer we Grow towards the Source of Divine Love. All else, such as Selfless Service, is an aspect, an Expression of Divine Love, but not Divine Love Its-Self.

We extend Selfless Service through Divine Love, not the other way around.

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If we have to make a conscious decision to extend "Selfless Service" then it may well be Selfless Service in that no reward is required in return, but **True Selfless Service is a State of Being Out Of Divine Love, and the Expression of Oneness of All.**

Of course this is not often self-evident on Earth, which is why the focus of so many is firmly on self, driven by the rational, Ego mind and its desire to first of all survive and to elude "death", secondly to conform to the expectations of family, friends and society, and thirdly to "keep up appearances" in the neighbourhood and so on.

Now while this is understandable when taking in to account the way "modern society" is configured, it is also in many ways a "trap".

Materialistic existentialism is totally contrary to our very reason for Being on Earth - to Spiritually Evolve through Experience.

Of course "modern society" does provide countless opportunities for Evolution, due to its inherent vast variety and sheer number of participants, but these opportunities are only of value to the extent that they are recognised and followed appropriately.

We all have Inner Guidance which is always available, the sole purpose of which is to guide us in making the appropriate choices consistent with Spiritual Evolution of Higher Self, and in particular in fulfilling a particular "mission" or objectives in this "incarnation" to contribute to the Wholeness of Higher Self and ultimately The All.

As it is though, the voice of the Ego is often louder and more urgent than the gentle, Loving, All Knowing voice of the Higher Self, and choices are made accordingly.

Of course, the more Higher Self is pushed in to the background, the more the Ego, the rational, conscious Mind gets its own way. When this happens people become increasingly more "distant" from Source, from God, and increasingly Spiritually "lost".

Remember - this "distancing" from Source is the meaning of "original sin", the opposite of which is All Encompassing Christ - Divine Love.

For many it is not until they eventually "pass on" from the physical world at the change known as "death" that the full significance of the life on Earth becomes apparent. Upon Transition to the "afterlife", the Astral, the entire "incarnation" from the moment of birth to the moment of "death" is reviewed in vivid detail. Opportunities to progress or regress are reviewed in context - a context which is not often apparent on Earth, otherwise the choice may not be made for the right reason.

So what is that reason?

Divine Love.

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During a "life review" the emphasis is frequently on Service to Others Before Self with a particular emphasis on events where a Service or Kindness was extended to another person, without any thought or expectation of gain or reward in any way.

Every such act of Service may be understood as adding to your Spiritual Vibration, and therefore towards Spiritual Evolution. Every act of Service to Self Before Service to Others will either be neutral, or if the other person was negatively affected by your thoughts or actions or even lack thereof if the opportunity to help existed, then your own Vibration and therefore level of Spiritual Being may be negatively affected.

These so called "life reviews" take place so that a newly transitioned Soul may "see" why they have arrived in that particular level of the Astral, which is always exactly equal to the Vibration of the Soul and Spirit. Of course by that point it is "too late" to go back and change anything, but with the benefit of the understanding of the nature of Spiritual Evolution, and in particular Service and Love, there is a learning process which may then be applied towards positive Spiritual Growth from that moment on.

Of course with the benefit of this knowledge everyone still on Earth can see that they still have a blessed and valuable opportunity for change, and thereby to Evolve.

"Change" however is not something that takes place at a rational, material, Ego driven level. The "change" rather takes place from within, and the outer will follow.

So what then is that "change".

The "change" simply implies becoming focused within, rather than without.

Source inherently Expresses Divine Love through each and every one of us to the same degree. We **Are** Source and therefore have within us the same Divine Love. This Truth is self-evident in the Spheres beyond the physical world after passing.

The only factor differentiating human beings incarnated on Earth therefore is the degree to which we can Realise, Assimilate and Express The Divine Love Within.

This includes **Following Your Heart** instead of any "external", physical influence.

Now I know that many people desire a set of "instructions" on how to "evolve in readiness for the pivotal point of the Transition", but the fact is the very act of "following instructions" or "doing" or even "thinking" about anything is contrary to this.

Realising and Expressing Divine Love is the simplest, most natural, most Joyful state there in Existence, not only on Earth, but The All.

Divine Love requires no thought or effort - it simply Is. Thus attained, All will follow.

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The more Divine Love we Realise and Express, the more our Life, the Life of those around us and The Universe, The All as a Whole will be Blessed, Experience the Bliss, raising not only Individual Vibration, but the Vibratory Frequency of The Whole.

So how can we "gain" Divine Love?

There is nothing to "gain". **Divine Love is Within us All.** To realise Divine Love we must shut out the distractions of the material world at every opportunity, and **Feel the Divine Love Within.** Feeling becomes Expression, Expression becomes Being.

This, Dear Reader, is the Key to Evolution as the Great Transition progresses.

You may ask: "what are the characteristics of a person Expressing Divine Love?"

Well these characteristics are Infinite, especially including the Inner Spheres of Life.

However generally, a person Expressing Divine Love will never be "offended" by anyone or anything. "Forgiveness" is therefore never an issue, because a person Expressing Divine Love feels that there is nothing to "forgive". Every single person is here to Evolve through Experience, and such Experience can take any form.

A person Expressing Divine Love always gives unconditionally and wholeheartedly in whatever they do and at every opportunity, however they can, and wherever they are. There is never, ever thought of "gain" or "reward" in any way - only Service, and to enrich the lives of those around them, of the human race and of planet Earth.

A person Expressing Divine Love has an "intimate" and "integral" "relationship" with God, Source, As Source in Expressing Source, never a duality based relationship based upon "fear", "worship", "hope" "pity", "benevolence" etc. **We Are God and therefore we Are Divine Love**, which is all we ever need to Realise and Express.

Dear Reader - if you wish to know the "key" to your "destiny" during this Transitional epoch, then it is Divine Love. I will discuss this in future Newsletters.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service, Adrian.

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29 May 2011. The Freedom Of Thoughtlessness

Welcome to your Newsletter.

I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

Finding your Path is one thing - and be assured that I will always do all I can to guide you - but only you can walk the Path. Now is the time to Walk The Path. Of course to "Walk The Path" is a metaphor. No physical action is required. To Walk The Path is a State of Being, a State of Mind and Spirit - which is All There Is.

Mind and Spirit simply Express through the physical medium we call the "body", through which we learn, Experience, and above all, extend Selfless Service to "others" - although in Truth we are All One.

The Great Transition continues unabated, and so shall it Be. To most of humanity this may not be obvious, although many feel and sense something intangible is taking place, it is therefore for each and every one of us to Be of Service by making those around us aware of the True Nature of these changes and how they may be As One with this culmination of one Great Cycle of Life, and the beginning of the next, which will see those thus prepared achieve that Great Evolutionary Leap from Homo Sapien to Homo Luminous - a Being of Light.

Many may ask what we need to "do" in order to "prepare" and participate in this next step in the Evolution of Humanity. The Truth is we need "do" nothing, we simply need to Be Who We Are, which requires no effort or planning whatsoever.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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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 the word "try" should ideally not exist in the human language - we either "do" or "do not do".

"Trying" to "do" something will almost inevitably guarantee failure because the whole concept of "try" originates from the rational, Ego aspect of Mind which "thinks about doing something" believing "action" is required in order to "achieve" the objective.

That said - should we be "doing" anything at all in order to achieve our objectives? After all, unless we are adept at Telekinesis, "things" do not move or arrange themselves "as if by magic".

Well it depends on the motivation. "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 within, often originating in the Solar Plexus or as some other Inner Feeling, is always something we should do without hesitation.

The apparent paradox is non-action leads to "correct action" or the direct realisation of whatever we truly need as opposed to what we "think" we need.

This important truth is taught extensively by the ancient knowledge of the ages and in religion to the extent that the inner meaning is understood:

"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, 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 person who became known by the name Jesus are very profound, but if only they are interpreted correctly.

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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 objectives - all action should be inspired or seamless in nature, and therefore as automatic as breathing.

For example - would we "think" about walking?

No - if we thought about the precise action and of the sequence, process and speed of placing one foot in front of the other, we would probably walk awkwardly or even stumble, especially if walking down stairs for example.

Look at a multi-legged creature such as a centipede or millipede with numerous legs. What would happen if the creature used the process of thought to "decide" which legs to move and in what sequence? It would probably go nowhere at all.

Breathing is another example.

Do we think about breathing?

No of course not. If we stopped to actually think about the physical process of breathing, then breathing might become very erratic, or even stop for a time.

In both the examples of walking and breathing, we never apply thought to the process, but simply have **Faith** that they will occur perfectly as required.

And so it should be in Life experience generally.

Another wise person of ancient times said:

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

This Principle 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, Source within, thereby becoming a more open channel of Expression for God, Source, and everything we need on Earth, just as with the animals, birds and plants will be "added to" or experience in abundance.

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Otherwise all "*ye of little Faith*" will continue to struggle by "thinking" and "doing" from the rational, conscious, Ego Mind, in the hope of physically achieving something.

As we have discussed in recent Newsletters, our "mission" or "objective" on Earth is to achieve a state broadly known as "Enlightenment" through the interaction with, and overcoming the challenges of the physical world and the people we encounter.

In broad terms, Enlightenment embodies the principles of Service to Others Before Self, Unconditional Love of All, Subjugation of the Ego - the rational, thinking Mind.

Buddhism in particular deals with the Ego in its definition of achieving "Nirvana" and therefore liberation from "Samsara", the "wheel of birth, life, death and rebirth", in other words, liberation from reincarnation in to the physical world.

Liberation from Samsara is also considered to be "liberation from misery and suffering" associated with incarnation, but through such "misery and suffering", which is wrought through the Ego, we Evolve through Experience on Earth

Nirvana, again in broad terms, is said by Buddhists to be attained through:

Freedom from "hate".
Freedom from "greed" or "desire"
Freedom from "delusion"

Nirvana then is considered to be a state of supreme Peace, Harmony and Joy at the highest level, while still living in the physical world, knowing, realising and experiencing "Life" for what it truly is - a fully inclusive Oneness of All.

A person attaining this state is therefore not being prone to influence by "external" illusory factors of the material world, which are seen for what they truly are.

Now the first two conditions for Nirvana are reasonably self-evident.

"Hate" includes any form of "thinking negatively" or "wishing bad things to happen" towards any person, form of life or situation. To do so is to consider people, life or "things" separate or unworthy in some way, perhaps because of perceived actions.

"Hate" is also very dualistic, always being directed at someone or something "else".

The opposite of hate is Unconditional Love.

"Greed" is desiring, "grasping", "clinging on to" etc material possessions or experiences of the senses, for reasons other than basic necessity, e.g. to gratify the physical senses, "keep up appearances", portray an image of wealth, superiority, power etc. Greed always puts self before others, leads to never being satisfied, and is a major cause of human misery and suffering, which is self-inflicted through Ego.

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The opposite of Greed is Unconditional Service To Others Before Self.

The third factor, "delusion" is probably the least clear, and most fundamental, because it is from delusion that ultimately most other factors adversely influencing Spiritual Evolution originate.

In broad terms, the opposite of delusion is Enlightenment.

Delusion includes many factors, but most stem from one fundamental factor: believing the material world to be "real" and "substantial", and therefore taking it too seriously. If the material world is deemed to be "real", then a person will become bound by its influence, and subject to its own self-imposed rules and conditions, including need to conform to "norms" of "society", power, "standard of living" and all those other things that people spend their lives striving either to achieve or to avoid.

If on the other hand we know the physical world for what it truly is - an incredible opportunity to Evolve through Experience - without being "sucked in to" and therefore subject to its illusory and delusory nature, and while fully recognising and realising our true Spiritual Divine Nature and Source of Power, then we are Free.

There is a passage in the Bible, which, if properly understood, illustrates this:

"And ye shall know the truth, and the truth shall make you free. They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free? Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin. And the servant abideth not in the house for ever: [but] the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed. -- John 8:32 - 36

The person known as Jesus is saying that if you "*know the truth, the truth shall set you free*". In biblical times to "know" does not mean to know something at an academic level, but to Know at an infinitely deeper, more experiential level, in other words to "know" at "first hand" beyond any doubt. The disciples say to Jesus words to the effect "well surely if we are the descendents of the original Divinely "seeded" human race, we have been born here to be free, and therefore must be free now.

Jesus goes on to say that "if anyone is in a state of inner detachment from Source - original sin - they will be a servant of, or entrapped within the outer, material world, and cannot at that stage experience the higher, or inner bliss of abiding as a free Expression of Source, be longer subject to the phantasm of the material world".

He concludes by saying that once a person sees beyond the illusion of the material World to Be Within Power and Expression of the Inner, Source, they are truly Free.

So how may we become "Free" leading to Enlightenment or the state the Buddhists known as "Nirvana" and other cultures known by many other names?

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Well ultimately such states are a journey, which can only be achieved through Experience. However, as usual, the beginning of the journey commences with an understanding of the true nature of what must be experienced and attained.

Well the answer to these questions might seem to be somewhat of a paradox.

To achieve these States of Being on Earth ultimately requires non-Experience and non-Thought originating from the rational, conscious, Ego Mind, to give way to Expression of Divine Mind of Unconditional Love.

A major factor differentiating these two states is that actions driven and motivated by the rational, conscious, Ego Mind require conscious effort, whereas Expression of Divine Source Mind does not - it becomes a seamless aspect of our very Being.

So how then is this achieved in reality?

Well clearly we cannot Express our Inner Divine, Source Nature while the conscious, rational, Ego Mind has control.

The rational, conscious Ego Mind is like a small child who demands this, that and the other, and proceeds to have a tantrum if it is not forthcoming. Very often it is easier for the parents to simply give in, let the child have their way, to bring peace again.

In the adult world the Ego is constantly comparing itself to "others" - home, possessions, lifestyle etc - and becomes agitated if it perceives lack by comparison.

There is a constant battle to live up to the expectations of family, relations, friends etc, so as not to appear to be a "failure" in some way, especially by comparison to other family members or school friends who "made it good".

This has become increasingly the case over the last few decades as exponentially more material temptations have appeared, especially relating to technology, thereby vastly increasing the pressure to "keep up" and maintain the "standard of living".

This, Dear Reader, can and never will bring enduring happiness or Enlightenment.

Our needs as humans are, and always have been very simple - natural whole foods, basic shelter and clothing. "Modern society" has progressively confused and complicated these fundamentals and basics for commercial and control purposes.

With this has become an increasing perceived need to "think" and "do" more, just to "keep up" with the "demands and expectations of modern society".

Blessed with Divine Freewill we always have a choice however. **Free the Mind.**

Again, the person who became known as Jesus said:

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"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".

So what then does this mean?

Well quite simply that as Expressions of Source, The Divine, God, Source already knows every single human being, as well as all other life forms, why we are here, and what we genuinely require in order to fulfil our reason for Being here. We are all Expressions of Source, We Are Source, we only need to Realise Source.

We do not need to think about anything and especially do not need to take physical actions based upon that thought. Neither should we ever compare ourselves with others - there are no "others".

In fact there is no "good" or "evil" people. These are human concepts. Everyone is here for a reason, to gain specific Experience as Unconditional Expressions of Source Perfection, the entirety of the human race, The All, Whole is Balance.

So not only must we move away from a "human way of thinking", we must move away from "thinking" altogether. As the person known as Jesus said: *"Which of you by taking thought can add one cubit unto his stature?"*

It will be clear to many, when "trying to do something", that the more we think about it or "try" to do it, the more difficult it seems - even the very simplest things. This is because such thoughts and associated actions are of the rational, conscious, Ego Mind which insists that we need to "think" about something before "taking action".

In Truth, Source, of Which we are All a Divine Expression, and Whose Mind, Consciousness, Energy, Perfection and Unconditional Love flows through us All, knows of our genuine needs before a conscious thought even enters our awareness.

The "delusion" described by Buddhist "Nirvana" is believing we know better than Source, and that material world and society is "real" and "important" in some way.

The absolute state of Buddhist Nirvana is experienced through being free from the self-inflicted "misery and suffering" arising from interaction with the material world. Once attained, the delusion is transcended, and there can be no "hate" or "greed".

Now we do not need to be a Buddhist or subscribe to any other culture, tradition or belief system to realise the states known as "Enlightenment" or "Nirvana".

By subjugating the Ego, Living in the Moment and not "thinking", we allow the Infinite Power and Love of Source to Flow and Express to bring Perfection. Once we attain this

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State of Being, we need never "think" about any form of notional needs, desires, etc, because our Experience must always be Perfect, *"for your heavenly Father - Source - 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"*.

Our only "concern" for "others" should be in the context of extending Selfless Service and Expressing Divine Love, and not to compare ourselves with.

Once we cease to "think" we start to simply Be. That is True Joy and Freedom.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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5 June 2011. The Source Of Inner Guidance

Welcome to your Newsletter. I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter. It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

It is apparent from the many messages I receive each day that increasingly more people are becoming concerned about "what will happen in 2012".

Much of this is being driven from movies, such as "2012", an increasing number of television programs and an even more increasing number of books, many of which are sensationalistic and totally ignorant of the facts.

The only real danger as such is that it is a fundamental Universal Principle that we all "create" our own "reality" at every level, i.e. both at a personal level and at the level of the human Mind on the Mental Plane of humanity, so if the majority of humans believe that Earth will "blow up", that is precisely what will happen.

In reality, most of those who are aware of 2012 do not seriously expect Earth to explode in 2012, and in fact the majority of the human population remains unaware of the "2012 phenomena" at all.

That said. 2012 is a significant epoch for different and more fundamental reasons, and the more these reasons are masked under a constant stream of inaccuracies, the less people will be in a position to prepare themselves Spiritually and Mentally.

As we approach the pivotal date of 21 December 2012, your Newsletters will become increasingly focused on the fundamentals of these events that you may set aside all of the misinformation and be prepared for that which is nearly upon us, which is potentially glorious, not something to dread. This week then we will discuss some of the more fundamental aspects of 2012.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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During Newsletter I often refer to "Inner Guidance", and it is apparent from messages received that it would be useful to expand on what exactly I refer to.

Our Inner Guidance, also referred to as The Inner Voice, is an extremely valuable and important Source of Infinite Wisdom and Guidance in life unfortunately goes unrecognised, ignored and even suppressed by many people, very often to their very considerable detriment.

The origin of Inner Guidance is usually the Higher Self, that aspect of our Being that is truly Divine, being our direct connection with The Divine, The Source, God.

The Higher Self is an integral aspect of, and there has access to Source Mind, the Infinite Universe of Source, in all Spheres of Life and Reality beyond space and time as well as every aspect of our existence, including "past", "present" and "future" physical lives relative to the Earth concept of time.

The Higher Self is most important, both in "day to day" life and for the ongoing journey of Evolution on the Path to Source, constantly advising, guiding, prompting, inspiring, and alerting whenever and wherever appropriate - if of course recognised.

So how then does this process occur?

The Higher Self manifests in the individual Consciousness as the "Inner Voice" which can be "heard" by anyone who listens and recognises it for what it really is.

It should again be noted however that the Inner Voice is not usually a "voice" as such that "speaks" in language or words, but as "understand", feelings or inspiration.

Higher Self is sublime and does not have any particular "agenda" beyond ongoing well-being at all levels for which it is responsible, and is completely incapable of misleading or providing incorrect, biased or incomplete guidance.

The Higher Self is ultimately concerned with our smooth, ongoing journey along the sacred path, the ascent back to The Source, First Cause, God, from whence we "came", and as Source is completely devoted to that most sacred task.

Higher Self always can and should always be totally trusted.

The Inner Voice of Higher Self is constantly communicating.

It is not always a "loud" presence "shouting" within our Consciousness, but rather a much more subtle and gentle "voice" which only becomes really apparent when you actually "listen" and recognise for what it really is.

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The more we recognise the Inner Voice, always respecting and taking heed of its wisdom and guidance, the more apparent it will become within our Consciousness, and the more it becomes an important source of guidance, intuition and inspiration.

Listening to and acting upon the "Inner Voice" and consulting with your Higher Self is one of the keys to a smooth, harmonious progression through physical lives, and onwards through the inner spheres of life and reality on the relentless and most sacred path back to God.

Everyone experiences the guidance of the Inner Voice from time to time.

If you are about to make a decision or do something in particular you might suddenly receive a "feeling", or "hear" the voice saying, "yes, do this immediately", or "no, don't do that".

If the situation is particularly important or can have a profound affect on your life or wellbeing, the Higher Self can make itself known even more strongly by means of other sensations, for example a sensation in the stomach often known as a "sinking feeling" if something adverse is about to happen in your life. This "sinking feeling" in the stomach actually originates from the solar plexus chakra which is connected directly to the Universe, and is the reason why particularly strong messages are felt in that region of your body.

If you ever experience that "sinking feeling" around the navel area of your stomach before making a decision or doing something in particular, then stop, don't do it. Either delay what you intended to do until you have had time to consider the consequences more deeply - "sleeping on it overnight" is always a good idea - or preferably do not do it at all.

Most messages from Higher Self are more subtle, arriving in a variety of ways, sometimes as that "little voice in your head" or sometimes simply as a feeling, impression, inspiration, intuition or idea.

The Higher Self of course does not only warn about potentially negative situations but is also a most valuable source of encouragement for positive situations and guidance. Very often for example when you are considering doing something potentially important or crucial to the direction of your Life Experience, you will often know beyond any doubts that it is exactly the right thing to do. Again, such knowing will arrive either by means of impressions, intuition, feelings or the subtle voice in your head providing encouragement, assurance and the confidence you need to confidently proceed.

Of course many people might regard "voices in the head" as unnatural, or even a sign of a "psychiatric disorder", but this is only due to psychological conditioning in physical life by society generally which likes to define the "norms", and a lack of experience and understanding as to the true nature and importance of the Higher Self, and of the communications and guidance we are all constantly receiving from the inner realms of life and reality.

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Whenever the Higher Self communicates by means of the little voice, it is in fact a telepathic communication between your lower and Higher Selves in the same way that telepathy is possible between different beings, including people. The little voice should therefore never, ever be suppressed or shut out as being unnatural, unwelcome or undesirable in any way; to do so would be to cut off your most valuable and reliable source of guidance through your lives.

Those who are vigilant to, recognise and act immediately on the guidance of the little voice of the Higher Self will enjoy a considerably smoother, peaceful and harmonious journey through life, and without the problems that will inevitably be experienced by those who choose to shut out the Higher Self.

Those however who choose to ignore the Inner Voice usually do so to their own detriment. Ask yourself this - how many times have you ignored the whispers of your Inner Voice, or the impressions, inspiration, intuition or "gut feeling" you received, perhaps as a sinking feeling in the stomach, and later regretted it, sometimes deeply? You instinctively knew at the time that it was the right or wrong thing to do but yet you went ahead and did it anyway and came to regret it.

This happens to very many people all the time, but alas most people to their detriment consistently fail learn from their own experiences.

Very often it is the ego that has the upper hand and drives people on to doing all manner of things for purely egotistical, material or society conditioned reasons, where the ego, will do its very best to silence or overwhelm the guidance of the Inner Voice in order to get its own way.

It should absolutely clear by now then that Higher Self is our very greatest friend, ally and source of Divine guidance as well as Being Who We Are - the Complete Self. It is a Divine aspect of our Being and can therefore be trusted above all.

Of course it must be pointed out that there are other Divine beings within the inner spheres of Light and Life and reality who also have our absolute best interests to heart, and never overlooked or disregarded.

It is clearly worth every possible effort to create the strongest possible links with the Higher Self and to make the Higher Self your best and most trusted friend and source of guidance.

There are many ways of accomplishing this.

First and foremost it is extremely important to learn to recognise the Inner Voice and therefore the promptings of the Higher Self.

Whenever you are about to make an important decision or take an important action, stop for a moment and listen to your Inner Voice.

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Be vigilant for any intuition, inspiration, impressions or any other feelings you might receive from within which will be unmistakable for what they are.

This should be very straightforward indeed for those who have a clear and focussed Mind uncluttered by hundreds of random thoughts and biases. It is when the Mind is completely silent and focussed that the Inner Voice of the Higher Self can speak with the highest clarity, and be fully recognised for what it Truly Is.

There will always be situations in life or decisions to be made that were not anticipated and can occur very suddenly without any warning. In situations such as these we should never do anything impulsively, urged on by the brash, rational ego Mind, but stop for a moment, relax, quieten the Mind, ask for guidance if necessary, and simply listen and be vigilant for the guidance of Higher Self.

We might hear or sense the Inner Voice providing guidance or direction in many different ways, for example through positive or negative feelings, intuition, inspiration or impressions.

Whenever Inner Guidance "speaks" we should not hesitate.

The rational, ego aspect of Mind will often place objections in the way. We should always remember however that Higher Self is sublime, always has our very best interests to Heart, and is never wrong despite how ego might react to the contrary.

As well as being constantly vigilant for the guidance of Higher Self during daily affairs, it is also extremely valuable to consciously establish stronger connections with this Divine aspect of Individuality during deep relaxation, or meditation.

While deeply relaxed or established state of meditation, the deeper the better, we can communicate with our Higher Self. This will not only provide a source of the highest guidance whenever necessary, but will also bring calmness, reassurance, peacefulness and resourcefulness into your life and consciousness.

Not only will these in turn improve emotional aspects of our life, but Higher Self can also help you to manifest into our life all those things we genuinely need and not by materialistic desires or under the influence of others in any way.

Material things for the sake of them or for egotistical reasons or simply to conform to the expectations of others will dramatically progress, and will most assuredly not make life any more harmonious, happier, or peaceful.

Once we have established "connection" with Higher Self we can request guidance, inspiration and help in Expressing those "things" you genuinely need in life. We should not treat Higher Self as an occasional friend, only to be called upon when we have a need, or when a situation arises requiring guidance, instead endeavour to establish a permanent and strong relationship with your Higher Self in Perfect Faith, Perfect Trust

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and Unconditional Love and you will find that your life, reality and personal evolution on the sacred path back to Source will be enhanced dramatically.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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12 June 2011. Three Questions And Answers

Welcome to your Newsletter.

I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

Finding your Path is one thing - and be assured that I will always do all I can to guide you - but only you can walk the Path. Now is the time to Walk The Path. Of course to "Walk The Path" is a metaphor. No physical action is required. To Walk The Path is a State of Being, a State of Mind and Spirit - which is All There Is.

Mind and Spirit simply Express through the physical medium we call the "body", through which we learn, Experience, and above all, extend Selfless Service to "others" - although in Truth we are All One.

The Great Transition continues unabated, and so shall it Be. To most of humanity this is not obvious, although many feel and sense something intangible is taking place, it is therefore for each and every one of us to Be of Service by making those around us aware of the True Nature of these changes and how they may be As One with this culmination of one Great Cycle of Life, and the beginning of the next, which will see those thus prepared achieve that Great Evolutionary Leap from Homo Sapien to Homo Luminous - a Being of Light.

To participate in this Transition not only includes walking the Path, but to show others the Path as well, so please do all you can to show others the Path that they may enjoy the opportunity to Walk the Path - the same opportunity you enjoy.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

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In this week's Newsletter, rather than discussing a specific subject as usual, I would like to address just a few of the many questions that I am asked by email, specifically the questions that arise most frequently.

As always, when I write about any subject, my words are intended for your guidance. As equal aspects of Source our ultimate "destiny" is to return to Source through the process of Evolution through Experience, but each path differs while adding to the Whole. Inner Guidance, as discussed last week, will always show us the way.

That said, on with the most frequently asked questions:

Question 1: Is it necessary to live in seclusion and isolate myself from society, as in a monastery for example, or some form of retreat, to progress Spiritually and to attain Enlightenment?

Answer: Well even the word "Enlightenment" is somewhat ambiguous, in that it is used very broadly to describe the Spiritual state attained that signifies conclusion of the cycles of "incarnation" of the Higher Self in to the learning environment of the material world.

There is no strict definition of Enlightenment, because only Higher Self knows when and how the "mission" is complete, however, as discussed in a recent Newsletter, the Buddhist definition of Enlightenment is when the following are realised:

Freedom from "hate".
Freedom from "greed" or "desire"
Freedom from "delusion"

These lead to a state of Unconditional Love, from which Service to Others, including animals and all other forms of Life, become self-evident.

So the question is - what are the ideal conditions in which to achieve this State?

Well clearly we have been "sent" to this physical, material world, with all of its diversity, different people, challenges, "trials and tribulations" for very good reason.

Ask yourself this: How can we embrace and overcome these challenges without actually being exposed to them?

If we are not exposed to other people, who might "try" us in many different ways, how can we overcome "hate", "anger", prejudice and so on?

Unless we are exposed to the temptation of material "things", how can we overcome greed, desire, wanting, grasping, lust and so on?

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Unless we are placed in a situation where we have the potential to see "others" as "superior" or "inferior" in some way, how can we overcome the delusions of seeking power, fame, recognition and so on?

If we are not in a position where we can Love All around us Unconditionally, or Serve Others Before Self, how can we Become these?

So no - seclusion and isolation is most certainly not required to attain our Purpose here. We were born were we were born for a reason - maximum possible opportunity and potential to achieve our Life objectives. Of course whether these are realised or not is a matter for the individual, which is why we are all blessed with Divine Freewill.

Of course for some, seclusion might be the most appropriate choice, and may be entered in to at any stage of a particular incarnation if appropriate to do so.

Question 2. Should I be meditating regularly?

Answer:

Meditation is without question one of the most worthwhile and valuable practices providing it is practiced in the appropriate context.

Many still tend to associate meditation with a far eastern mystical practice, sitting on the floor in an impossible looking position, surrounded by candles and burning incense while chanting a mantra.

In fact meditation for most practitioners is nothing like this experience.

There is no practical need whatsoever for complicated and uncomfortable postures, candles, incense or any items, although of course these may well be of value to the individual. It is a matter of personal choice.

Meditation can be performed almost anywhere at any time of the day, providing it is in a place which is quiet, and offers freedom from external distractions.

So what exactly are the benefits of meditation?

Well meditation means different things to different people including benefits.

For some meditation is simply a way of "getting away from it all" and enjoying peace and solitude, calming the Mind and relax dissolving tension from the body.

For others meditation is used to develop the valuable ability of concentration.

Yet others use meditation as a form of prayer, "communicating" with "higher powers", to ask questions and receive answers.

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There are forms of meditation that involve the use of "mantras" which are recited according to the objectives of the meditation, or because their rhythmic nature acts as a form of brainwave entrainment, facilitating deeper levels of consciousness.

At its deepest level meditation is a state of mind-lessness, with nothing present in the Eternal Moment of Now except the Present Moment of Now. In this state of meditation here-there, material-immaterial or any other duality.

In addition to a formal seated position, meditation can take place while lying down, providing falling asleep is always a consideration, or even while walking.

Meditation is not about formal position, techniques, location etc, but rather about attaining the desired State of Mind, Consciousness and Being.

So while meditation can certainly be of great value, it is not the "holy grail", there is no right or wrong way, or method, and objectives and aspirations vary greatly.

It is beyond the scope of this Newsletter to discuss all of the possibilities for meditation, but we will certainly look at meditation in greater depth in a future Newsletter.

You can be sure however that meditation is not a prerequisite of completing our mission here, it is rather simply a tool.

Question 3. *How does Reincarnation work?*

Answer:

Without question, reincarnation is one of the most misunderstood aspect of Life.

Many believe that the current personality experienced on Earth now will, after the change known as "death", return to the "afterlife" for a time, the Astral Planes, before eventually returning again in the "future" for another life as another person.

This is actually an erroneous but understandable perspective.

So how then does the process of reincarnation take place?

Well our true Self is actually our "Higher Self", Who is the Total of all our Experiences on Earth and then in the Astral and Mental realms before arriving back to Higher Self to "deliver" that particular "package" of experience.

Each "package of experience" enhances the Higher Self, our Individuality, and therefore the entire Spiritual Being that constitutes Higher Self.

It is the objective of Higher Self therefore to collect as much experience as necessary to move on from the cycle of sending "representatives" to Earth to collect experience, to

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become a "complete" Spiritual Being with a Vibration that facilitates progression to much greater Experiences and responsibilities within The All.

Now the process of reincarnation can be related to a wheel.

If we look at a wooden cart wheel, we see that it has a hub at the centre, spokes radiating from the hub, the spokes eventually joining the outer rim of the wheel.

In this context then the wheel represents the following:

Hub - the Higher Self

Spokes - timelines relative to the Earth concept of "time"

Rim - the physical Universe of matter

The hub, the Higher Self is the total of all physical lives and "future" lives, "past", "present" and "Future" relative to Earth concept of "time."

Each spoke represents a "timeline" for each individual experience of a personality, or "incarnation".

Each incarnation therefore represents a personality which begins at the hub, travels to Earth along a particular timeline, arriving at the rim, collects a package of experience, and then progresses back up the spoke, via the Astral and Inner Planes, before returning to the hub to deliver its unique package of experience.

Before sending another personality down a spoke to arrive on Earth for another life, the Higher Self first needs to determine exactly what "package" of experience is required for a certain aspect of Evolution and therefore Completeness.

The Higher Self 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 relative to the Earth concept of "time", i.e. simultaneously relative to the Higher Self - the illusion called "time" while here on Earth.

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It is therefore possible for hundreds or even thousands of yourself to be living in the Astral realms concurrently, although you might not know it. This is why the Astral is populated with countless people and beings from other planets living within the vibratory frequencies of the Astral planes.

The Astral planes are only transient however, having been created by the Minds of Beings such as humans based upon Earth experience, believing it to be "reality".

The Astral will eventually 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", but simply a necessary step for most on their way back to their Individual Higher Self with the package of information gained on Earth.

Well these are just three of many questions that arise, but certainly among the most frequently arising.

In future Newsletters we will take a look at further frequently arising questions.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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19 June 2011. Whatever We Feel Is True Is True.

Welcome to your Newsletter - I do hope you have a Truly Wonderful Week.

As the Great Transition inexorably continues anyone and everyone could be involved at some level. Service is not only the preserve of the few - everyone can and should participate if we are to ensure the best possible outcome in the next few years.

A great Spiritual Guide from the Inner Spheres is quoted as saying:

“If you succeed in enabling one soul in darkness to find the light, one troubled, wearied individual to gain strength, if you comfort one mourner, if you heal one sick person, if you prevent exploitation of and cruelty even to one animal, then indeed your earthly life has been well worth living. Never weary in the fight for the things that matter. This is the greatest of all fights, the eternal war against materialism, selfishness, these cancers that are festering in your world today and lead so many on to foolish paths where they perish in the darkness without a realization of the purpose for which they were born into the world.”

Do not be one who wastes their "life" on Earth, this truly Great and Divine opportunity, only to "perish in the darkness without a realization of the purpose for which they were born into the world". Fulfil your reason for Being, your destiny.

And do not stop with your Self. If every single person on Earth leads just one other towards the Light, then all humanity achieves the potential to reach the Light.

As it is however, the majority are still content to "not get involved" or to "leave it to someone else" or to focus on self-interest. All is not lost however. Even a few Self-less people can make a huge difference to human Consciousness and Evolution.

You can help to show others the Path by simply sending to everyone you know, family, friends, co-workers, anyone this Newsletter, that they may too enjoy the same opportunity that you have enjoyed, an opportunity to Evolve to the next level of Human Being - Homo Luminous - which is what this Great Transition is really about.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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Over the last few years in particular, especially thanks to the rise of the Internet and movies such as "The Secret", millions more people have become aware, at least to some extent, that far from being powerless, always at the "mercy" of circumstance, other people, "chance" etc, we alone are responsible for our own Life Experience.

Many now understand that Mind is all Powerful, and that as Divine Expressions of Source Mind, God" if you prefer, we All have available All of the Infinite Power of Source Mind - which Truly is Infinite in every respect. We Are Source.

The question for many however, especially the millions who have "tried different methods" for "manifesting" something, or "creating their own reality", often without much success, is how this actually "works" in practice.

Well as I have been asked this question by many people, and listened to how they have approached Expressing their own Experience, or "creating their own reality", it is apparent to me that while understanding the nature and power of Mind at an academic level, most are still actually engaging the Conscious, rational, Ego sphere of Mind which is powerless in the context of "creating the reality" desired so much.

This is understandable, and no doubt arises from the fact that right from birth we are taught to interact with material things, "think for ourselves", "make decisions", "take actions" and so on, all of which are of the Conscious, rational, Ego sphere of Mind.

This leads to the belief that the only way to "achieve" something is by "doing" it.

Many people are of course aware of the "Subconscious Mind" and believe that by "programming the Subconscious Mind" they can "manifest their desires", which is typically approached through affirmations, creative visualisation and other methods.

Now in principle, conditioning the Subconscious sphere of Mind activity in this way can be very effective, since this Sphere of Mind directs the Infinite Power of Source Mind on a personal level, with the potential to Express any desired Experience.

However the frequently engaged approach of constantly repeating words or visualising a situation, will for many prove to be largely or completely ineffective.

Mind, Source, does not recognise "words" alone, whether in the context of affirmations, prayer or by any other human construct of "higher" communication.

Why is this?

Well quite simply affirmations, prayers etc alone are inherently dualistic in nature in that the words are directed or petitioned "to" something which is perceived to be external and bigger in some way, e.g. "Subconscious Mind", "God" and so on.

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In reality there is no dualism - **All Is One**. So directing words "towards" some perceived eternal entity will be ineffective, and nothing worthwhile can be achieved.

This also applies to the use of physical actions directed towards some objective.

For example, many people in the world today are highly conscious of, and focussed upon the condition and appearance of their own physical bodies, as witnessed by the rise in "health clubs", "gym's" and other places where people go to "workout", often in the hope of achieving a body that people will admire, or appear more appealing to the opposite gender, as well of course as for simply "keeping fit".

Such repetitive actions are really the same as repetitive words, except in this case such actions are directed towards the physical body which is still a dualistic concept.

Mind has complete and absolute dominion over the Inner Expression of Source and Higher Self known as the physical body in every possible way, for example maintaining bodily functions including heartbeat, therefore blood circulation, digestion, body temperature and every other life-sustaining function of the body, all of which Mind facilitates automatically, right from birth and before, without any physical or conscious effort or instruction required. These are simply accepted.

If for example we stop for a moment and begin to think about the process of breathing, then we will become conscious of the need to breathe and can even become "short of breath" if we do not make that conscious effort to draw a breath.

If we are walking down a flight of stairs at home, something we would usually do several times every day, if we suddenly started to think about the process, e.g. which foot goes first and on what step, we could very easily trip and fall down the stairs.

What then does this mean exactly?

Well simply that, from birth, we accept such basic and "natural" actions as walking, breathing, and bodily functions as a matter of fact, without question, and therefore Feel, with absolute Faith that these actions and functions will always take place unless there are intervening circumstances such as illness or accident for example.

Again, we Feel that these basic bodily functions are self-evidently true.

It follows therefore that whatever we Feel about our body or Experience must also be true, and that our actual Experience will be in alignment with our Feelings.

This is still true for "positive" and "negative" Feelings, regardless of the Experience.

The state of humanity today is such that people generally have great difficulty in Feeling Healthy, Feeling Wealthy, Feeling Secure etc, but can very easily Feel negatively about their body in some way, Feel lack, whether it be money, possession, relationships and

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so on, and this is the reason why the actual Experience of such people must and does always reflect those Feelings perfectly.

So rather than defining Personal, Life Experience through Feeling Joy, Health and Abundance, many, through the indoctrination of family, society, religion etc define their Experience through misery and suffering. If a situation arises that does not conform to misery and suffering, it is often considered to be "too good to be true".

So it is not what we say or think that influences our Experience, it is **How We Feel**.

If we Feel for example think about "ageing", our body must and will reflect that state of Being perfectly in terms of physical appearance and health. Vanity products and drugs simply reinforce the Feeling of ageing, they can never resolve or reverse it.

As science and medicine has proven and fully accepts, the human body is being constantly rebuilt in every moment - some parts taking days to renew, others weeks or months, but after a few years we have a totally new body in every respect.

People only "grow old" because society assures them that it is inevitable, even going as far as to describe the aging process model for people to follow, birthdays with numbers of years, and fully supported by the countless vanity products on offer to people with "aging" or "beauty" issues, which simply reinforce these Feelings.

No animal or other life-form worries about or Feels ageing, which is why they never appear to be "old" in the same way that humans do after they reach maturity..

We can demonstrate the power of Mind over body in many ways, not the least of which are through the numerous so called "miracle healings" that have taken place and continue to take place over the centuries, including those "patients" doctors considered to be "incurable" or "terminal", but then later considered to be a "miracle" when they are healed by the Mind of the patient without any medical intervention.

Many have heard of "placebo" drugs where patients are given a sugar pill and assured that it is the latest and greatest medicine, and who then "miraculously" recover their health completely, often much more quickly and much more profoundly than the corresponding patients who were "administered" the actual chemical drugs.

Even more profound examples can be found in the cases of "sham surgery". Here people who are seriously or terminally ill, for example by cancer or brain tumour, are told by doctors that they need an "operation" to recover health and "save their lives".

In the case of sham surgery the patient is given an anaesthetic after which the surgeon performs a deep incision in the body which is then immediately closed and sutured, appearing as a surgical wound without actually performing any surgery.

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In many cases, again, as with the placebo drug, "terminal" patients experience a full recovery, very often more complete than the actual surgery patients who have been "operated on" incised, modified or removed by the surgeon.

What then does this tell us? Well quite simply that if the patient Feels that they have been healed, they actually are healed, and therefore Mind is the True Healing factor.

Even in the cases of people given chemical drugs and actual surgery, to the extent they recover health is still mostly a result of Feeling and Mind, how they Feel about their medical treatment, and not the nature of the chemical drug or surgery itself.

Of course these are examples which we do not wish to expose ourselves to.

An example which many if not 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 if they were to enter deep water they will immediately "sink" and inevitably drown unless someone jumps in to "rescue" them.

In fact "sinking in the water" is due only to the belief of the person that they will sink, because they cannot yet, in other words have not "learned" to "swim", a belief that is firmly implanted in the Mind of the person, and one in which they Feel is self-evident, because that is what they have been "led to believe" from infancy.

However, as that person "learns to swim" through taking swimming lessons and practice, they gradually gain Faith in their own abilities to stay afloat and soon to propel themselves through the water, until finally they become a proficient swimmer. They Feel that they can swim, and no longer in any danger of sinking or drowning.

Now if that same person who has learned to swim lies flat on their back in the water they will float rather than sinking as they Feel would happen before they could swim.

So what therefore has changed?

Clearly 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 as before that could not swim, the same body that would inevitably sink in the very same water just a few months previously.

The only factor that has changed in fact is the State of Mind of the person.

The only factor that has changed is that the person now Feels that they will float and can swim, rather than Feeling that they will sink and drown.

Nothing else has changed except that Inner Feeling.

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But "sinking" or "swimming" is still a conditioned Feeling. People only Feel they will "sink" in the "water" and potentially "drown" in the "water" if they Feel they cannot "swim", because this is what family and society have taught them to be the case.

Now, if a very young baby, one who has not yet been indoctrinated into the ways and beliefs of society and physical world, was placed into a swimming pool, the baby will certainly float and probably even swim. No one has told the baby he or she will "sink" in the water, in fact a baby has no concept of "sinking" and therefore the Personal Mind of the baby, always acting in a "life-ward" direction, assures the baby will float and survive perfectly happily, even though the baby has not been "taught" to swim.

Before we "learned how to swim" we could not float, however much we tried, yet once we have learned to swim we cannot sink however much we try, even through all the physical factors remain identical. Sinking or swimming is an **Inner Feeling**.

The same applies to a child learning to ride a bike without "training wheels".

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 that 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 perfectly normal, but falling from the bike is abnormal, impressing this on the Personal Mind which then Feels it can ride a bike with ease and does so effortlessly.

There are numerous other such examples. The "difference" is the **Inner Feeling**.

In the movie and book "The Secret", one of the participants is involved in training astronauts and athletes. In one experiment he connected a series of athletes to advanced bio-feedback equipment and asked them to visualise their usual race in their Mind as if they were actually running the same race on the track. He observed that the muscles of the athletes and other bodily functions worked in an absolutely identical way, as if they were actually running the race. Mind simply does not know the difference between actual physical "practice" and the **Inner Feeling** of practicing.

Likewise, when people go to the Gym or health clubs every day and "work out" to exhaustion, very gradually gaining a muscular physique, feel healthier etc, it is not the actual physical exercise bringing it these changes, but rather the **Expectation and Feeling** of results being impressed upon the Mind, which **Expresses the Expected and Felt Experience**. People exercise their bodies expecting to become "stronger", and this expectation alone assures that they do indeed become stronger.

This is the accepted and widely adopted "no pain, no gain" mentality.

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The fact is, Mind is infinitely capable of **instantly bringing about absolutely any change in the physical body whatsoever**, including a muscular, healthy physique, without ever visiting a gym or using any physical equipment or other exercise or workout processes, as with Perfect health, abundance and other Life Experience.

The gym, exercise equipment, swimming lessons, drugs, surgery etc., are all "props" for impressing Mind with the desired result based upon Inner Feeling.

The same applies to excellence in any sport or activity as in Life Experience itself.

All we need is Feel Inherent Perfection, as if already a fact, and so it must and will be. This might sound "easier said than done", but the truth is the biggest barrier to overcome is actually Feeling that **whatever we wish to achieve is already True**, after years of believing that it can only be achieved through physical effort.

All "success" and "excellence" - Experience - begins and ends in the Mind.

So how then does physical exertion, repetition and practice "make" champions?

We'll look at the facts.

If we take any popular sport, hobby or pastime that does not require physical much exertion, and therefore the need to "build up the muscles, or "get physically fit" in order to achieve success and "progress through the ranks", we still see that such champions achieve their objectives through diligent and dedicated practice, even though this is not changing their physical body or "fitness" to any extent, if at all.

So what does this practice achieve? **The Feeling of Progress, Belief in their own Abilities, and Faith in the Outcome.** This "training" is of the **Mind**, not the body.

It should be clear then that **we can Experience anything we desire through Mind alone, through Feeling that the Experience is already True** - and it is.

Dear Reader - Whatever We Feel is True, Is Always True - Is Our Experience.

I will conclude with this most appropriate poem, the author of which is unknown:

*If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will
It's all in the state of mind.
Full many a race is lost*

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*Ere even a race is run,
And many a coward fails
Ere even his work's begun.
Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.
If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself
before You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can.*

In this poem, replace the word "think" with the word **Feel..... And So It Is.**

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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26 June 2011. "Death" In Perspective

Welcome to your Newsletter.

I do hope that you have enjoyed a Wonderful, Joyful and Healthy "week".

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been many of you joining us - very much a sign of these awakening and most pivotal days for Humanity.

As we rapidly approach these transitional times, offering the opportunity for those prepared to take that next evolutionary leap to the next development of the human being - which the Aztec and others call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

I say this in most newsletters but I will say it again.

While it should be the primary objective of every awakened person - and that means You - to prepare for the final stages of this pivotal era - Body, Mind and Spirit - it is also the Highest and Most Sacred Duty of Each and Every One of us to offer those who are ready for this Transition the same opportunity through Selfless Service.

Separation is an illusion - albeit a most convincing and persistent one.

The ultimate direction of the human race this time around will therefore be determined not only at a Personal Level, but also a collective level upon the Mental Plane of the Human Mind.

It is such a simple task to share this newsletter with others, yet could, and very often does have very profound consequences for the people who are not yet aware. So please do forward this message or Newsletter link to as many people as possible that you know, Love and care about.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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I do not often write on the subject known as "death", simply because in many the very word invokes something to be feared, dreaded, avoided etc.

The truth about "death" is very simple - we are born therefore we will surely "die".

"Death" is a self-evident Truth, so why do so many people spend their lives dreading "death" and avoiding it at all costs, even if it means considerable suffering?

Our time here in Earth has a purpose, but that purpose can only be served while we are in a position to fulfil that purpose.

There are millions of aged, suffering and terminally ill people who are "kept alive" by relatives and the medical profession, placed in "care homes" etc, not to extract every last moment of "life" from that person for the benefit of the person, but because they cannot let go of the person, and while they are still breathing, they still "have them".

Most "mourning" and grieving" is not out of sorrow for the "deceased person", who has after all gone from Earth, but because of the sense of personal loss.

Even when a person is able to make their own decisions, they will often take numerous chemical drugs, undergo surgery etc in the hope of hanging on to another few years if life, and delaying the inevitable, but at what cost? Where is the value?

Even those with a terminal illness who do understand the nature of "death" and Eternal Life, and who express a desire to "move on", are prevented from doing so by relatives, doctors and others on the basis that such a wish is "irrational" or the product of a "stressed" or "unbalanced" mind etc, because they simply cannot comprehend anyone wanting to "die". In other words they are applying judgement based upon a totally flawed understanding of the True Nature of "death" and Life.

It is really very simple - just as no one can tell us how to live, no one can tell us how to "die", yet this is what happens.

Now all this might seem somewhat morbid, so I will now progress to the point.

If everyone understood the True Nature of "Life" and "death", why we come to Earth, that which awaits after leaving Earth, our relationship with Source and our very reason for Being, then none of these issues would ever arise.

Everyone would understand that we are here for a specific reason. Higher Self has sent the Personality to Earth to gain specific Experience and/or fulfil specific missions or other tasks.

If, knowing this, we chose to end our Life before the mission has been fulfilled, then it will be necessary to Experience a similar Life all over again, through similar circumstances, in a similar body.

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The same of course applies to all those who are "sucked" in to society, materialism and control systems, thereby going through an entire Life without ever knowing, much less completing their mission.

Conversely - if families, friends, doctors etc knew these Truths, then "death" would never be a "mournful", grim, sad affair, but a cause of great celebration, knowing that the "deceased" person has left Earth and moved on to a far "better place", having either completed their mission, or of their own choice out of Divine Freewill.

My own father "passed on" this year, in January 2011. I loved and respected my father, but how could I grieve or even be sad after a life of 86 years where he experiences and gained so much, was no longer suffering, and in particular knowing where he is Now? Some of my family may have thought I was "unemotional" or "cold hearted", but this reaction is entirely due to their own lack of understanding of the True Nature of Life and "death", which only they can resolve for themselves.

I should add that my three sons fully understand, and found it difficult to "go along with" how they were "supposed" to react and appear under the circumstances.

So what then, in simple terms is this thing called "death"?

Well, as we know, there really is no such state as "death" in absolute terms.

What many people believe to be the finality of "death" is in fact for most, no more and no less than the transition from one state of life and reality, that of the physical matter - which is in any case illusory - to a state of Life and Reality of a vastly finer Energy density and higher Vibratory frequency of the Universe, often known as the "Astral planes", sometimes referred to as "the beyond" or the "afterlife".

Source is pure Spirit, and ultimately every single person exists as an Expression of Source, of pure Spirit beyond all concept of form.

The seat of our very "being" or Consciousness is within the Mental Body, the Immortal Spirit. The Astral Body, the Soul, actually consists of both the conjoined Astral and Mental bodies, and is therefore can be more accurately referred to as the Astra-Mental Body. These subtle bodies are composed of Energy, vibrations, the nature of which is completely unique, each individual possessing a unique Energy signature by means of which they can be uniquely identified and is Who You Are.

Within the inner spheres of reality, the Astral and Mental planes, people exist at the Vibratory Frequency of Energy that is exactly equivalent to the Vibratory Frequency of Energy of the Astral and Mental bodies respectively.

Whether we Experience Consciousness in the context of the Astral or Mental Body, and the Vibratory Frequency of the Astral and Mental Body depends in turn upon many factors, including but not limited to individual degree of ennoblement or Perfection,

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degree to which the Ego has been subjugated, realisation of Source or “God” Within, degree of unresolved "karma", and most importantly the realisation and Expression of the most powerful force in the Universe - Divine Love.

So what actually happens when people experience the process of physical “death”?

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

Regardless of the precise circumstances prevailing at the end of physical phase of life, what follows is substantially the same in all cases.

At the instant where the physical body ceases to function, a large amount of Etheric Energy is transferred to the Etheric Body, also known as the Energy Body. The Etheric, or Energy Body also at this moment includes the Astral and Mental bodies.

The Etheric Body will then, in many cases become the new “temporary” body of the recently “deceased” person. Sometimes however the recently deceased person will transition directly to the Astral worlds/Afterlife or Mental/Spiritual Realms.

What happens next again varies from person to person and circumstance to circumstance, and in accordance with the "Mindset", beliefs and expectations of the person, but is usually broadly within the range of the following possibilities.

Those who do not transition directly to the Astral worlds will, immediately after physical death, find themselves very much “alive” in their Etheric Body. A person after “death” and "leaving" the body, can very often fully observe everything "happening" around them, including all people present. In fact, to be exact, what the person is “seeing” is not their actual physical surroundings, no longer having any physical senses, existing at a much higher Vibratory Frequency and therefore lower density compared to the physical world, but is rather a very close Etheric “reflection” or "interpretation of those surroundings, keeping in Mind that even the physical world is not "real" or "solid" except to the physical senses, so it is all relative.

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

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The “deceased” person often remains very close to the physical world while the level of Etheric Energy in their Etheric Body remains sufficiently high, and while they wish to do so for whatever reasons. The person will very often make the most of this opportunity to visit and say goodbye to family and friends, perhaps to visit their old home and favourite places they particularly enjoyed in physical life.

Of course, living people cannot, with the exception of psychics and clairvoyants, usually “see” the “deceased” person, and usually any attempt by the deceased person to communicate with living people will fail.

Very often the “deceased” person will also attend their own funeral, not only to see all family, friends and other people they knew in physical life gatherer to pay their respects, but also to realise and reconcile the finality of the end of that particular physical life on Earth.

The deceased person can make the decision to transition to the Astral worlds at any time simply by desiring and willing it to happen. This will usually happen naturally once the supply of Etheric Energy is depleted, at which point the transient Etheric Body will dissipate, giving way to the finer vibrations of the Astral Body naturally.

This will determine which part of the Astral planes a person will naturally "migrate" to, most people transitioning to the mid-Astral worlds which, as well will see later in this book, are remarkably similar to the physical world that has been left behind.

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

Irrespective of how the deceased person arrives in the Astral world, they will never be alone. Other Astral residents, frequently previously deceased relatives and friends, will often be there to greet and help them to settle into their new home.

Very often the newly deceased person will arrive at, or be taken to a place in the Astral world which is effectively a “reception area” for newly arrived Souls. There they will be met by a host of helpers with the task of assisting new arrivals to settle in to their new Astral home. Such helpers specialise in all manner of "cases", and are able to assist with the transition process regardless of the circumstances surrounding physical death. There are billions of people living within the Astral world.

Every eventuality is fully accounted for, and no person is ever left alone in the Astral worlds after physical death. For most people arriving at the mid-levels of the Astral worlds, those who have led a “normal” life and had no strongly held beliefs, in particular religious beliefs, the environment is always extremely peaceful and harmonious but otherwise quite similar in many respects to the Earth environment from whence they just

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arrived. If the death was sudden, violent or due to some self-inflicted condition such as alcoholism, or the person was ill for some time before physical death, there is the Astral equivalent of hospitals with doctors and nurses who might well have been doctors and nurses in a previous life on hand to assist.

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

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

Children can usually adapt to their new life in the Astral worlds much more quickly than adults, largely because they had not yet been fully indoctrinated into the "ways" and control systems of the physical world.

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

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

Although it is perfectly natural to grieve for a deceased loved one, it is most important to realise these people are not really “dead”, and have not therefore in any way “ceased to

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exist". The loved one is now living in what is actually a truer reality than the physical world. Assuming they are living in the mid to high Astral worlds, or within the Spirit worlds, they will be experiencing an existence of pure love, light, bliss, peace and happiness on a level beyond the comprehension of most people still living on Earth. To the deceased person, Earth seems like a dim and distant dream.

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

Everyone in the Astral worlds lives at the same level, the same realm, sphere or plane as people who were of a similar nature in the physical world - similar characters, beliefs and in particular level of Spiritual development. In the mid-Astral worlds where most "decent" people, probably around fifty percent or more transition after physical death, there is no work, no money, no hardship, but rather complete peace and happiness, everyone living together in perfect harmony.

People, who in the physical world were disruptive in any way, or had not yet learned how to treat "others" appropriately, or held on to some belief or material attachment will be living in the lower Astral worlds with like Minded people, thus always preserving the complete peace and harmony of the inner Astral worlds. Of course everyone always has the opportunity to evolve from the lower Astral worlds to the inner Astral worlds once lessons have been learned, and have attained a vibration that will enable them to co-exist with others at the same higher level of vibration.

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

"Death" should never be feared. It is something to anticipate when the time comes as a completely natural aspect of individual evolution, and a transition to glorious worlds of pure Divine Love, harmony, bliss and beauty, inhabited by like-Minded people, where none of the hardships, trials and misery so prevalent on Earth exists.

The transition of passing to the inner, Astral worlds is a joyous time, a time for celebration.

So you see Dear Reader, there is no reason to live on Earth in fear or apprehension of "death" which is not only as natural as Life, it is a continuation of Life.

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While everyone will experience this transition sooner or later, it is crucial to Joyfully accept and fulfil our Earthly missions, not influenced by the thought of "death" or of others or by the many control systems, but by following our Inner Guidance.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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3 July 2011. The Mystery Of Reincarnation

In general, humanity defines its "reality" through misery and suffering, without which "life" would seem "unreal" or "too good to be true". The absolute Truth however is just the opposite. We are All Expressions of our Source, with the same Creative Powers of Our Source, the same Powers that, as Expressions of Source we All have access to without limitation - if only people know.

The quality of our Life Experience is directly related to our ability to Realise and Express Source - everything is possible without limitation.

Also, everything is Perfect. There is no "good" or "bad", "right" or "wrong" - or any other polarity. We are all, as with all In Creation, Expressions of Source, God if you prefer, Who Is Perfect, and therefore All In Creation is and must be inherently Perfect. It is only the rational, conscious, ego Mind that constantly but erroneously endeavours to rationalise "things" Experience as "imperfect" in some way. often as an excuse to refuse to face our true purpose here - Evolution through Experience.

Over the next year or so as we head inexorably towards the end of 2012, this Self-Realisation and Expression of True Potential will become increasingly important as those, who are ready, prepare to participate in the next Evolutional leap to the next phase of human, known by the Inca and many other nobly and ancient races as "Homo Luminous" which will be a much greater evolution than the previous event of 26000 years ago that saw Neanderthal's evolve to modern Homo Sapien.

This evolution will not take place suddenly on 21 December 2012 as many imagine, and neither will there be any other major Earth-changing event on that date although we may expect very challenging times on the approach to this date in almost every aspect of our lives - but these events may be considered as preparation.

So what then is the significance of 21 December 2012? Well quite simply this date is a "pivotal", "tipping" point by which time those participating should be ready for the transitional events of the next few decades. For those not ready life will continue in the appropriate sphere of the Astral Realms until the next opportunity arises.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service, and is available in Paperback from Amazon.com and other large book stores - details here:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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Reincarnation is one of the greatest and most misunderstood of Life mysteries.

Do we really reincarnate, in other words "return" for "further "lives" on Earth? If so, how many times? Why do we reincarnate at all? Do we have any choice in the matter? And many such similar questions frequently arise.

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

In order to understand reincarnation we first need to understand the true destiny of mankind.

Each and everyone one of us has the most sacred mission to ultimately return to, and potentially reunite with Source, our Divine Creator, First Cause, God. This is the true and ultimate meaning of life.

Upon reaching this most exalted and ultimate stage in our Spiritual Evolution, we have the option of either relinquishing our individuality and merging with Source, or retaining our Individuality for as long as we wish to do so. Those who choose to retain Individuality at these highest and most exalted of levels are truly "God people" residing at the very highest, most glorious Cosmic Spheres of life, usually concerning themselves with the ongoing Evolution of The All, including Humanity.

I should mention that "Individuality" refers to Consciousness because there is no absolute "Individuality" which would suggest duality or separation.

So where then does reincarnation fit into the grand scheme of things?

The physical world, in our case the planet Earth, can be likened to a kindergarten, while the very highest, or Innermost Spheres of reality, can be likened to post graduate University. It goes without saying that no one can realistically attend University without first progressing through all necessary levels of primary and higher education, thus achieving the necessary qualifications and levels of attainment.

The Inner Spheres beyond physical planet Earth are "Mind worlds" where anything desired can become an instant reality. Also within the Inner Spheres of life, everyone resides at exactly the same level of personal Evolution in accordance with Vibratory Frequency, and Experience there is extremely peaceful and harmonious.

Wonderful though these Inner Spheres surely are, they are not however an environment where important lessons, so vital for Evolution to the Inner Spheres of life can be easily learned. These initial lessons require the characteristics and density of the physical world of matter in order to be effective. As we know only too well, the planet Earth is populated by people with an almost infinite number of characteristics; temperaments, characters, egos, personalities, beliefs and so on.

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At the same time the Earth is a physical environment where everything appears to be solid and "real" to the five biological senses and therefore apparently requires direct physical interaction in order to achieve anything.

Everyone on Earth lives within what appears as a solid material body subject to the rigours of the physical environment, not the least of which is health, the need for food and shelter and interaction with other people and "things" for "stimulation".

The physical Universe is a school of learning where everyone must first attain the necessary degree of Perfection, as determined by Vibratory Frequency, in order to graduate and progress to the Inner, more blissful, glorious Spheres of life beyond the Astral worlds. Only when such a level of perfection and ennoblement is achieved can true progress be realised on the Path back to Source.

Each life Experience on Earth provides a vehicle of Expression through unique personality, the sum of which contributes to the total individuality of Higher Self.

Each individual lifetime can be likened to a facet of a diamond. The full sparkling diamond with all of its many facets represents the entire self, the Individuality, Higher Self, while each facet of the diamond represents each separate life, Personality.

A diamond has many facets, the total of which constitutes the whole glittering gem.

Each life Experience adds a new facet to the diamond until the diamond is ultimately complete in all of its sparkling splendour. Life, Individuality, continues then in the Inner Spheres of Source as a complete glistening diamond, becoming ever brighter, more perfected and more beautiful as the ascent back to Source progresses.

As mentioned in previous Newsletters, the ultimate achievement and attainment of an incarnation on Earth is what has come to be called "Enlightenment", recognised as the fulfilment of the cycle of all incarnations on Earth or other physical planets, which is reached through the subjugation of Greed/Desire, Hate/Anger and Delusion/Duality in the process of becoming a fully Source Realised Spiritual Being.

During the course of each lifetime everyone is presented with all manner of trials, tribulations, challenges, situations and temptations, all of which are valuable opportunities necessary in order to potentially assist in ultimate progress on Earth.

Unfortunately, very few people at this time recognise these valuable opportunities for what they really are, ascribing them to such notions as "chance", "luck", "misfortune" or any number of other such dismissive explanations, often due to the various control systems on Earth such as religions, government, material temptations etc.

In order to progress, and again, absolutely everyone without exception simply must progress sooner or later, all life situations must be recognised both as valuable lessons and opportunities to equilibrate, in other words "pay-off" "karma".

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Karma is really the balancing of Vibratory Frequencies, the objective being an overall increase in Vibratory Frequency of the Spiritual Personality which goes to the overall Vibratory Frequency of the Individuality, of Higher Self.

In the Astral worlds, also known as the “desire worlds”, everything desired can become an instant reality without the need for work or money, contrary to the physical world where physical requirements are perceived to be obtained by physical means.

Selfless Service to the human race and all Expressions of Source is also extremely important, as is living in harmony with the most important and powerful force in the Universe - Divine Love. Every single situation without exception presenting itself in life should be considered to be a most valuable opportunity for personal Evolution, Expression and Fulfilment , and we should always acknowledge these opportunities which should never go unrecognised or wasted.

Unfortunately in this day and age most people still prefer to complain, blame others and generally carry on through life with a material and often selfish outlook, where everything revolves around temporal, transient, illusory material possessions, and in satisfying the relentless demands of the ego. Enlightenment is attained when these facts become self-evident, and the remainder of that "Life" lived accordingly.

So how then does reincarnation actually "work"?

The process of reincarnation can be likened to a wooden cart wheel.

If we look at a wooden cart wheel, we see that it has a hub at the centre, many spokes radiating from the hub, the spokes joining the outer rim of the wheel.

Let us say that the components of the cart wheel represents the following:

Hub - the Higher Self

Spokes - time lines relative to Earth

Rim - the physical Universe

The hub, Higher Self, represents the total of all physical lives, "past", "present" and "future" relative to Earth. Higher Self, Individuality can be likened to the facets of a glittering rough diamond which becomes a perfect cut diamond once all of the facets have been polished. Each physical life adds more polish to the diamond as a whole.

So each spoke of the cart wheel represents an individual life, incarnational experience which commences at the rim, for example Earth, and then progresses through the Vibratory Frequencies up each spoke eventually returning to the hub - Higher Self, with that unique "package" of Experience to contribute to the Whole.

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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 to Earth.

Before progressing, it is also necessary to understand that "incarnation" and therefore "reincarnation" is not a sequential process, that is to say, each incarnation does not "follow" another incarnation in sequence, one after the other.

Higher Self resides beyond the space-time environment of the physical Universe and is therefore not subject to its rules and perceptions. Higher Self views and Experiences every incarnation concurrently, even though each incarnation on Earth or other planet experiences the incarnation as being subject to time and space.

So the rim of the wheel represents 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 chooses which country, location, circumstances and parents would most ideally present the opportunities and experiences required in order to fulfil the purposes of 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.

Again, it is important to understand that these personalities are not sent by the Higher Self sequentially in Earth history, 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 illusions called "time" and "space" while here on Earth.

Neither is each incarnation a progression of lives whereby a person "lives", "dies", spends some time in the "afterlife" before returning to Earth.

It is therefore possible for hundreds or even thousands of yourself to be living in the Astral Spheres all at the same moment, although you might not know it. This is why the Astral is populated with countless trillions of people from Earth and beings and life-forms from other planets within the infinite Astral planes at the same moment.

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The Astral Spheres or "planes" are transient however, having been created by the Minds of Beings such as humans based up on Earth experience, believing it to be "reality", the only reality they can comprehend at that stage in their own Evolution.

Out true and ultimate Spiritual Nature and Experience is beyond all concept of "form" and materiality, where we ultimately Experience ourselves as a point of Consciousness of Infinite Power and Potential, but where Divine Love and Service is the only true Reality.

The Astral Spheres are not "heaven", but simply a necessary transient or intermediate step for most on their journey back to Higher Self with the package of Experience gained on Earth, and the Astral and then Mental realms in due course.

The "spoke" of each life therefore passes through the Astral and Mental Spheres before reuniting with the Hub of the Higher Self.

Many people might ask whether they have any control over reincarnation, specifically whether it is by pure chance who and where they incarnate.

As we already know there is no such notion as "chance" in the Universe, "chance" being completely contrary to Universal Principles. As we also know, everyone has been blessed with the Divine gift of Freewill.

Higher-Self exist in the Inner Spheres of life beyond space and time, and will therefore know exactly what sort of "life" needs to Experienced in order to progress.

As mentioned previously, Higher Self chooses the precise location in the world to where a Personality is "sent" , who the parents will be, what sort of life situation they will be presented with, even the potential circumstances of the next physical death. So while many people complain about their "lot" in life, they, as Higher Self actually chose their "lot" for themselves of their own freewill, and accordingly rather than complaining about their own circumstances they should determine the reasons for choosing that particular life and accordingly make the most of it by learning the valuable lessons they chose to come to Earth to learn.

It should also be mentioned once again that there is no such thing as "good", "evil" and so on. These are dualistic human concepts.

Every Higher Self, and therefore every Person is an Expression of Source, of Perfection, and is therefore inherently Perfect. Imperfection is a human concept.

Every Higher Self must gain the Experience of an entire spectrum of Experience to become Complete and Perfected, and at any Moment the total nature of all people on Earth represents Perfect Balance.

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This is why judging others is fundamentally incorrect. We are All One, All Expressions of Divine Perfection, and together are Divine, Perfect Balance.

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

As with many things it is the cynical nature of mankind to demand proof of everything, and "reincarnation" or more specifically multiple lives or personalities is no exception.

Many people are most unfortunately still under the influence of a church which has taught, since around the 6th century CE when reincarnation was officially removed from the church doctrine, that reincarnation does not exist and everyone lives only one physical life before being "judged" by God and sent to either "heaven" or "hell" depending on their beliefs and devotion to the church, and whether they have "accepted Jesus as their saviour".

As mentioned previously, this became the policy of the church around the 6th century CE in order to consolidate control over congregations through fear - no member of the congregation relishes the prospect of being sent to "hell" or "eternal damnation".

As discussed in a previous Newsletter, the current vision of "hell" and "the devil", along with the "seven deadly sins" was not introduced by the church until the 14th century when the poem "Purgatorio and Paradiso" - "Purgatory and Paradise" - was published by Dante Alighieri, which is also the origin of "Dantes Inferno" which is how the church likes to portray the "hell" where "sinners" are thrown after being "judged" as "unworthy" for Heaven by God.

Of course there is no "judgement" by God or any other entity - we judge ourselves.

After passing upon the change known as "death", no one is "cast down to purgatory".

Everyone progresses to the Vibratory Frequency of the Astral Spheres corresponding to the Vibratory Frequency of the Astral Body, which in turn represents the total Earth Experience. For those who lived a dark existence on Earth, caused misery, suffering, oppression etc will transition to a sphere of the Astral populated by similar Souls, where together, they come to realise the folly of their ways, experience an increase in Vibratory Frequency, and can move on to the corresponding Astral Sphere.

No one is "cast down", forgotten or "discarded", all progress towards Source.

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Most importantly, All are Eternal, Immortal and Divine. The entire Path of Spiritual Evolution is to progressively Realise that Divinity so that ultimately we may Become that Ultimate Divinity. Reincarnations of the Higher Self are the crucial and necessary precursors to this process.

Each Earth Life is a valuable opportunity to gain Experience which adds to the Perfection of Higher Self, and ultimately the All.

Higher Self cannot progress until all necessary Experience, a balance of Perfection has been realise, no matter how many incarnations it takes.

Although incarnation is not sequential, one after the other, each incarnation is still Experienced as ourselves, and must therefore be completed.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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10 July 2011. Astral Projection

As I write your Newsletter this week, the Sun is shining gloriously and warmly, bathing All in glorious Light, both Sunlight and The Inner Light, The Source from Which All Life on Earth, is born and is sustained during the Eternal Cycle of Life.

On Earth, what most think of as "light" is in reality in the form of photons emanating from the Spiritual Being we call "the Sun", which is necessary during in the context of this physical space-time bound environment, Vibratory Frequency of Divine Energy,, which is subject to its own principles and restrictions.

The True Light of The All, Source, is always Present however, "day" or "night".

We are All Expression of One Source, Light, are All sustained by Source Light and are All Source Light. To discover, Realise, bathe and Live Within that Source Light while here on Earth in the context of a physical body is to become Enlightened.

It is the highest objective of all Beings on Earth to achieve Enlightenment, that the Higher Self may graduate as a fully Evolved Spiritual Being, ready to progress to "Higher" roles within the Infinite All, as Expression of The Infinite All - of Source.

A crucial aspect of human graduation is to "slay" every vestige of the desires of the Ego, all material desires, and to always put Others Before Self in Unconditional Love, regardless of our own "life circumstances", however difficult they may seem.

In Truth, as Expressions of Source we inherently Express all Source Power, Love and Light. The great challenge of humanity is to discover, Realise and Express these Great Truths, not for ourselves but for other Expressions of Source on the Path.

There are many ways to discover the Path, often starting with a great Realisation. Of all the greatest such Realisations few can be more profound than the Truth of Continuation of Life after the expiration, or "death" of the physical body, and the nature of the Realms of Life beyond the physical body. This weeks we will discuss Astral Projection, a powerful and achievable way of discovering these Truths.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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Following our recent discussions on the true nature of "death", I have observed many, while accepting and feeling it is true also seek some form of proof.

Over the last few years interest in the ability known as "Astral Projection", "Astral Travel" and Out of Body Experiences, which broadly speaking are the same, has escalated dramatically and is still doing so.

In February 2002 I created a new forum known as "The Astral Pulse" for those wishing to discuss what was then a mystical and largely unknown subject, along with related subjects and abilities.

Today Astral Pulse has nearly 39,000 registered members, who have contributed nearly 265,000 posts on nearly 32,000 topics. Astral Pulse now receives around 35,000 unique visitors per month, viewing nearly 2 million pages. On May 24, there were 416 people participating in the Astral Pulse forums at exactly the same moment. For every registered Member, there are 10 or more casual forums viewers.

You can visit Astral Pulse here: <http://www.astralpulse.com/forums/>

These statistics speak for themselves, and one of the reasons why I have committed so much to keeping Astral Pulse going, despite several serious hacking attempts, and many server and software platform moves.

Today I still continue these same commitments and will continue while it is still possible to do so.

So why is interest Astral Projection continuing to increase so dramatically, and exponentially increasing, as witnessed by the Astral Pulse statistics alone, as well as the emails I receive on these subjects?

There are many reasons, many unique to aspirants, but one of the most compelling of which is that Astral Projection is excellent preparation for the next phase of life after physical death, which of course everyone will experience sooner or later.

"Death" is an event in the personal evolution of every person, and one that should never be feared, being the successful conclusion of Earth Experience and the next stage of a joyous Spiritual journey on the return to Our Divine Creator, Source, God.

Those who can "project" from their physical body by the process of Astral Projection or Astral Travel in order to explore the inner realms of reality, the next home for most, never fear "death", knowing beyond any doubts whatsoever from firsthand experience that in reality the finality of so called "death" really does not exist, and is in fact no more than a completely natural transition from the dense, lower Vibratory Energy Frequency of the dense physical world of matter, to a much higher Energy Vibratory Frequency and correspondingly finer density and "resolution" of the inner Realms, the Astral and Spirit worlds.

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It should be mentioned that the Astral and Spiritual worlds are not actually “higher” relative to the physical world, but are in fact “inner” dimensions with The Source, Our Creator, God at the very centre of all creation at the very highest vibration of Energy.

“Death” not only no longer holds any sort of fear or trepidation for people who learn and engage in Astral Projection, but indeed the change known as "death" usually becomes something to be anticipated and embraced with excitement, and with it a knowing beyond all doubt the true nature and reality of the life of peace, tranquillity and harmony awaiting beyond the restrictive confines of the physical world.

There is actually nothing at all new about Astral Projection, even the most ancient cultures for example the ancient Egyptians and many others were totally familiar with, and made maximum use of these completely natural abilities. Many cultures, for example the native American Shaman, still use Astral Projection or "Soul Travel" extensively today for many purposes benefiting their people as part of their culture.

There are many references, albeit in symbolic form to Astral Projection and Astral Travel in the books and bibles of the popular world religions. Highly advanced, no longer visible ancient civilisations of thousands of years ago used Astral Projection extensively to "manifest" things required on Earth.

Even very earliest humans of hundreds of thousands of years ago at the very dawn of civilisation engaged naturally in Astral Projection, very often practiced by the tribe shaman or “medicine man”. Indeed, the entire tribe would often participate in the Astral Projection process by drumming, music and other methods and rituals designed to invoke the required altered state for Astral Projection.

It is now thought that paintings found on the walls of caves around the world, many of which are very similar indeed despite the vast distances separating them across entire continents, are actually pictures depicting experiences of Astral travel, and more importantly such depictions relate important information brought back from the Astral worlds by the shaman for the benefit of the tribe. However, as with so many inner abilities such as clairvoyance, humanity has largely lost the instinctive ability to Astral Project due largely to millennia of religion, creed, dogma and materialism.

So what exactly is Astral Projection or Astral Travel?

First of all it is most important to keep in Mind that Astral Projection is an extremely normal and natural ability of all human beings. Every night when we achieve a certain stage of sleep the Energy, also known as Etheric and Astral bodies are automatically "projected" out of phase with the physical body, often associated with rapid eye movement, abbreviated to “REM”, signifying the onset of a type of low level Astral Projection. Most people who are untrained in remembering dreams and sleep activities will have no recollection of this process, except as perhaps a dream.

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As previously discussed, humans fundamentally comprise three distinct "bodies" - the physical body, the Astral Body and the Mental or Spirit body. There is also an intermediate body effectively acting as an "interface" or "transformer" between the physical and Astral bodies, usually known as the Etheric or Energy Body.

Under normal circumstances most people are only aware of the existence of the physical body, entirely focussed on the five physical senses of sight, smell, taste, hearing and touch, through which the three dimensional world of matter is experienced. The inner, more subtle bodies are always very much present however, albeit existing beyond the range of the perception of the five physical senses.

The Astral worlds are very real indeed, seeming much more "solid" and "real" than the physical world, the physical world seeming, in contrast, as a very pale projection of these inner spheres of Light and Vibration

Eastern traditions often refer to the physical world of matter as "maya", illusion. Although the Astral Spheres seem much more solid, "real" and vibrant than the physical world, the Astral worlds have been and are still being created by the Minds of human beings in accordance with recent experiences and beliefs within the physical world. The Astral worlds are therefore in and of themselves not true reality as such, being based on the concept of form and structure.

By comparison with the physical world, the Astral worlds are however, at least at the mid to inner levels of Vibratory Frequency, a much more pleasant place to be, with anything desired being instantly "projected" by the Mind without the need for money, work or any of the other trappings or control systems of a physical existence.

"Astral Projectors" or "Astral Travellers", like those who have passed on after the change known as "death" do not find themselves in some sort intangible "dream world" but rather experience a very solid, vibrant, intense environment where all senses seem greatly magnified. The senses involved of course are the inner Astral Energy senses and not the five mundane physical senses so much taken for granted in the physical world of matter. Thoughts can actually be seen to take shape instantly and anything desired can be instantly manifested by means of the powers of the imagination in the very process of creation. This is also why the Astral worlds are known as the "desire worlds" and the Astral Body known as the "desire body".

Everyone upon passing over to the Astral worlds after physical death will be attracted to the precise Vibratory Frequency and therefore density corresponding to their unique character, beliefs, perceptions and level of Spiritual development. It is very important to remember however that all of these worlds, past, present and future, still exist concurrently within the Universal continuum of The All, God. Unlike Earth however the Astral worlds contain everything from the past, present or even the future as relates to Earth time. This is one reason why the Astral worlds often seem so much like the physical world that some people who have passed on from Earth and why they often do not realise they have actually "died", often taking quite some time before they can

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accept it. In addition to a familiar Earth-like environment and people, the Astral worlds are inhabited by numerous entities and beings who have never physically existed on Earth, including from the past and future of Earth, and some who will even originate from other planets in the physical Universe.

Within the Astral worlds a cause in the form of a thought will immediately result in a corresponding effect whether it is positive, neutral or negative. New residents and visitors very quickly learn this important principle. The Astral projector should always know and understand these laws before projecting otherwise it is very easy indeed to become caught up in undesirable situations that are in reality no more than the manifestation of his or her own Mind. For example if the Astral projector is afraid of meeting an “evil being” then he or she will upon projecting probably come into contact with that very same evil being. The evil being will however be merely a projection of the imagination and accordingly not at all real but nevertheless seeming very real and terrifying for those unprepared for such situations.

It is most important therefore within the Astral worlds for the projector to maintain a passive state of Mind at all times but with an air of mild curiosity. In this way everything will seem normal, and opportunities to explore and learn will rapidly present themselves quite naturally, very often by meeting other Astral residents or quite likely a guide. The guide might be a personal “Spirit guide” or one of numerous willing Astral guides who are only too willing and able to help all Astral projectors. At the final analysis however the best way to learn about the Astral planes and the Universal laws prevailing there is to actually go and gain experience at first hand; this is exactly what the advanced intelligences of the inner realms are endeavouring to bring about in this new era for mankind.

There are many aspects of Astral Projection or Astral Travel and the Astral worlds in general the projector using an Astral projection method will need to get used to very quickly indeed. travel is instantaneous; it is simply a matter of thinking where you wish to go or who you wish to be with, and you will instantly find yourself there simply by focussing on the destination. Of course a projector needs to know where they wish to go in the first place and this is where an Astral guide can be most useful. Meeting deceased relatives, friends and others is very straightforward assuming they are still dwelling at the same or lower level of the Astral worlds. A person in a lower Astral world cannot however project to a person in a inner Astral world due to the higher vibrations existing there, vibrations that cannot be tolerated by an Astral body of lower vibrations. By simply thinking about the person, by visualising them and by desiring and creating the intent to be with them as if you are already there, you will instantly find yourself in the presence of that person.

All communication in the Astral worlds takes place by thought transfer, and is therefore instantaneous. Such thought transfer can be basic telepathic communication to the exchange of entire packages of information in symbolic form including imagery. There is no problem talking as on Earth with the “mouth” of your Astral Body if that is what you wish to do, and indeed new arrivals within the Astral might instinctively do, but

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nevertheless actual communication is still carried out telepathically by words, images or symbols over any distance, and therefore speaking as with a physical mouth is superfluous.

Many people newly arriving in the Astral worlds will quite understandably speak their mouth as a matter of habit, but this still results in telepathic communication nevertheless, and they quite soon realise that communication is by pure thought transference and will learn to use that mode of communication. Although telepathic communication can be performed a word or symbol at a time, it is much more efficient, as the people of the Astral worlds soon discover, to send entire “packages” of thoughts which the recipient can absorb at will.

Is Astral Projection safe? Yes, absolutely. No actual harm can come to an Astral projector by using a safe and effective Astral Projection method. A question often asked is whether another being can enter and take over the physical body of a projector while the projector is still away from the physical body in the Astral worlds. The answer to this is quite simply this situation cannot occur any more than it can happen while experiencing normal nightly sleep projections.

Another question often asked is whether it is possible to get “stuck” in the Astral planes and not be able to return to the physical body. Again there is no danger of this situation occurring whatsoever. While still possessing a physical body a fine silver cord, the Astral matrix, maintains a permanent connection between the physical and Astral bodies, and this connection is only finally severed at the point of physical death. In order to return to the physical body it is only necessary to think about being actually there at that moment and it will happen instantly regardless of your Astral situation at the time.

There have been numerous methods for achieving Astral Projection used over the course of many thousands of years. Many methods taught in modern books and elsewhere require very considerable practice, discipline, willpower, patience, concentration, and very often even a high degree of natural ability; many of these methods are often for all practical purposes beyond the scope of most people as many have already discovered.

Many if not most of the methods often described today are designed to initially result in what is commonly known as an “Out of Body Experience” or “OBE”. The terms Astral Projection and Out of Body Experiences, often abbreviated to “OBE”, are often confused or used interchangeably. In fact Astral Projection and OBE properly describe distinctly different situations. Astral Projection can be defined as a projection of Consciousness beyond the confines of the five physical senses to assume control of the Astral Body, the Soul, which then becomes the principle centre of conscious awareness and the vehicle of travel while interacting with the Astral worlds. OBE can be best be defined as an “Etheric projection”, where the centre of Consciousness is projected away from the physical body to the Etheric Body, also known as the Energy Body.

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The Etheric or Energy Body is denser than the Astral Body with correspondingly lower Vibratory Frequency. An OBE therefore appears closer to the physical world.

The Etheric plane is often referred to as the “real-time zone”, taking place close to the physical world of space and time rather than within the Astral realms beyond space and time. Although an OBE, an Etheric projection appears to be taking place in the physical world itself, the environment experienced during an OBE is actually a dense reflection of the physical world within the Etheric plane, and accordingly has many characteristics of the Astral plane of which it is a lower vibration, higher density aspect, including, as most people quickly realise, sensitivity to thoughts.

Thoughts can quickly cause what are often known as “reality fluctuations” where familiar surroundings and objects can suddenly appear, alter in appearance or even disappear completely. It is quite possible and indeed common to convert an initial OBE to a full Astral Projection simply by consciously raising the Vibratory Frequency of the Etheric Body. This can be accomplished through the power of the Mind to form the definite intent to transition to the Astral, achieved for example by focussing on a particular Astral locale or a particular person residing within the Astral worlds.

Astral Projection or Astral Travel and OBE methods like all inner abilities require long-term commitment, dedication and Mindset.

Everyone can succeed with Astral Projection or OBE, but the Mindset for success must be absolute, regardless of how long it takes. Likewise, the desire for Spiritual exploration must be absolute and most importantly for all the right reasons, reasons you will for example find in this book. Your Mind, and in particular subconscious Mind should be so accept the Truth of Astral Projection, Astral Travel and OBE that it becomes an integral part of your psyche. The more you desire to experience these abilities the more likely you are to succeed, and the sooner you are likely to succeed.

Very soon I will be making available to you, in conjunction with a person who I regard as the most experienced and accomplished Astral Projector that I am personally aware of, a new site and opportunity to learn Astral Projection in the most effective and long-term way, without the difficult and convoluted "methods" and "techniques" you may well have seen or even attempted previously.

Astral Projection is a totally natural ability - you simply have to find it Within.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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17 July 2011. In "Money" We Trust?

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

These last few weeks I have received a variety of emails which really encapsulate the Transitional Era that we are Blessed to be both Experiencing and Participants in.

Many questions arise that broadly speaking note the fact that we are now only 18 months or so away from "21 December 2012", and wonder when we will see some "tangible evidence" of what is to come as "prophesied by the Maya".

Other messages are from readers who are actually actively seeking evidence for the Transition for themselves, and asking whether certain current events are related.

As I have often noted in Newsletters, the Maya, the source of this iconic date, were not "prophets" or "fortune tellers" but rather ancient cosmologists aware, of, and recorders of, cycles of "linear time", knowing that the "bigger picture" - "the Cosmos" - must be reflected in the "smaller picture" - Earth, Life on Earth and Humanity. **"As Above, So Below"** in the words of Master Hermes Trismegistus.

The Maya knew that the end of each cycle of their Long Count Calendar would bring a "new era" for Humanity, a Great Transition and Transformation, but did not know, or purport to know how this change and Transition would "play out". All they knew, beyond doubt, is that it would take place with immutable certainty, and it is not for them to "prophesy" anything, but rather allow Immutable Universal Principles, Cause and Effect etc to unfold. Ultimately Humanity "creates its own reality".

Many believe that this Transition will be precipitated by some catastrophic event - "inbound object", solar events or other great calamity, which, although taken place on many other Transitions - we know that - does not necessarily mean that the same "instrument" of Transformation will exert it's influence this time around. The fact is - Transformation can take place in many forms, even without any "natural disaster" being involved, and can be of Humanity's own "making". While this is "playing out", Now is the Time to embrace our True Source and Power within.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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In "Money" We Trust?

One of the very largest issues with the world today is the obsession the money and the material possessions that people perceive money to be capable of purchasing.

It is this illusory perception of "money" that enables "elitist power groups" to control people and the global economy through the global perception of "money".

Now trust me Dear Reader, there is a very great amount that I can reveal about the entire global economy and "monetary system", and their role in "human affairs" having researched and monitored it for decades, but as you will know, the objective of this Newsletter is about Human Beings as Spiritual Beings and of Maximising our Infinite Potential as Spiritual Beings and our reason for Being here on Earth Now.

We can only realise our Spiritual Potential if we recognise that Potential Within.

If we believe that our Experience is due to external factors such as money, religion, material possessions, entertainment and government, then that will be our Experience and our Potential will not be realised.

Before that Realisation process can begin, these factors need to be placed in a proper perspective.

People might think they "need" iPods, "theme parks", "TV soaps" "fast food" and reality shows" and so on, but not only do humans not need these things, they are used to distract us and separate us from our True Spiritual Being.

Human Beings require food, shelter, and real rest and relaxation, broadly speaking, everything else is incidental.

The happiest people on the planet, deep in the wilderness of Earth, already have these.

If on the other hand people in the "modern society" were suddenly deprived of all the latest technological gadgets, TV and other "entertainments", they would no doubt, initially at least, consider it a disaster, when in reality it would be an Awakening and a very valuable opportunity for a new beginning where Life becomes meaningful again.

So why wait?

Why not Awaken Now and find the Path once more?

So what of "money" and material "things"?

The fact is money and material "things" are totally separate - to the extent that they even exist at all.

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Understanding the truth about money and the relevance, or rather lack of relevance of money for acquiring the "things" that we genuinely need, such as food, shelter, clothing and so on, frees us from a dependence on "money" and therefore liberates us from the control, greed and ambitions of the few.

Every single human Being, without exception, is a Divinely Loved, Infinitely Powerful Expression of Source. No condition prevailing on Earth can ever change that.

No human Being is "placed" on Earth in a situation in which they cannot Live or in situations that they cannot handle towards Personal and Spiritual Growth.

The ancient Spiritual Guide who came to be known as "Jesus" made this absolutely clear with his following guidance. I have added my own notes after each section:

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

This statement means that we cannot serve, or trust, two opposing entities.

We simply cannot Realise our True Spiritual Being, Potential and Power Within, while the rational, Ego Mind looks to external people and entities for provision.

When people do this confusion arises, and human nature often takes the path of least resistance, the easiest path which they think will bring immediate gratification.

Plain and simple - we cannot Evolve and achieve our Full Potential and reason for Being by looking to both our Inner Source, God, and dualistic materialism with its associated control structures at the same time. The outcome would be misery.

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 meat, and the body than raiment?

This statement reminds us that we do not need to look towards or think about external, material, power and control oriented "money" or groups such as "government", but rather that All we genuinely need is Within us.

We do not need to "think" about it or "do things", we are already Complete.

We can never "fail" to thrive naturally, but only create the circumstances through thought and action that results in failing to thrive.

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them.

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Look at the birds and other Divine Expressions of Source, many of Whom have been around for hundreds of millions of years. They do not "work", use "money" or worry about anything, they simply accept, with Faith that their needs are already met.

I should mention that by "needs" we do not mean iPod's, theme parks and fast food etc - these are all alien, unnatural distractions, we rather mean are natural needs.

Are ye not much better than they?

By "much better than they" he was did not mean that humans are superior. Humans are not superior to birds, animals, plants or any other life-form. We are All Expressions of Source, All Divinely Loved and All Perfect. Only the Path differs.

No, he rather meant that humans are "equipped" for more.

Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment?

This next statement is absolutely fundamental, and one of the greatest lessons in Life generally.

What he meant by "taking thought" is that thinking about things with the rational, logical Ego Mind can never bring the desired results - Never.

The Moment we start thinking is the Moment that we fail to realise the object of the thought. For example - thinking about "how to make more money" will only result in either not making more money or more likely making less money.

This is the subject of an entire future Newsletter, but here is the Truth. We are already Whole and Complete. We are The All and can Experience any aspect of All.

We cannot however Experience the All, or any aspect of The All by either "thinking" about it, or "trying" to do it.

Experience and Expression is about Spiritual, Inner, Divine realities such as Feeling, Knowing, Faith - true Faith, not blind faith - supported by Divine Love.

All animals except Human Beings accept this as self-evident.

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?

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This truth, which is self-evident, makes the observation that the most Beautiful Expressions of Nature do not need to make any effort, or acquire the money to shop for the latest "fashions". They are rather naturally and perpetually Beautiful.

I would just add that "fashion" is just another form of control that plays on the human desire, of the Ego, to be seen to conform and appear prosperous, and to generally to be "keeping up" with the latest "socio-economic trends" - all human contrived, either as a form of control, and/or to generate money for a tiny minority.

All these are transient, can never survive, and must and will end soon.

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.

In this context "Gentiles" are materialistic people. Back in Jesus day if you were not of Jewish descent such as Jesus, you were a "Gentile" which is a "non-Israelite" or more or less everyone else. The Jews considered the Gentiles to be non-chosen ones on the basis that at that time Jews considered themselves to be "chosen by God" to do God's "will" on Earth.

The Spiritual message however is that Source, God already "knows" are basic needs to fulfil our purpose on Earth, and will always provide these needs except when the rational, Ego Mind exercises Freewill in other directions.

Again - these "needs" are genuine day to day needs necessary to prosper and remain healthy on Earth, while the Earthly mission is pursued and hopefully completed. It does not refer to frivolous material possessions and entertainments.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. -- Matthew 6:24 - 34

So this final message is clear and profound.

Forget the external distractions, illusions and systems of control, and Focus Within - our True and Only Source.

Do not worry about the "past" - it is gone and no longer exists or is relevant. "Yesterday" was the Now in the Moment it was Experienced.

Do not worry about an imaginary "future". There is no "future" - only Now.

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Quantum Mechanics proves conclusively that "space" and "time" does not exist, "locality" does not exist, nothing "exists" in material terms - it is all an illusion.

My 56 page paper, **The Quantum Matrix**, which I wrote for you in March 2011 discusses this in much greater depth:

<http://www.ourultimatereality.com/newsletters/TheQuantumMatrix.pdf>

If we Live in the Moment in the absolute Faith that all genuine needs will always be provided for, then so shall it be.

While this may seem difficult due to control systems and the pressure to conform today, be assured that this situation is simply a phase that humanity has experienced for a purpose, but which will end soon enough, allowing humanity to once again focus on those things that really matter, and the True Source of All genuine needs.

This is all, for now, I wish to discuss on the subject of "money" and "things".

Every single Human Being is already Infinitely Healthy, Infinitely Abundant and Infinitely Joyful.

However, every single Human Being is also Blessed with Freewill and a rational, thinking Ego Mind through which to exercise Divine Freewill, a necessary "tool" for Spiritual Evolution.

It is not human systems of control and socio-economic pressures that bring what is perceived as "misery", "suffering" and "lack" - these are transient and false.

Whatever "happens" externally, or whatever the TV says is "happening" are meaningless except to the extent that we engage them with the rational Ego Mind and thereby make them seem "real".

Whatever "happens" we are Source, God, Infinitely Powerful, Eternal, Immortal Beings Whose Every Need not only will be met but already is met - unless you are convinced or believe otherwise.

To Experience these needs, all we need is to become Aware of them Within.

Remember - people can only drain your power if you choose to allow it. If we do not allow it, then we are Infinitely Powerful, and no harm can possibly come to us.

Never trust your eyes, TV or group of people - Trust Your Divine Inner Guidance - it will always be Faithful, is always True and Will Always Show you The True Path.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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24 July 2011. The End Game And New Beginning

Dear Reader,

Over the last few years, since 2005, I have written many thousands of pages for you on just about every aspect of Spirituality, Metaphysics, Quantum Physics, Evolution Self-Improvement and related subjects, most of which are available on our website:

Over the next few weeks I intend to create an index file that can be downloaded, and which will include linked subject titles for each individual Newsletter.

Every Human is Divine, is an Expression of Perfection, and is a Fully Inclusive Being, with Unique Spiritual, Astral and Physical "Energy Fields" or "bodies", corresponding to Mental or Spiritual Spheres of Energy, the Astral or Afterlife Sphere of Energy and the Physical or Material World we know and Experience as "Earth".

With rapidly escalating and converging World events inexorably unfolding, the moment has finally arrived for my Newsletters to focus on the World around us, the meaning and history of current events, and significance to everyone on the planet.

Everyone should be prepared in Body, Mind and Spirit for what is now exponentially unfolding within our World and Life Experience. Ultimately the physical is a reflection of the Spiritual - "As Above, So Below" - and therefore our Inner State of Mind and Consciousness must always reflect our Outer Experience - by Universal Principle.

Now while we can and always should prepare ourselves Spiritually, the Minds and Consciousness of Billions of Human Beings are being manipulated and controlled by a very few people who wish to maintain and expand this control for their own purposes, and will go to absolutely any extreme to ensure it, without any regard whatsoever for Human Life or Spiritual Evolution. They only crave power and money.

From this Newsletter onwards, we will turn our focus to more immediate matters.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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I have been actively observing the direction of Humanity and of the progression of events that are "shaping Humanity" for the last 35 years of my life here on Earth.

Before that, I formally rejected Religion and all other contrived systems of control at the age of 8 years, having been blessed, even then, to be "shown" how things really are. That was 47 years ago, and I have been following this Path and sharing what I have been made aware of and know to be True. I am now 55 years on this planet.

Observing affairs of Humanity and Earth unfold has been at once an interesting, humbling and often saddening Experience as Humanity has lapsed progressively in to a state of materialism under the direct control of a very few "slave-masters" who will stop at nothing to get what they crave for - notably money, power and control.

During these few decades I have observed a "modern society" where arbitrarily elected politicians, police, military and other "public servants" and "enforcement agencies", who should exist, as originally intended, to Serve the people, but have instead become, often unwittingly, instruments of oppression against the people.

Politicians generally, but especially in the USA, are no longer interested in "serving the people" as their trusted and elected representatives in their "seats of government" but only serving themselves, using the police and courts as enforcers, and would, if necessary, also use the military under so called "martial law".

The military no longer exists to "keep people safe", but instead as a war machine existing only to invade other countries for political, strategic and corporate gain.

This is why, even as the politicians stage this act in Washington to, in the words of Obama, "avert Armageddon", by cutting costs, neither side has one seriously discussed cutting back on the \$1.3 Trillion Dollar military "budget" which is not about "defence" but rather about imperialism and corporate takeover and enforcement.

Of course all of these activities have been carefully packaged to make people believe that it is "all for the good of the people", most recently through a wholly fictitious and make-believe "war on terrorism", largely waged against fictitious, make believe people who are made to seem real through the relentless assault by the mass media which these people also control and use for control.

If people are exposed to such subliminal words such as "war on terror", Al Qaeda", "national security", "keeping you safe" and so on, people accept it as reality. After "9-11" I lost count of the number of times the words "war on terror" were used, shortly before the Homeland Security/Patriot Acts were introduced, and during the phoney invasion of Afghanistan and then Iraq to get the non-existent "weapons of mass destruction". Now it is Libya, next it could be Syria and/or Iran, all for the same fake reasons, and all while "people in the street" are paying through enforced "austerity".

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Of course another arm of this machine to control the human Mind is organised religion, which controls the Minds of billions of people through their respective "churches" and "holy books". I refer here to organised orthodox religions, not Spiritually oriented cultures such as Hinduism, Buddhism and Taoism.

To illustrate this distortion of the perception of reality consider this:

During the holocaust supposedly perpetuated by Nazi Germany, many millions of Jews were killed in a terrible act of genocide which is still remembered to this day.

This number, however apocalyptic and terrible, pales by comparison to the untold millions of people tortured, mutilated, controlled and killed by the Roman Catholic Church all over the World, simply for not changing their cultural beliefs and customs, and also the untold millions of innocent Muslims killed by the American Military and their allies for reasons that have absolutely nothing to do with "the war on terror".

Now in mentioning these facts I am not making a political statement, and neither would I, but rather stating the facts, however uncomfortable, to illustrate that the only difference between the Nazi Holocaust of 70 years ago and the Religious and Military Holocaust still taking place today, is that in these latter two cases large sections of the Human population have been "programmed" to believe that these acts of mass religious and corporate murder are justifiable - "for God and Country".

So why am I bringing these issues to your attention now, after many years of focussing on "the bigger picture" within my weekly Newsletters, Website and book?

Well the answer is very simple, and believe me not without seeking Inner Guidance.

We have Now Entered The End Game and a Pivotal Juncture for Humanity.

Humanity, as a race of Divine Beings Must and Will Evolve to the Next Level.

If Humanity cannot Evolve Collectively through Freewill, Divine Love and Selfless Service, then the Universe will "do it for Humanity" as a fait accompli.

The surface of the Earth and sea beds of the oceans of the World are littered with the very extensive remains of once great and highly advanced civilisations, increasingly more of which are being discovered and filmed by researchers, including structures that would be impossible construct even with modern engineering and technology, and dated to 18,000 or more years - some much older.

The Ancient Vedas of the Ancient Indian Culture describes, in great detail, flying machines and nuclear wars that took place many thousands of years ago. The remains of these apocalyptic events are being discovered in many locations on Earth in the form of what we know today to be the typical aftermath of an atomic explosion.

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For example, the remains of an ancient city have recently been discovered at Rajasthan in India, containing a thick layer of radioactive ash. For centuries there have been a far higher than normal incidence of birth defects and cancers in this region, but no one really knew why. The government has now cordoned off the area.

The latest research indicates that this obvious nuclear blast took place between 8000 and 12000 years ago, destroying most buildings and about 500,000 people.

And again, many similar sites are being discovered in India, the Far East and beyond - all over the World in fact.

The Mahabharata of the Indian Culture clearly describes a catastrophic blast that rocked the continent in antiquity:

"A single projectile charged with all the power in the Universe...An incandescent column of smoke and flame as bright as 10,000 suns, rose in all its splendor...it was an unknown weapon, an iron thunderbolt, a gigantic messenger of death which reduced to ashes an entire race.

"The corpses were so burned as to be unrecognizable. Their hair and nails fell out, pottery broke without any apparent cause, and the birds turned white.

"After a few hours, all foodstuffs were infected. To escape from this fire, the soldiers threw themselves into the river."

Does this sound familiar? Research the terrible aftermath of Hiroshima and Nagasaki atomic weapons unleashed on Japan at the end of the second world war and you will see that there is little difference between accounts of these human created events.

The "Great Flood", although considered to be a biblical event recorded in Genesis of the Old Testament, is actually a summary and modification of actual historic records written thousands of years before in Sumeria, which is now located in Iraq.

The Great Flood was recorded in the Sumerian "Epic of Gilgamesh", but there are also records of this massive deluge surviving from cultures all around the World, between non-connected cultures who recorded this event and how the few survived.

Modern DNA testing has proved that every single Human Being on Earth originated from a group of just a few hundred individuals, and probably just 6 individual females - no doubt the sole survivors of a major apocalyptic, "extinction level" event which devastated and decimated ancient Humans nearly to the point of total extinction.

Does any of this sound familiar?

It certainly should.

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History is repeating itself just as it has always repeated itself again, again and again for hundreds of thousands if not millions of years. Actually "history" is not repeating itself, but only variations of the potential and actual outcomes. But repeating it is.

This may not be immediately obvious because when these "purgative" events took place, the previous "version of humanity" was almost completely eradicated from "the face of the Earth" in order to make way for a very few survivors to start over and build a new version of human civilisation - one that is actually viable.

And this Dear Reader, is where we are today, right Now.

Each of these cyclical "opportunities" does not have to end in catastrophe. it is not Source, the Universe that is responsible - it is the Consciousness of Humanity.

As with every Opportunity, Humanity has the option and ability to totally avoid "natural catastrophe", instead to Evolve collectively to the next level, in Peace and Harmony.

Will this be the case this time around?

I do not know - no one knows. The Human Story is unfolding and Humanity is the Author of that Story with complete control of the outcome - whatever it may be.

Again, plain and simple, Humanity has an opportunity to either "get it right this time" or the Universe as ever will "level the playing field" once again, through some sort of "apocalyptic event", to give humanity "another go" at "getting it right".

So are we even close to "getting it right"?

No - today, in many respects, we are further then ever from "getting it right" than ever before, and hence the new focus of this Newsletter.

Is there still time to "get it right"?

Yes, absolutely. But a Quantum Shift in Conscious Awareness is required first.

That Quantum Shift in Consciousness is definitely out there. There are countless Awakened, Aware and Enlightened Human Beings who understand the reality of this Great Transition, and above all wish to see and Experience its fruition.

Right Now most of Humanity is still living in a "dream world", willing slaves for the powerful few who wish to retain power and control at all costs - the same few who can destroy everything if they are allowed to do so - make no mistake about that.

But here is the glorious Truth.

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The Power of Light is Infinitely more Powerful than the powers of darkness. We can take a Light into a dark room and Light up the room, but we cannot "take darkness" in to a Light room and make it darker. The Light is All Powerful and Encompassing.

So should we "blame" these powerful few who would hijack the Human Spirit?.

No of course not. We are All Divine Beings, Expressions of Perfection and therefore Inherently Perfect, with Divine Freewill. The "controlling forces" could not have gained their position of control unless Humanity as a whole had allowed it.

It is easy to project the "blame" on to "others" in a dualistic world view, but in Truth there are no "others". We are All One, All Perfect, All Divine, All Equal Creators.

These people who seek power and control could never, ever gain power and control unless the majority give it to them - either willingly or through deception.

The time for "blame" has passed.

The Only Way Humanity can prevail, move forward and Evolve is by reclaiming our True Inner Divinity and Power and using it for the Greater Good.

These people in control are not "bad" or "evil" people - these are dualistic human constructs created for convenience and to project responsibility elsewhere. these people may have misunderstood their true Spiritual Nature, and will learn, but they are us and we are them - Humanity has what it "deserves" with immutable certainty.

However Dear Reader, Everything can change, in an instant - but only if the majority Collective Consciousness of Humanity Wills it. Changes do not take place randomly.

How has this "power over humanity" over the many by the few been perpetuated.

I can answer this in a single word: **Choice**.

It has been proven throughout history that overt slavery and oppression never brings out the best in people, who will generally react and behave by doing as little as possible without suffering the consequences - usually pain, mutilation or death.

However - if "**Choice**" is introduced then things immediately become very different.

If people believe that they can "Choose" which country to live in, "Choose" which school to attend, "Choose" which exams to take, "Choose" which university to go to "Choose" which "degree to take", "Choose" which "trade" or "profession" to work within, "Choose" which "employer" they will "work" for for the next 50 years and "Choose" which politician to vote for as President or "Member of Parliament or other form of "government", then people will believe, erroneously, that they are "free".

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Of course, to put it bluntly, this current Human system only really creates "willing slaves" existing only to serve and create power and wealth for the very few, invisible, power craving people, who by no means represent the Human Race as a Whole.

While this might seem suspiciously like a "conspiracy" - be assured that it is not.

Here is the final paragraph, I will provide the entire document in a future Newsletter, of a recorded statement made by Presidential Advisor Edward Mandell House to President Woodrow Wilson, in 1913, the same year that the current system of control was created - the "Federal Reserve Bank" referred to as "our dummy corporation.

"This will inevitably reap to us huge profits beyond our wildest expectations and leave every American a contributor or to this fraud which we will call "Social Insurance." Without realizing it, every American will insure us for any loss we may incur and in this manner; every American will unknowingly be our servant, however begrudgingly. The people will become helpless and without any hope for their redemption and, we will employ the high office of the President of our dummy corporation to foment this plot against America."

I assure you Dear Reader that the actual system perpetrated is vastly more sordid both then and now, and which I may share with you if appropriate in the future.

Suffice it to say - The American Constitution, which was conceptually a great thing representing freedom, liberty and opportunity, has not only been totally betrayed, but actually turned on its head completely to represent the opposite of original intent.

What we are seeing today, in Washington, which is actually controlled by Wall Street, is the inevitable and unstoppable collapse of this "monetary" system of control. The very best these people "in power" can do now beyond all of the public theatrics, is to "kick the can of debt down the road" for another few more weeks or months while they execute the next system of control to tide them over for the next century or so.

However, the one factor these people have massively underestimated is the very factor that the USA was originally built on - **The Human Spirit and Freedom.**

Dear Reader - this current system is failing - again - and must fail completely and never be repeated before Humanity as a Whole can Evolve to the next Level.

The future of Humanity is without "money", "banks", "work", "government", "religion", "police", "courts", "military" - and all other systems of slavery.

It is not enough to remove just one of these factors, or even most of them - they feed off each other, all components of the same, failed, time and again, system.

This is the way it is in the Astral, the Afterlife, and works Perfectly there. **As Above, So Below**, the same must apply here to bring **"The Kingdom of Heaven on Earth"**.

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So why am I sharing this now in my Newsletter?

Simply because Dear Reader, Humanity is almost out of "time".

The Maya were always right about their Long Count Calendar which "resets" on 21 December 2012. The Maya never one even suggested that their calendar "would end", and they never once associated it with any particular event or type of event.

The Maya simply but powerfully measured "natural cosmic cycles". The Maya Long Count Calendar measures Cycles of Consciousness - or "Ages" of Humanity.

Humanity is entering a new era or "age" of Consciousness which must and will reach its ultimate conclusion, regardless of what Humanity do or do not do, either Personally or Collectively. Only Humanity Can Determine How.

This then is the focus of future Newsletters.

If this is not what you wish to read, or do not trust me to share what I know to be true and be a Servant and Guide as we enter this pivotal phase in Human Evolution, then you must unsubscribe from this Newsletter without delay, and follow whichever Path you believe is most appropriate to you. This again is Choice.

All I can humbly submit is that I have never led you astray since 2005, have no "agenda", have nothing to "gain", and will continue to Serve You while I still can.

I cannot and will never suggest how this entire cycle of Human Evolution will "end", or what to "do" while it unfolds.

I can however, in absolute certainty, say how it will begin: Awakening.

Awakening Begins With Awareness.

The Moment for Awakening and Awareness is Now.

If you wish to know how this will all unfold - **Look Within. All Is Within.**

From time to time I will suggest viewing a video, but only if I am totally satisfied that it is valuable, impartial and with no motive other to inform and Enlighten.

Such videos are very few and far between, but there are a few.

I do not endorse any video, or necessarily agree with everything depicted, but I do believe they are worth watching from beginning to end.

This week I recommend viewing the following video production:

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Remember - my only "motive" is Truth and Service For You - nothing else. If you wish to read and see that which suits your "reality", this Newsletter is not for you.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

The Our Ultimate Reality Newsletters

14 August 2014. Social Engineering

Dear Reader,

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

Well once again it has been a "stormy" week both in terms of the financial markets and of course "on the streets" of several cities across England.

I will not be commenting this week on the financial markets specifically, as of course this is generally not the main focus of this Newsletter, but suffice it to say that my predictions of last week came to pass in a rather dramatic and volatile way to say the very least, with the stock markets losing billions of Dollars in value around the World and Gold achieving and exceeding a new all time high of over \$1800 per ounce.

All I will say for now is that I expect this trend to continue as the US Dollar progressively, rapidly and inevitably declines in value, along with the Euro - which may not survive in its present form for much longer, if at all - and the British Pound.

The reasons for the decline of all of these currencies, and other intangible forms of "paper" are similar and ongoing, while Gold, for the reasons we discussed in our Newsletter of last week will inevitably continue its rise, although not of course in a straight line. There will be periods of consolidation and correction. Apart from Gold, the only other currency considered to be safe is the Swiss Franc.

I will discuss these subjects from time to time in future Newsletters, but the main focus, as always, will be Humanity, as we approach and navigate through this Great Transition of Consciousness which is ongoing, and quickly reaching a Singularity.

The events we are seeing in the financial and Gold markets are indicators of this process, not the process itself, but also so too are the events we witnessed taking place in major cities across England, including the city where I was born, which, although not obviously related at one level, are highly related at a much deeper level.

As mentioned last week, this week I will broadly discuss the subjects of Social Engineering and Eugenics, which are related to the events of this last week.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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During this last week, the world looked on as extremely violent behaviour erupted over several nights, first in London and then spreading to other major UK cities.

I do not need to describe these events, the television and other media providing graphic video, commentary and pictures as these events unfolded.

Now while we can never condone, let alone support such behaviour, which, apart from the extensive damage, injuries and loss of human life as well as property, we cannot and must not realise that the root cause of this situation goes much deeper.

First then we must remind ourselves of these Fundamental Truths.

Every Human Being is a Divinely Loved Expression of Source, of God.

Every Human Being is therefore Actually Source, God In Every Way.

Every Human Being is therefore Inherently Perfect.

No Human Being is born with a genetic predisposition towards violence or any other perceived "antisocial" behaviour. Every Human Being is born Equal before Source, before God. No Human Being is more or less "favoured".

There is, in reality, no such concepts as "good", "bad", "evil", "right", "wrong and so on - these are all totally Human constructs. There is Only Experience.

The "Total" of All Humanity, at both a Personal and Collective level is Balance.

Without such Balance there would be no Experience and no Evolution.

That said, everything that we are witnessing in this Transitional and Pivotal Era is the same polarisation of Humanity that has been the case at the conclusion of previous cycles of Human Evolution which, for the most part, Humanity was unable to resolve for itself, thus necessitating a purgative event, such as the "Great Flood" - which far predates the Genesis story or the Old Testament - and before that the destruction and sinking beneath the Oceans of Atlantis and the numerous other large and advanced civilisations around the world, many of which are now being discovered.

Humanity has not yet reached this "point of no return" - the Singularity. The Singularity is the final event or series of events of this Cycle of Consciousness, the outcome of which is totally "fluid" and can be "changed" at any point before then.

Since this cycle of Humanity has chosen the "monetary system" as its tool of learning and Experience, it follows therefore that many events leading towards the Singularity will be directly or indirectly connected to "money", and this is clearly what we are seeing now in these current events and what must inevitably follow.

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Humanity has enacted its own Evolution opportunity this time around through money. So how then does money relate and lead up to the events of this week?

Well in every way actually.

First of all then, let us look at the facts from a broad perspective by asking this question:

Do you think that had any one of these so called "rioters" or "looters" involved in the events in the cities of England would still be acting in the same way had they been born in to a so called "wealthy middle class family" instead of a family struggling for daily for survival in an "inner city" with nothing else to occupy them?

No of course not.

Conversely, had, for example, the British Prime Minister, David Cameron, been born in to a family struggling to survive in an "inner city" under similar circumstances, would he be one of those out on the streets rioting and looting.

Quite possibly.

Many of those arrested and appearing in court are as young as 11 years of age. Does anyone seriously believe that a child of secondary school age is inherently violent and, by the definition of society "criminal", or are their other factors involved?

But look at the reactions, not only of the government, but also the "general public".

The Prime Minister, David Cameron, stated in parliament that these people have "criminal aspirations", just after he had toured the devastated areas in his chauffeur driven limousine, wearing a £500 suit, before probably heading off for a lavish 5 course "luncheon" somewhere.

Meanwhile, for those involved in these events it was also "business as usual" as they struggle with the stark reality of the environment in which they are forced to live.

It is particularly disappointing therefore when over 100,000 UK citizens signed and submitted an online petition to the government, demanding that all the "criminals" in these "inner cities" should have all their remaining social security benefits removed and the whole families should be evicted from their homes. Cameron is also advocating the control and censorship of the Internet Social network sites such as Facebook and Twitter which he claims were used to orchestrate these events..

Also, what David Cameron fails to appreciate, while authorising the use of "water cannons" and "plastic bullets" is that he is actually treating British citizens and people as he does an "enemy of war" in the various "allied" military invasions taking place, instead of people who need to be heard. These actions could start a revolution.

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But now let us place this in a more balanced perspective.

Who are really the "looters" and who are really those causing apocalyptic damage?

To answer the first question, we need look no further than the "banking system".

The banking system is inherently corrupt at every level, and has "looted" and continues to "loot" hundreds of Trillions of Dollars at the expense of everyone else.

The banking system, through the "International Monetary Fund" not only loots money, but also the property of entire countries such as Greece which has almost completely as a result lost its own sovereignty.

The IMF is used by the international banking cartels to offer and extend massive "loans that they cannot possibly hope to repay, often being placed in that position by "external agencies". If a country does not repay its due loan instalments, the IMF start to take the assets of the country as collateral and in lieu of the payments.

So in reality, there is no difference between the "respectable" IMF and the "loan sharks" operating on the streets of the "inner cities" except that the IMF prey on whole countries and populations, while street counterparts prey on destitute families.

The looting by the international banking cartel is carried out through their pervasive control and covert ownership of central banks who "create money from thin air", notably the privately owned "Federal Reserve" who print trillions every year in US Dollars, and by controlling the "democratically elected" politicians, who only work for the people that give them the most money and other "incentives". The politicians also work for the international cabal corporations and "special interest" groups.

Politicians most certainly do not represent the people who elected them. Candidates in an election only exist to make people believe that they have a choice - there is no choice - all political parties are the same, and under the control of the same entities.

The "fractional reserve banking" system, together with central banks unlimited money printing capability with their fiat currencies, debt and interest, have, for 100 years, progressively siphoned, or "looted" whatever "real" money exists, to the extent that paper money is "real at all", from the vast majority to the very few. This process is exponentially ongoing due the mechanism of the system, so that those at the "bottom" are not only becoming more desperate, but also progressively more in number as the very few in control at the top of the system become even wealthier.

This scam, which is a pyramid scheme in terms of both money and people, was predicated on the assumption that an ever increasing population, would subject themselves to ever more debt, to buy ever more material possessions, ever more frequently due to built-in obsolescence - this is the only way it could be sustained.

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It is no longer sustained. The "scam" in 2008 involving the trading of toxic "leveraged securitised mortgages" and other so called "collateralised debt obligations", including terminated the perpetuation and sustainability their own "system" when their, what amounts to "gambling habits", went very wrong, and would certainly have crashed the entire banking system had the Federal Reserve not printed trillions more Dollars to "bail them out", because "they are too big to fail", and do not like losing their bets.

These factors are of course the main reasons why the entire "monetary system" is now in "meltdown", cannot be rescued, and why people who understand this are protecting their future security and that of their families through Gold, until such time as the next version of the monetary system emerges - based upon Gold again.

So this deals basically with the "looting" side of things, now let us look at the comparison with "criminal damage".

I would like to emphasise however that all the above discussions relating to "money", "debt", "US Dollar" as well as "Gold" are still very much dualistic in nature, since ultimately there is only Mind, Consciousness and Oneness.

However - as I am sure, or at least hope I have made clear, we are discussing these factors because every Human Being is ultimately an "Wholeness" and Oneness and Inseparability of Body, Mind and Spirit, all of which must be accounted for.

The damage caused by "rioters" this week, unfortunate though it was, pales by comparison with the holocaust levels of death, misery and destruction wrought by the USA military machines and their so called "allies" on Middle Eastern Muslim predominately countries such as Afghanistan and Iraq, and more recently Libya, with Syria becoming increasingly targeted followed by hints relating to Iran.

Before moving on, there have been a series of events recently which really highlight the selective propaganda and hypocrisy of the USA and their allies all too vividly.

A quite recent development is the more extensive use by US military of the "General Atomics MQ-1 Predator" "drone", a small, remote controlled unmanned "plane".

The MQ-1 Predator "UAV" was originally designed for the purposes of unmanned "aerial reconnaissance" device which was recently modified to carry and deploy the destructive air-to-ground "AGM-114 Hellfire missiles".

The US military recently started sending these "drones" in to Pakistan, which is not formally under "allied occupation". Recently one of these drones "went astray" and crashed in Pakistan, destroying a whole street, and killing whole families of people.

The official explanation by the US military was that this was "simply a mishap".

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So when people in so called "inner cities" are driven by desperation to destroying properties in streets they are labelled as "aspiring criminals" who should "have their benefits and homes taken away", but when the US military cause much more destruction and death it is a "mishap" that is barely worthy of "making the news".

Of course, the US and their allies have already killed untold millions of innocent people, mostly "civilians" who are in no way involved in the hostilities or wish to be, while executing allied imperial invasions of Afghanistan, Iraq and other countries, for reasons that have nothing to do with "keeping people safe" but everything to do with gaining strategic benefits in terms of commodities and military and strategic position.

Of course there is a "war" taking place in these countries. The Taliban, "Iraqi insurgents" and others are fighting to defend their own home country was illegally invaded, as well as fighting to defend their families and future existence.

This aggression is not "making people safe", because people who are invaded and shot at are very likely to take revenge upon the very people and countries that invaded their own country without any provocation. This is Human Nature.

Now let us look at a much more insidious aspect of the Afghanistan "allied invasion".

Some years ago, the then USSR, invaded Afghanistan to further their own empire.

Over the years of this invasion, the US and allies covertly supplied the Taliban with automatic weapons, rocket launchers, grenade launchers, anti-aircraft missiles etc.

Some years after the USSR withdrew, The Taliban took control over their own country which they fought and many died, as well as the general destruction.

A part of the new "regime" of the Taliban was to eliminate the "Opium Poppy industry" which was then the origin of 70% of the global heroine trade making its way on to the streets of Europe and the USA as well as other countries, because they did not wish to govern a country funded by addictive "street drugs", especially heroine.

It did not take the Taliban long to reduce the Opium Poppy production to 10%.

Soon afterwards, "9/11" was staged and very quickly used as the justification to invade Afghanistan on the erroneous pretext that "Al Qaeda", which was a completely fictitious entity invented by the CIA, but still "brought down the twin towers" were "hiding in caves" in Afghanistan led by the infamous Osama Bin Laden.

As an aside, there are many respected highly respected witnesses who know that Bin Laden died of natural causes in 2004 and his body handed over to the CIA. President Bush apparently ordered that the body "be kept on ice" to used at, a quote, a "politically expedient time". Well this "politically expedient time" happened quite recently, just as president Obama's rating were falling, before the 2012 elections.

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Since the allied invasion of Afghanistan, the Opium Poppy and therefore heroine production and distribution has increased to 90% of the world "supply", almost certainly under the control of the CIA and possibly also MI6 and Mossad. There are plenty of independent photographs and videos in fact of soldiers not only patrolling, opium poppy fields, but also assisting the locals to care for and "tend the harvest".

This then appears to be a main covert motive for invading Afghanistan, as well as the other "captured commodity" in Iraq, Libya etc - crude oil. The US also wants to "take out" Hugo Chavez in Venezuela for the same reasons, but so far has failed.

But here then is the point - how more damaging can it be to orchestrate and facilitate the production and distribution of very addictive heroine to the streets of the world?

Yet these people do this not only legally, but as heroes for "keeping people safe". So how can this absurd situation be staged and perpetuated?

Quite simply in two words "**Social Engineering**".

Those seeking to control everything and everyone through the international banking system cartel and through numerous other ways, also control the "popular media" such as TV, radio, newspapers, Internet news sites as well as entire governments.

Human perception of just about everything that takes place on this planet is controlled through Social Engineering in its various forms, together with a bombardment of society with other forms of control to "keep people dumbed down and occupied" through television, technology, the Internet and other social systems.

Humanity is also being "dumbed down" and poisoned through control of food and water supplies, and even the air we breathe. Yet these are represented as being "progress", "in the best interests" of everyone by caring, benevolent governments.

How can this happen? The label we may apply is again "**Social Engineering**".

In the words of Morpheus, in the movie "The Matrix":

"You have been living in a dream world". " A prison - a prison for your Mind".

Of course Earth is not "The Matrix", but it might as well be, so close is the likeness.

The only real difference is that "the machines" in The Matrix are the same likeness as the international banking cartel, cabal corporations and control seeking "special interest groups" while the "Agents" are the world governments, CIA, MI6 and Mossad through methods of accepted "enforcement" such as "Homeland Security", "FEMA" and other bogus entities, and increasingly, more recently, the police and military.

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I could write hundreds or pages detailing all the extremely sordid history of how humanity has reached this pivotal juncture, but I will not.

It is not for me to suggest how people should "think", and what they should "do", which after all is how humanity has reached this point in the first place, but rather bring attention to these realities, in the gentlest possible way, that people may awaken and claim their place in that which is to come - which could be Glorious.

And again, while we speak of these "organisations", "cartels" and entities, we are engaged in a duality based dream, where in fact these are **Aspect of Our"Selves"**.

Whether Glorious or not, we have nearly arrived at a Singularity from which the next Evolution of Human Consciousness will emerge - in whatever form.

However Dear Reader know this - it is not the indigent, the destitute or the the hopelessly desperate who have wrought these recent increasing climatic events, or wrought the international banking cartels and their owners and servants - it is **Humanity as a Whole** - which means **Everyone**. All that we "witness" and Experience is but a reflection of "Us", both at a Personal and Collective level. We are Ultimately One. We must All take Equal Responsibility for and Participation in the next Evolution of Consciousness of Humanity, whether indigent, desperate, "banking cartel", government, "you" or "I". We are "in this together" creating our "destiny".

We should never, ever seek to externalise "blame" or "responsibility" - All Humanity is to "blame" and is All "responsible" for the final outcome soon to be upon us.

Whatever labels we choose to accept or reject in Life, only one label really matters - Divine Perfection.

We are All Source, we are All God, we are All Perfect, we are All That Is - how could we be less than Perfect or Divine?

The Universe is unfolding as it should. Every one of us are the Architects.

Very recently a watched a couple of documentaries on TV which gave me great hope.

One of these was a documentary about the Moscow, the capital city of now Russia, and the fantastic leisure and relaxation facilities they enjoy in the form of water sports and nature. The sheer Joy of all people there, Russians and many other nationalities, all enjoying the Freedom and Joy as One was absolute, in a city that has been demonised by many other countries, and faced great political and socio-economic challenges in the last decade. Moscow and Russia are a shining Light.

I also watched an interview with the President of Iran, Mahmoud Ahmadinejad.

What an exceptionally enlightened message and global example he conveys.

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When asked about "Iran's nuclear weapon aspirations" he had this to say, and I am paraphrasing closely:

"Nuclear weapons are of the 20th century, a bygone era. The 21st century is all about Peace, Knowledge, Mind and Humanity where any notional divisions such as East and West, Christian, Jewish or Muslim are very much secondary ".

Well all I can say to this "amen to that".

Dear Reader, please do not allow Social Engineering by those notionally enslaving our countries to detract you from the Truth and Reality, Mind, Spirit and Body. This is the juncture where All must Awaken, and Think for Yourself, in Joy and Peace. All Is Within - We need seek no further for the Truth. You will not find Truth elsewhere.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

The Our Ultimate Reality Newsletters

21 August 2011. The Conscious Revolution

Dear Reader,

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

It is certainly good to see calm on the streets once again, let us hope that it lasts. As the calms descends however, we should always be mindful of the fact that the underlying causes are not only still present and relevant, but increasingly so, and that unless a fundamental change occurs then the slide of humanity will continue.

The attitude of the UK government serves to highlight an increasing dichotomy to almost schizophrenic degrees. With an almost total failure to recognise the underlying cause of the rioting, looting and other unrest, the "system" is seeking to brutally punish "young offenders" as "criminals", when the true criminals are the international banking cartels and successive governments who, through their own relentless, obsessive and uncompassionate quest for power have created the current and increasing uneven distribution of wealth, to the point now where those very few at the top of the pyramid have trillions, and the increasing majority at the base of the pyramid have no wealth, no prospects and no hope.

What message does it send to young people who see government fiddling millions in expenses, bankers paying themselves millions for losing millions, and nations killing and torturing millions of people with impunity in foreign countries in order to grab commodities, land and military position? Who are the real criminals?

Now as I have mentioned this last couple of weeks, this Newsletter, which has been published almost every week since 2005, is to focus on our Divinity and Spirituality through an awakening of Mind and Consciousness. As Whole Beings however, Humans are an inseparable Completeness of Mind, Spirit and Body, which includes physical Experience, neither component of which can be overlooked. As Human Beings we are Blessed with the Freewill to make Choices, but only if we are aware of the existence and Nature of those choices - which many, if not most, are not. That said, Mind and Consciousness is All Powerful, not words, guns, money or any other socio-economic factor, so we must find that balance here as well. So this week I will return to the power of Awareness, Mind and Consciousness in these challenges.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

The Our Ultimate Reality Newsletters

I will begin today's Newsletter by repeating my opening words of last week:

During this last week, the world looked on as extremely violent behaviour erupted over several nights, first in London and then spreading to other major UK cities.

I do not need to describe these events, the television and other media providing graphic video, commentary and pictures as these events unfolded.

Now while we can never condone, let alone support such behaviour, which, apart from the extensive damage, injuries and loss of human life as well as property, we cannot and must not realise that the root cause of this situation goes much deeper.

First then we must remind ourselves of these Fundamental Truths.

Every Human Being is a Divinely Loved Expression of Source, of God.

Every Human Being is therefore Actually Source, God In Every Way.

Every Human Being is therefore Inherently Perfect.

No Human Being is born with a genetic predisposition towards violence or any other perceived "antisocial" behaviour. Every Human Being is born Equal before Source, before God. No Human Being is more or less "favoured".

There is, in reality, no such concepts as "good", "bad", "evil", "right", "wrong and so on - these are all totally Human constructs. There is Only Experience.

The "Total" of All Humanity, at both a Personal and Collective level is Balance.

Without such Balance there would be no Experience and no Evolution.

That said, everything that we are witnessing in this Transitional and Pivotal Era is the same polarisation of Humanity that has been the case at the conclusion of previous cycles of Human Evolution which, for the most part, Humanity was unable to resolve for itself, thus necessitating a purgative event, such as the "Great Flood" - which far predates the Genesis story or the Old Testament - and before that the destruction and sinking beneath the Oceans of Atlantis and the numerous other large and advanced civilisations around the world, many of which are now being discovered.

Humanity has not yet reached this "point of no return" - the Singularity. The Singularity is the final event or series of events of this Cycle of Consciousness, the outcome of which is totally "fluid" and can be "changed" at any point before then.

Since this cycle of Humanity has chosen the "monetary system" as its tool of learning and Experience, it follows therefore that many events leading towards the Singularity

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will be directly or indirectly connected to "money", and this is clearly what we are seeing now in these current events and what must inevitably follow.

So.....

So how does Humanity progress towards Evolving to the next level of Consciousness through Freewill, and therefore making the right choices, both personally and Collectively, before Source, God, The "Universe" "pushes the reset button" as has been the case in previous cycles of Evolutionary opportunity?

Well this time around, as discussed last week, Humanity, Collectively, has, through Freewill and Choice, given huge power to this concept we call "money".

We should make this extremely clear, because soon it will become self-evident:

Money has power only because it is a collective dream shared by Humanity. When Humanity awakes from this dream, money will be seen for what it really is, or more specifically is not, and will be seen as powerless bits of paper.

We must never seek to apportion "blame" for this situation, since all Humanity has implicitly agreed to participate in the illusion of money through Freewill.

Without such implicit acceptance, Humanity would not be where it is today because those very few controlling Humanity today do so through paper currency and debt which either has no intrinsic value or negative intrinsic value in the case of debt.

While such a system exists, and the majority willingly empower this system through participation, there will be those seeking to exploit the system for more power.

Again, we cannot and should not judge these people, because without the acceptance and cooperation of Humanity, they would have gained no such power.

Throughout recent history, going back many centuries, even millennia, the only periods where there was stability and equality of money was when the money was linked to tangible value, always Gold and to a lesser extent to Silver.

The most recent slide, and the beginning of the end for this "monetary system" to the current socio-economic status of the World really began under President Nixon in 1971, when he declared that the US Dollar would no longer be valued according to its equivalent in Gold, but instead would be based on "fiat", or "trust" only in the USA as a country, a model then repeated around the World controlled by "central banks".

This decoupling of the paper Dollar from tangible Gold allowed unlimited quantities of both money and debt to be literally created out of thin air, with no value basis.

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The reason Gold continues to reach new all time high prices against the US Dollar is not so much due to a rise in the value of Gold itself - that is still to come - but due to a devaluation of the Dollar thereby inflating the price of Gold, Oil and foods etc.

This devaluation became exponential and totally out of control in 2008, after trillions of Dollars were printed by the Federal Reserve to "bail out" the banks after losses incurred gambling "toxic" securitised mortgages and "collateralised debt obligations".

This situation also applies to the Euro and the British Pound for similar reasons.

Much more could be said about this, but I have discussed many of the factors already in previous Newsletters and may do so, as appropriate in future Newsletters.

Suffice it to say - the current global "monetary system" has now terminally failed, is out of control, and paper money is returning to its base value as it did recently in for example Zimbabwe, and before that the Weimar Republic of Germany in the 1920's, where trillions of units of currency was required to purchase even a loaf of bread. This is "hyperinflation" and is where the US Dollar, Pound and Euro are heading.

So what then does this have to do with the subject of this week's Newsletter?

Well, this time around the whole World is involved, and, as mentioned previously, is coincident with the end of the current "Age of Consciousness" and the beginning of the next Age of Consciousness, which this time will be enacted, directly or indirectly through "money". If humanity cannot resolve this, the Universe will do it for us through "natural causes" as has been the case at the turn of previous cycles.

It is not "money", in and of itself - after all "money" is just paper and an imaginary but agreed form of value - it is how Humanity resolves the coming "monetary crisis".

How then can "money", seemingly benign paper, present such a challenge?

Well there are countless peripheral reasons, but the main reasons revolve around the dependency of "modern society" on the concept and perceived value of money.

Money is "economic slavery" and those controlling money are the "slave masters".

Now as things stand today, neither the slaves or masters wish to change. The slaves, the majority of "modern society", desperately wishes to cling to its material existence in all of its manifestations, and the "masters" wish to retain their control.

The way things are rapidly heading, neither of these will be possible in the very near future, as the means to purchase material possessions and the means to control Human Beings through money are rapidly, and inevitably coming to an end, just as in the Weimar Republic of Germany in the early twentieth century, and repeated many

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time since around the world, when a wheelbarrow stacked high with paper "money" was required to purchase a few very basic provisions from the local general store.

The US Dollar, Euro and British Pound are very fast heading in the same direction.

Billions of people will not wish to see "everything they have worked hard and saved for all their lives" effectively become worthless, while the international banking cartel who perpetuated this plot in the pursuit of wealth, power and control will not want to relinquish their wealth and power, and will therefore do anything to preserve it.

Of course, those in control have the upper hand because they also control the military and police as well as governments and industry, and would use all these against "the people" as they are increasingly doing now around the world.
So what then is the way forward?

Well clearly the international banking cartel and the governments and international corporate cabals they control are not going to simply give their material control of everything as well as the means of enforcement through government, military and police, which they are using increasingly more against the population at large.

Clearly Humanity needs much more influence and control over world affairs and the affairs of people, but this can only happen if the current "regime" agree, and will subsequently be willing to facilitate such a change which they clearly will not. They are addicted to money, wealth and power and will definitely not relinquish it willingly.

So Dear Reader the only answer is simple: **Revolution.**

Now by "revolution" I am not referring to "revolution" in the traditional sense, which is usually settled through armies, guns and warfare, but a different sort of revolution:

A Revolution of Consciousness.

What do I mean by that?

Well - although on a visible and materially experiential level "control" seems to be enforced through those forcibly exerting control, through governments, military, police and other means, **such control would not be possible unless the consensus of Humanity - the Collective Human Consciousness - had not willingly and knowingly accepted and facilitated such forms of control.**

It is only the majority of Human "Belief", "Faith" in and therefore Acceptance of the current system through Collective Human Consciousness that perpetuates it.

As long as the Collective Human Consciousness provides power to this system through acceptance and participation, it cannot will not change. Humanity is Experiencing, Perfectly, All that Humanity Expects and Believes, with Faith, is True.

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It serves no useful purpose to simply accept this as "the way things are", or to complain to others about "your lot" or how "hard things are becoming", because such complaints are still within the context of the inevitability of the current system, which words alone cannot change.

So then, what is required for True Change to take place?

The answer to this question is very simple Dear Reader:

Humanity Must Wake Up, Acquire Realisation, and Desire and Will Change.

Change simply cannot and will not take place any in other way.

All True Change Experienced at a Physical Level Must First take place Through Mind and Consciousness at a non-physical level, Personally and Collectively. Without Mind and Consciousness there is no change - there is Nothing. "As Above, So Below".

Plain and simple - All can Change in a Moment, but Only Through Mind and Consciousness, Which Is All That Is, and The Only True Source of Power.

Now one of the big challenges for many is that "modern society" has defined what is considered to be "normal" behaviour or "abnormal" behaviour.

"Modern Society" expects people to conform to the "norms" imposed, religions etc, and most feel compelled to live up the expectations of "norms" imposed by family, friends and society generally, including the pressure to "keep up of appearances".

It is these factors however that allows Humanity to be willingly controlled through money and debt. Those who deviate from such "norms" are labelled as "eccentric", or very frequently in the words of psychologists and psychiatrists "maladjusted".

Well here is the Truth in the words of the late, great **Jiddu Krishnamurti**:

"It is no measure of health to be well adjusted to a profoundly sick society".

Well Dear Reader, if we are to be honest, Krishnamurti observed this decades ago, and today, by that definition, "society" is now on life-support, and barely has a pulse.

So something must change, and change begins with Mind and Consciousness.

However, before such Change, through Mind and Consciousness can begin, there first needs to be Awakening, Recognition, Resolution to Change, and a Will To Change - both Personally and Collectively. **This includes everyone - there is no "leaving it to others" or resigned, reluctant acceptance of "the way things are".**

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I frequently hear the complaint "*well there is nothing we can do about it, so we had better just make the most of it*".

But of course, if everyone were to think and believe this, with similar acceptance, then not only will nothing change, "things" will get harder and harder, more and more oppressed and more and more miserable - yet everyone is getting what they expect.

Insanity is doing the same thing over and over again and expecting different results. --- Albert Einstein

Insanity in individuals is something rare - but in groups, parties, nations and epochs, it is the rule. --- Friedrich Nietzsche

Yet in reality we need "do" nothing physically.

True change begins and ends in Mind, Consciousness out of Divine Freewill.

If everyone, or at least a majority of Collective Consciousness, would agree that the current system of human control through money, debt and materialism cannot be perpetuated, and can never lead to True Happiness, Joy and Freedom, then Humanity can, in a Moment Change its Mind in favour of a direction that does.

More crucially, humanity can Change its Mind in a direction that will finally facilitate Evolution to the next level of Consciousness, which is the very opportunity that this Great Transition, we are all Experiencing Now, really offers.

If Humanity does not accept this opportunity, the same natural, immutable cycle will be repeated once again, just as has been the case in many previous cycles.

So again, plain and simple, required now is a **Revolution of Consciousness**.

Before this Revolution of Consciousness can finally become a Reality and this Fulfilled however, Humanity must first see through all of the layers of duality, materialism and separation in order to see, feel and know the Total Oneness of All.

In such a new Revolution of Consciousness, there can be no collection of, attachment to material "things" - through which Humanity has been enslaved through the collective illusion of "money" - there can be no anger, hatred or "ill feeling" towards "others", there are no "others", there can be no desire, grasping or greed.

Now while this might seem somewhat "utopian" for many, if not most, and a difficult change out of choice, the accelerating events Humanity is currently experiencing is not to "make life difficult" or to cause "hardship" .These are all from the Human perception of how "things should be", due largely to manipulation by the very few.

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The global "monetary system" is on the verge of collapse, because the fraud it has perpetuated is no longer sustainable. This is why we are seeing an increasingly "fascist" and controlling approach from governments through police and military, which is rapidly becoming the only method of "controlling the masses" available.

This same cycle, as mentioned before, has been enacted numerous times in the history of Humanity previously, always previously resulting in collapse and renewal.

So how should this Revolution of Consciousness begin if it is to succeed?

Well there are a multitude of factors, but one of the first such factors **is the recognition of the illusory nature of the "material things"** which, through consumerism, are being used to control Humanity in the name of "progress".

Human Beings need only ample nourishing food, shelter, rest, relaxation and above all Love. Once this is recognised the **Revolution in Consciousness can begin.**

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

Brought to You In Divine Love, Light and Service,

Adrian.

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11 September 2011. The Moment Of Awakening Is Now

Dear Reader,

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

I have received many emails following our recent Newsletters on many aspects of our discussions, all of which I will address in this and future Newsletters.

One recurring questions relates broadly to "standard of living", with people wondering what will become of IPod's, theme parks, shopping malls and all other trappings of "modern society". I use the word "trappings" intentionally, because Humanity has indeed become trapped in an illusion of consumerism fuelled by debt.

For the last 40 years at least, Humanity has been living a lie, an illusion, a delusion, a bad dream, orchestrated by the so called "globalists" with the objective of enslaving Humanity, communities and indeed whole countries. This is escalating as we near the end-game and Singularity that will "reset" Humanity to the start again.

As Human Beings our needs are very basic - ample high quality, nutritious, natural food, shelter to the extent it is necessary, and not big buildings with lots of rooms to be filled with the trappings of a consumer driven existence, and above all - Love.

Humanity, in order to genuinely move forward Spiritually and as One, must first move "backwards" in terms of materialism, money, banks, debt, and all other trappings, in order to return to the basics, living in Harmony with the Earth and Selfless Service.

The way in which "civilisation" on Earth has developed in to what it has become today is both highly damaging and totally unsustainable in every sense, and must therefore end, very soon, in whatever process or events that unfolds. Only then can Humanity Realise Our True Divine Nature, Power, Potential and Reason for Being.

This process is taking place Now, will accelerate, but only Humanity as a Whole can still write the final chapter - all options are open - it is never "over until it is truly over".

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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In recent weeks many people have emailed me pointing out "how futile" it is to endeavour to awaken family, friends and others to the Reality of where Humanity is today, and the Great Transitional Events that lie just ahead and approaching fast.

After all, they say, there are nearly 7 billion people in the World, and most are so suppressed, oppressed, deluded and enslaved by "the system" that they will never be able to see beyond and break out of the delusion, illusion, dream, to find the courage to confront the Truth, to Change, and Prepare for the Great Events ahead, that they may participate and Emerge "on the other side" in the "best possible Light".

Well Dear Reader, here is the Glorious and Powerful Truth.

"Separation" is an illusion, a duality, a "trick of the Mind", albeit a necessary one in order to interact with the physical environment of Earth and other forms of Life.

Earth, and other planets in the physical Universe are the first step on the "Spiritual ladder", a Cosmic Kindergarten, a "sand box", from which every single person without exception must first graduate before moving on to Greater Experiences and responsible Roles in the Totality of Life within Source Mind and Consciousness.

Earth and the physical Universe of matter generally is the only Vibratory Frequency of The All where Souls of every possible stage of learning, Spiritual Evolution and Nature share the same Existential level of Experience and Environment. This does not apply to the Astral Spheres, Mental Spheres and beyond, where every Spirit Experiences Life on the same Vibratory Frequency and therefore Spiritual Evolution.

While Earth therefore may seem extremely challenging, Earth is also the "fast track" to Higher Spiritual Evolution that our Higher Self has chosen, and for that we should be most grateful as many Higher Selves do not choose the rigours of this Earth Path.

Final Graduation from this Vibratory Frequency is therefore a phenomenal achievement, and well worth the perseverance. That said, once a person understands the True Nature of Reality, the Oneness, Divine Love and Service, then Earth ceases to be a challenge, instead Being Perpetual Joy. This is Enlightenment.

Now Enlightenment is not reserved just for the "privileged few". Enlightenment is within reach of All who recognise their potential, Live in Spirit and strive for Perfection, never allowing "background noise" of "modern society" to deflect Mind, Peace and Consciousness in any way, with Joy, Realisation and Love in their Heart.

So how then can just a few people profoundly awaken the majority?

Well, the Truth is the same Truth that motivates me to dedicate every Sunday since 2005 to writing and sending your Newsletter to many thousands of people every week who choose to receive it. This is an ongoing awakening process where eventually a "critical mass" of Human Awakening and Consciousness is attained.

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Associated with this Awakening and New Level of Consciousness is a completely changed "sense of priority" based upon Service to Others Before Self, Inner Realisation and Divine Love towards All Forms of Life and Expressions of Source.

In total, this will result in a Raising of Energy Vibratory Frequency of Soul and Spirit.

Because Humanity is intimately connected and Experiences as One at a "Higher Level", it is not always necessary to "reach people" at a "lower level".

Every single Thought, Feeling and Emotion Experienced by every person is "added to" or "subtracted from" the Whole Collective Human Consciousness, depending on the overall Vibratory Frequency. So Joy will add to the overall Vibratory Frequency of Humanity while fear will subtract from the overall Vibratory Frequency of Humanity.

This also applies to Awakening and Conscious Awareness, whereby the Awakening, Inner Realisation and Enlightenment of a single person contributes to the Awakening and potential for Enlightenment of the Whole Human Collective Consciousness.

The person who came to be known as "Jesus", before his name was turned in to a religion for nefarious purposes - power and control through fear and guilt - came to Earth to raise Vibratory Frequency and Consciousness of Humanity through Divine Love - this is the True meaning of "Christ" which is the Highest Vibration of Love.

So what is the "mechanism" for this Great Awakening and Enlightenment process?

A very graphic and observable illustration of the group Mind in "higher" level animals can be observed by the "hundreth monkey effect" as observed by biologist Lyall Watson in his exceptional book "Lifetide".

This unique and in many ways pivotal experiment took place on a remote Japanese island where researchers started to feed sweet potatoes to local Macaque monkeys.

This was a new, never previously encountered desirable food for these monkeys.

The monkeys liked the sweet potatoes very much and wanted more, but did not like the gritty texture of the sand that coated the potatoes picked up from the beach.

Soon one lone monkey had the idea to wash the potatoes in the sea to remove the sand, and soon discovered that the sea water also added a desirable salty taste.

In due course more and more monkeys on the same island began to emulate the potato washing habit of the original monkey, and enjoyed the sweet potatoes more.

Very soon the same "washing the sweet potatoes in the sea" behaviour was being practiced spontaneously by the entire Macaque monkey community on the island.

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A critical mass of monkeys washing their sweet potatoes had been reached.

Now here then is the remarkable progression of events.

Very soon, whole communities of Macaque monkeys on other totally unconnected islands, some hundreds of miles away, spontaneously began the practice of washing their sweet potatoes in the sea, even though there was no possible connection or communication between these Islands and their communities of Macaque monkeys.

This then is a more dramatic and observable example of the “group-entity Mind”.

The Humankind "entity", State of Being, the “higher” state of the human Mind as opposed to its physical counterpart bound by the Ego and five physical senses, dwells in a no-dimensional reality where space and time do not exist. Accordingly, what are normally perceived as "individuals" at a physical level are actually aspects of one single aspect of Collective Mind, the “Humankind entity” or “Plane of the Human Mind”. Like all “planes” in the Universe, the Plane of the Human Mind is a Vibratory Frequency of Energy shared by all Humans who have attained that level.

Although humans and other entities remain as Individuated Consciousness throughout the multi-dimensional continuum of the Universe, from the Ego and physical world to the very highest levels, Human Beings also share a common plane of Mind, or Consciousness, according to the form of entity and the level of evolution of the entity. Currently, as mentioned before, most Human Beings today share the level of Energy and Vibration, corresponding to the fourth plane of the human Mind.

This principle applies to all levels of all of the classes of “entities” and Expressions of Life from the very lowest to the very highest. Only Source, God, First Cause, has a complete “overview” or "perspective of all "classes of entity", Expressions of Life.

It should however be immediately mentioned, before continuing, that in Reality it is erroneous to think in terms of "higher or lower entities" - I use these words simply to illustrate my point. Before Source, God if you prefer, **All Expressions of Source, of Life are Totally Equal, simply representing different aspects of Source, of God.**

There is no difference between a Human Being, a Cow , a Cat, a Dog, a Dolphin, a Bacterium, an Amoeba, or a Being from another planet - All Are Equal, All Have an Equal Role Within The Whole, and All Collectively Represent Balance and Harmony, Without Which No-Thing Could Exist.

The concept of the “group entity” has been referred to throughout the ages.

Plato discussed transcendent invisible “forms” which cause physical manifestation in the physical world.

The Swiss psychologist Carl Jung concluded that Human Beings share a “Collective Unconscious” which lies deeper than the unconscious of each individual. This collective

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unconscious, or “group entity”, was further supported by Jung when he also noted that the same symbols, myths, fairy tales and similar traditions could be found in several geographically diverse cultures, even though no physical communication or other connection could possibly ever have ever occurred between them. Actually, "Collective Unconscious" is somewhat of a misnomer - it would be more appropriate to say "Unconscious Collective" since most cannot perceive it.

So each "class of entity" exists within the Energy and Vibratory Continuum of the Universe beyond temporal, sequential, linear Experience of "space" and "time".

The "Humankind Entity" includes all humans existing now, have ever existed and ever will exist relative to the Temporal, Transient Experience of the "Space-Time Continuum", Experienced through Ego and five physical senses.

It can be noted that this is the solution to the very frequently asked question “how are new Souls created on Earth out of nothing, in consideration of the fact that the world population is greater today than ever it was in the past, and still growing”?

The solution to this apparent mystery in fact is that these Souls have always existed as Higher Selves of Spirit beyond the confines of physical space and time in the “Eternal Now”, and accordingly therefore are not “new” Souls at all. These Souls are quite simply Expressed into the Temporal Space-Time Continuum bound world of matter from Higher Self within the eternal continuum of inner Vibratory Frequency of Energy where they have always existed as Spirit, and Equal Aspect of Source.

Here in the physical world, erroneously referred to as “reality”, humans can only perceive a three dimensional existence in accordance with the feedback of the five physical senses and organic brain. However, from a "multi-dimensional perspective", Higher Self of an individual Spirit Consciousness can perceive all possible inter-relationships, possibilities and potentials completely beyond the awareness and comprehension of humans living exclusively from a physical world perspective.

Accordingly, “Higher Self” of each individual has full "access" to the Energy continuum of "reality", and can therefore, whenever required to do so, provide its individual physical Ego counterpart with extremely valuable guidance based upon what it can perceive beyond the confines of the temporal space-time environment.

As members of the “humankind entity”, this also explains the "phenomena" that are often so baffling to so many people, and source of scepticism today, such as certain forms of telepathy, telekinesis, remote viewing, and many other so called “psychic phenomena”, which in fact are nothing more than a completely natural Potential of Collective Source Mind, in accordance with Immutable Universal Principles.

How then does this relate to the current "Collective World Experience" of Humanity?

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Well quite simply, the current global situation can only exist and be perpetuated through the Collective Agreement and Participation of Humanity at some level.

So, the current "Human Global Experience" is a Shared Dream of Humanity Which Only Persists Until Humanity Awakes From This Shared Dream.

The same applies to the "instrument" being used to control Humanity - money.

"Money" only has power over Humanity, And Can Be Abused By A Very Few "Global Elite", Because All Humanity Is Dreaming The Very Same Dream - That Money Is Needed For Every-Thing Necessary For Life Experience. When Humanity Awakes From This Shared Dream, "Money" Can Have No Power.

Of course to many, this has quickly become a never ending and worsening nightmare, so let us then get this straight:

Money Only Has Power Because Humanity Collectively Agrees It Does.

Billions of Human Beings Have Submitted to Slavery For Most of Their Lives To Banks That Simply "Print" Pieces of Paper With Official Looking Pictures Upon Them, Which Claims To Have "Value" Because Humanity Is Told It Does.

To put this in to perspective, during the Weimar Republic of Germany, a wheel barrow full of money was required to go to the local store to purchase a loaf of bread.

This situation has been repeated countless times throughout history with "fiat currencies" which have an average life of 27 years when not backed by Gold. The US Dollar was last backed by Gold in 1971 and has therefore lasted 40 years, but only due to "fractional reserve banking" which allows for the creation of unlimited debt as well as unlimited money. This whole illusion is about to crash spectacularly.

Eventually, in the Weimar Republic of Germany, people started to burn paper currency in their home fireplace in the Winter for warmth, because the thermal, heat producing value of the paper was worth more than the actual paper money itself.

This is where the Dollar, Euro and Pound are heading, unless they are once again linked to an indestructible and tangible store of value, which has, for thousands of years been Gold, and to a lesser extent Silver. This may happen again. I never give financial advice, but if I did I would suggest withdrawing all fiat currency cash from the bank, to purchase Gold or Silver bullion coins such as Eagles, Maple Leaf or Krugerrand as a genuine store of value for what is to come. Keep in Mind though that these are still "money" and not ultimately where Humanity should or will Be.

However, Humanity Does Not Require "Money". Humanity Already Has All We Required Because We Are The All - We Have All and "lack" No-Thing.

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It only requires a small percentage of Humanity to Awaken to Our Collective Divinity, Infinite Potential, Infinite Power, Infinite Freedom, and All Will Change.

There will be no "money", no debt, no banks, no work, no military, no police, no government or "leaders", because All Humanity Will Live In Harmony With Each Other And The Earth, Where Service To Others and Divine Love Is The Only Reality.

This is the end game, we are in it Now, and the stakes have never been higher.

We are Blessed to live during an era where Humanity, Collectively, is shaping the Nature of the Human Race and The Earth for the next 10,800 years. All It Takes Is Enough People To Awaken And To Embrace This Great Opportunity.

How can this be accomplished?

Well first of all as many people as possible must awaken from their sleep and become aware of the true nature of our existence today.

People must realise that all these "consumer products" that are relentlessly "marketed" to us in the media, to place humanity in increasing debt and economic slavery are meaningless, and add absolutely nothing to either quality of life and detract from our true purpose on Earth - **Spiritual Evolution Through Experience.**

People must realise that they do not have to conform to the expectations of family, friends and society, and that **It Is Fine To Simply Be, and to Express Yourself.**

People must realise that we are not here to serve ourselves - **We Are Here To Serve Others.**

People Must Realise That There Is No "Us" and "Them" - **We Are All One.**

These Truths Dear Reader should be Self Evident, and dwell Within Us All, but have become subsumed through Humanity allowing itself to be enslaved and controlled by Banks, Religions and Governments through money, debt and protectionism.

The first step is to stop watching "news" or at least the "mainstream news". All mainstream media, such as Fox, CNN, MSNBC etc are controlled by the same "global elite" who control money, debt and governments - all Mind Control. One of the only TV news presenting a true picture is RT America and RT International.

Everyone should do their own Open-Minded, independent research on the Internet and **Trust Your Own Inner Guidance and Feelings** - they will never let you down.

Above All - Please Do Your Utmost, In Any Way You Can, To Awaken Others.

This "System", Contrived by Very Few Humans, is Unsustainable - It Must Go.

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We Are In The End Game - The Moment Of Awakening Is Now.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

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18 September 2011. The Only Truth And Reality Is Within

Dear Reader,

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

Well I continue to receive much appreciated feedback in respect of my Newsletters of the last few weeks on so called "real world issues". This feedback is extremely valuable to me in determining readers wish to be informed about.

But please always remember that I am here to share only that which I personally know, beyond any doubt to be True. All I share "comes" from "Inner Sources" which I can trust absolutely and unequivocally, and my own "teal world" observations.

However, I do remind you from time to time that you should never accept everything I say, or anyone else says, without question. Every single person, without recognises the Truth for what it is because Truth comes from within. We should always Trust our Inner Guidance, without question, and we should always set aside time to carry out our own further research and verification if you feel it necessary.

Anyone who presents themselves as some sort of "leader", "guru", "teacher", or any others who seek to elevate themselves to a status "authority" or "superiority" over others, is not and cannot be who they purport to be, wish to be, or think they are.

The purpose of this Newsletter is only to share and discuss not as fact - there are no "facts" as such - that which I personally know to be True, and thus openly share, to bring awareness of subjects, states and knowledge that you may not have been aware of at a Conscious level, but can always connect with at a Subconscious level.

There is however an extremely fine dividing line that I must walk between sharing, that which might invoke fear, anxiety, apprehension etc, and that which only invokes Joy, Peace and Freedom, and a basis upon which you can increase your own Vibratory Frequency, Inner Knowledge and Power, and therefore Spiritual Evolution. The events unfolding before us can be met with fear or Joy - Joy is the only option.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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The false "consumer boom" of the last few decades has been built on endless debt and fiat currency based money created literally out of nothing by banks through the "fractional reserve banking system", which has really become a "no reserve banking system" on the one hand, and the endless "printing" paper with official looking pictures and numbers upon it called "money".

Ultimately debt and money are the instrument through which the "globalists" had intended to create a "new world order" by first indebting, enslaving and finally culling of people, societies, cultures, whole countries and eventually the whole planet in what would become a tyrannical, fascist, dictatorial society, based on neofeudalism.

The increasingly intimidating and oppressive behaviour of the so called "authorities" is often, but not always, backed by draconian new laws, which are unconstitutional, and often contrary to even the most basic human rights, is to invoke submissive behaviour, so that people become "acclimatised" to behaving subserviently.

This is all an assault on the Wellbeing of the Human Spirit, Mind and Body.

Examples of this are the new "full body scanners" being deployed at airports, with the only alternative being a full body "pat down". Both of these are intrusive and dehumanising. Airports now have people trained to observe the expressions and demeanour of people. If a person looks "unhappy" in some way, they are led away and asked questions such as "are you feeling happy today?", while the interrogator looks at the face of the person for reactions. If the person does not respond in the "prescribed way" they are banned from flying and placed on a "no fly list".

The "Rawsome Foods" raid was another example of a raid on an organic and natural food club which promotes education and food for a healthy lifestyle. When the armed police arrived they not only threatened the people at gunpoint, they also pointed guns at food such as tomatoes and mangos as if they were dangerous. The Rawsome Foods owner is now on bail for 11 felony accounts, basically for conspiring to grow and encourage the consumption of organic and healthy foods.

For full details, simply do a Google search for "Rawesome Food raid".

Many other people, communities and organisations are being raided, often by SWAT teams all over the USA, for growing, and/or supplying natural, organic, chemical free, or non-genetically modified foods, including the Amish community for example.

However, It has been easy for these "globalists" to get as far as they have for one main reason - an insatiable appetite for material possessions, driven by relentless consumerism, and a programmed culture which convinces people that material possessions - cars, houses, expensive vacations, latest gadgets and technology etc - are a statement of success and "affluence" and therefore status in society.

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Most wish to be more successful than family, friends and neighbours, and material possession are, in the Mind of such people, the visible statement of that success.

This is but one, of many reasons why, particularly in the US and UK, in many neighbourhoods the over-riding priority is to portray the outer, visible statements of "success", such as multiple, luxury, frequently updated cars, bigger house, latest lawnmower, patio set etc, while the inside of the house is sparse, and both partners have to work to earn enough money just to fund basic living expenses such as food, taxes and energy. Energy costs are so much higher due to the size of the house.

These overt and public "statements of status and success" have only been made possible due to banks, who relentlessly and often misleadingly market a range of debt based instruments such as credit cards, personal loans and mortgages.

As mentioned a few weeks ago, due to the fact that banks can simply create debt - or consumer credit - literally out of thin air, without using any of their own money to extend or cover the debt, not only do they have zero risk, but can create as much debt as they wish, limited only by the demand for that debt driver by consumerism.

On the other side of the equation, the "central banks" relentlessly "print" money to finance deficit spending and war, which further devalues the currency and therefore progressively inflates the cost of all commodities denominated in that currency.

As mentioned previously, the relentless increase in the price of Gold, is not so much due to an increase in the perceived value of Gold per se, but due to the progressive devaluation of the US Dollar. Gold, therefore, has not yet really started to increase in value based on its own unique fundamentals, of which there are many. When this fundamental phase in Gold is engaged, the price of Gold will surely skyrocket.

Now, this inflationary and unrestricted printing of money has exerted a much more insidious effect, and that is accelerating increase in basic cost of living due to inflation in food, oil and raw materials. So at a time when cost of living is escalating, and bank deposits yield zero interest, while being at greater risk, people are finding it increasingly and progressively difficult to maintain their previously accustomed "lifestyle" and in many cases to increasingly difficult to survive in absolute terms.

As this process unfolds, house prices are falling and will continue to fall, after being driven massively to an artificially high level, until the inevitable collapse in 2008, leaving increasingly more people with a mortgage in a "negative equity" situation.

Unemployment in the US is escalating and will continue to do so as the depression accelerates and may never recover. Businesses need less "workers", if they survive at all, as more jobs are lost to automation, outsourcing abroad and cheap imports.

These are just a few reasons why this must and surely will come to an end soon.

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Now is this pointing towards "doom and gloom" and no hope then?

No, not at all.

Only when we can see beyond the deception and illusion of the situation, can we put Life, Reality and Experience in to a proper perspective, then creating a solid and enduring basis for moving forward in accordance with our true Reason for Being.

Our True Reason and most Fundamental reason For Being here on Earth is to Spiritually Evolve Through Experience.

Theme Parks, TV "reality shows", "smart phones", latest car every year and so on, are not necessarily the right Experience.

So what then is the right kind of Experience?

The right kind of Experience is that Experience which engages us in Living Joyfully on Earth, in True Health, and True, Abundance, and in True Harmony With Nature, Other People, All Forms of Life and With Source and Our Inner Self and Being.

Such Experience provides plenty of real opportunities to Serve Others Before Self, and to maintain a Reciprocal Connection and Oneness with Earth and Nature.

Such True Experience can only be predicated in Oneness, Harmony and Balance, with no person considered to be "higher" or "lower" in "status" or "society", or superior or inferior to any other person or any form of Life, Expression of Source.

Source, God, recognises All people as Equal Expressions of Perfection.

Such True Experience does not recognise "good" or "bad" or any other such dualistic construct, because it is clear that no such dualistic ideas can be real in any way.

Does all this sound like a "utopian ideal"?

If it does, it is only because Humanity has become so engrossed in the trappings of what is called "modern society", the very same trappings that have brought Humanity to the very brink of collapse, and perhaps even destruction, and about to go over the edge. It was all artificial, all a dream, all a lie and above all totally unsustainable.

I find it ironic when so called "modern society" looks upon so called "primitive people or tribes" or "native cultures" who have always honoured and maintained what they call the "old ways", as being "backward", "deprived" or even "primitive" in some way.

Such cultures are generally, infinitely happier, healthier and more fulfilled in every possible way than those who are slaves to "modern society", and are generally considerably more Spiritually advanced, which, after all, is why we are here.

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Technology and monetary wealth is not advancement, it represents just the opposite.

Yes, of course such "native cultures" sometimes encounter difficulties due to dependence on nature for growing and harvesting crops, water supplies etc, but it is through prevailing over these natural conditions, through every aspect of Spiritual Being that Source, God has Blessed us with, and by working with those people around them as One, they Evolve Spiritually and learn True Experiential Lessons.

Such Harmony and True Living is corrupted under two fundamental conditions:

1. Outside influences, such as "modern society", intervenes in some way, enforcing their own ideas of "lifestyle" and religion. Roman Catholic "missionaries" have, for example, caused massive and irreparable damage to the ways of these ancient and noble cultures, by forcing them to abandon the "old ways" and the ways, of The Ancestors, for the control systems and constraints of the Roman Catholic Religion.

Another, more highly damaging and insidious development, is medical intervention through forced vaccination with substances that go far beyond any medical benefits, and are very often extremely debilitating and in many cases lethal. This is a deliberate ploy by the globalists, and part of their Eugenics and genocide policies.

While this program of enforced vaccination is usually perpetrated on cultures who have no reason to suspect adverse effects, it is also very much perpetrated on so called "modern society" through "vaccination programs" on school aged children on the false pretext of "protecting health in some way". All of these vaccines are unnecessary and damaging, sometimes lethal.

A recent example of this is vaccinations with the chemical agent "Gardasil", which is claimed to protect against an "HPV virus" claimed to lead to cervical cancer.

This has been proven to be absolutely untrue, and is simply a ploy to potentially harm young girls as well as make a fortune for the patent holder "Merk and Co" and for their paid agents who promote and enforce this vaccination. While Gardasil vaccinations are usually optional, higher pressure and fear based marketing has caused many parents to subject their daughters to this process. In Texas, presidential candidate, Rick Perry, issued an executive order that all school girls entering sixth grade must be compulsorily injected with a series of Gardasil shots. Perry has since admitted his "mistake", but not before a number of young girls had died, or suffered chronic and debilitating consequences, many for life, and all in the name of power and money, not concern for the Well-Being of Divine Human Beings.

2. Self Destruction: For thousands and even millions of years, Humanity has experienced countless cycles of Natural Living, Health, True Abundance, Freedom and thereby Spiritual Evolution, followed by natural events which eventually either destroys the civilisation through external forces, or causes Humanity to destroy itself. The usual such catalysts are greed, power, over-indulgence, abusing Nature instead of Living in

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Harmony with Nature, disconnection from the Spiritual aspect of Being and Source, and accepting the illusion of separation leading to conflicts and wars.

There have been countless discoveries, both on land and beneath the sea, of the remains of these civilisations, going back tens of thousands, hundreds of thousands and even millions of years, with plenty evidence that the above factors predominated at the moment of their demise.

As discussed in previous Newsletters recently, if these "versions" of Humanity do not destroy themselves through actions arising from Freewill, then the Universe, Source, God if you prefer, creates the conditions for a "purgative", or "cleansing" event, e.g. a "cataclysm" of some sort, in order to "reset" Humanity to the beginning once again, that yet another cycle of Evolution may proceed over the next 10,000 or 11,000 years or so, that Humanity may finally "get it right", and thereby Evolve to the next level of Human Evolution, or to start over again as has generally happened so far.

The most notable event in recent history of course is the Great Flood.

The Great Flood is not simply an Old Testament biblical story. The book of Genesis originated with the Ancient Sumerian culture of thousands of years previously, then modified and abbreviated. This cataclysmic event is also recorded in the records and stories of thousands of cultures throughout the entire world, often in great detail.

The Genesis version asserts that the "Great Flood" was sent due to the "sins" or "wickedness" that Humanity had "fallen" to. While "sins" and "wickedness" are not really appropriate words in the context of "modern society", the meaning is clear - Humanity sank to its lowest levels, became totally polarised, and had failed to Evolve in that particular cycle due to its own disconnection from Source and True Nature.

All of the conditions detailed in 2. above apply today, except that this time there are around 7 billion people on this planet, thereby compounding all of these conditions.

This is why "modern society" must, and will end very soon, as we inevitably conclude this current Great Cycle of Human Evolution, and commence the next Great Cycle.

Of course, those Who have learned, or will soon learn the lessons, and there is still time, will prevail and become the "seeds" for the next Cycle of Human Evolution.

As previously mentioned, it has been conclusively proven through DNA sampling and analysis, that every single Human Being on living on Earth today originates from a very small group of a few hundred ancient ancestors, and half a dozen females.

The above explains why this is the case. This small surviving group of Humans were the ancient "seed survivors" from a previous cyclical purgative, purification event.

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So what then does this mean in practical terms as we near the conclusion of this Great Cycle of Human Evolution?

Well this, Dear Reader is a certainly a subject for a Newsletter in the near future, however, in broad terms Humanity needs to "get back to basics" and realise and understand our priorities, both as individuals and collectively as the human race.

Our basic needs as Expressions of Source, The Divine, are very simple:

Quality, nutritious, fresh food that has not been modified or tampered with.

Adequate and reliable shelter in the form of a home that is just the right size for our family living purposes, with the means to sustain a comfortable living environment throughout the Seasons. Larger houses are nothing more than an Ego statement, to create an "impression" on those in the neighbourhood or visit, but also wasteful on natural energy resources as well as taking more time to clean, maintain and so on.

Love. All humans need Love, not love in its basic sense, i.e. a chemical attraction between two people, but rather **Unconditional Love and respect for each other as equal aspects of Source**, Who always Expresses Divine Love For All.

These are the fundamentals. Of course we require rest and relaxation, but there is an abundance of opportunities for these in infinite variety and choices of Nature. All the latest techno-gadgets, theme parks and other forms of "entertainment" do is to "dumb people down" through gratification and saturation of the physical senses, and therefore have no place in our future. The entire World is our "theme park". The choices and opportunities available are Infinite as well as most fulfilling and valuable.

In such a future there can be no money, work, banks, debt, credit, government, military, police, leaders and so on. Any of these will set Humanity on the same course as numerous previous Cycles of Humanity, and will surely end the same.

Ultimately however, All We Need can be found Within.

Mind and Consciousness, Spirit is Our Ultimate Reality.

No matter what is "happening" in the "outer world" we can always find Infinite Joy, Abundance and Health Within.

All we need ever do is to disconnect our Mind and physical senses from the physical world, relax, in a place of solitude, quiet the Mind and Focus Within, With Source.

You may consider this to be "meditation" if you wish - the label matters not.

Our Ultimate Objective is to Live every Moment in this way, permanently connected to our Inner Self and to Source, while Expressing Source from Within.

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This is our True Power and Glory and where Humanity must Be to finally Evolve.

But before this must come realisation as to the True Nature of the outer, physical world, that it might be placed in a proper context and perspective, as an Blessed opportunity to Evolve Through Experience by Unconditionally Serving Others.

We Should Be In This Physical World But Never Of This Physical World.

And I will conclude with my closing words of last week:

People must realise that they do not have to conform to the expectations of family, friends and society, and that **It Is Fine To Simply Be, and to Express Yourself.**

People must realise that we are not here to serve ourselves - **We Are Here To Serve Others.**

People Must Realise That There Is No "Us" and "Them" - **We Are All One.**

These Truths, Dear Reader, should be Self Evident, and dwell Within Us All, but have become subsumed through Humanity allowing itself to be enslaved and controlled by Banks, Religions and Governments through money, debt and protectionism.

The first step is to stop watching "news" or at least the "mainstream news". All mainstream media, such as Fox, CNN, MSNBC etc are controlled by the same "global elite" who control money, debt and governments - all Mind Control. One of the only TV news presenting a true picture is RT America and RT International.

Everyone should do their own Open-Minded, independent research on the Internet and **Trust Your Own Inner Guidance and Feelings** - they will never let you down.

Above All - Please Do Your Utmost, In Any Way You Can, To Awaken Others.

This "System", Contrived by Very Few Humans, is Unsustainable - It Must Go.

We Are In The End Game - The Moment Of Awakening Is Now.

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

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And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service, Adrian.

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9 October 2011. The Revolution Of Consciousness Quickens

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

And what a week this has been.

Before moving on to more "global" events this week in the main section of our Newsletter, I will pay tribute to a true icon of technology, and Truly Great Human Being - Steve Jobs. of Apple - who, made the Transition to his next step on the Divine Path.

The most Wonderful News I could possibly bring to you this week is that Humanity is very close Now to achieving the Critical Mass of Consciousness which will define how this current Age of Humanity will define the next Age of Humanity as we approach a Singularity in the Never Ending Story of the Human aspect of Source.

As those of you who have been reading this Newsletter over the months and years will know, I have always said, most weeks in fact, that the Great Transition is Approaching and Exponentially Accelerating - And So It Is.

More and more people around the World are Awakening from their slumber, and mind controlled illusion, and delusion, and beginning to see the World as it Is.

The era of gross materialism and obsession for this idea called "money" is coming rapidly to a close, and will not return during this cycle of Human Consciousness.

With this transition, the huge sandcastle, delusion and instrument of control, called the "world monetary system", will soon crumble and be no more, at least in its current form, and perhaps in no form at all - which is how it should be.

This week we will discuss the current events that are defining this Transition.

For those wishing for a higher understanding of the mysteries of Life, my book, Our Ultimate Reality, Life, the Universe and Destiny of Mankind can be of Service:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

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This past week has been a truly momentous in the Evolution of Human of Consciousness, as we approach the threshold the Mayans, and many other Great Civilisations always knew would happen, and which they charted in their cultures.

As I have frequently written in my Newsletters over the years that this Great Transition would take place with immutable certainty, I am sure that, for many of you, especially before this year, it was very uncertain exactly how, indeed if, this Great Transition would ever actually take place, with, for the most part, the World appearing to be relatively "normal" and consistent with previous years.

However, I have also written about Humanity reaching a Critical Mass of Consciousness before The Great Transition becomes an inescapable Reality.

Every time you send this Newsletter to another person, or share how you feel, and what you know to be True, and guide them to other resources dedicated to the Great Awakening, the Consciousness of All Humanity increases.

This raising of Consciousness is not immediately obvious, and may discourage many, especially as events in the "outer world" seem increasingly dark. However the word here is **Faith**. I do not mean the "blind faith" of religions, or mere hope, but absolute **Inner Faith as Infinite Expressions of Source** as an absolute certainty. All Change and All Levels begins with such True Faith to continue Joyfully, even in the apparent absence of any "physical evidence" that may be seen or touched.

Such a Transition of Consciousness may begin with barely a dimple on the Great Pond of Life, but which soon becomes a ripple, gaining momentum until very soon there is a Tsunami in the sea of Human Consciousness which no one can escape, sweeping along everyone before it.

As I write this, the Tsunami of Awakening is gathering Energy.

We are very closely approaching Critical Mass before the Tsunami of Conscious Awakening strikes, and all Humanity will be carried along within its currents.

Now as discussed in recent Newsletters, at the end of this current cycle of Human Consciousness, in which we are so Deeply Blessed to participate, Humanity has defined its reality through money and the perceived material possessions and experiences that money can buy.

It should be clear therefore that, in broad terms, that money will be the instrument which Humanity must reconcile, subjugate and transcend in order to "Ascend".

This process, Dear Reader, is very much underway Now.

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The recent history of money and global financial system is a long and sordid one, most recently going back to the year 1913 when the Federal Reserve was created by the "global elite" as the instrument to enslave Humanity through control of money.

There is nothing to be gained by discussing this history further because this 98 year period is rapidly coming to a close, and we must always focus on the Now.

As many of you will know, this week has seen momentous, and what will prove to be historical, events unfolding on Wall Street in New York, the financial centres of many other US States, and in countries around the World, particularly in Greece.

The "occupy Wall Street" movement is expanding at a phenomenal rate, despite police brutality and mainstream media bias, with more than 30,000 people now "occupying" Wall Street, and thousands of others in other financial centres around the USA.

Aside from Wall Street, the other two epicentres of monetary fraud and control are Federal Reserve in Washington DC, and Chicago, the home of the financial derivatives industry, and a major contributor to the coming financial meltdown.

Aside from the USA, there are extensive movements in Greece, including a national walkout on Thursday, as well as other countries around the world.

I predict that soon there will be millions of people occupying financial and other centres of control across the USA and the World.

This will inevitably, despite the best efforts of the mainstream media to suppress news of these events, will enter and influence the Awareness and Consciousness of almost every other Human Being.

And So It Begins.

Such events and scenes would be unheard of even one year ago.

Even in 2008, when most of the global banks around the world became technically bankrupt through totally uncontrolled gambling with fake instruments called toxic "mortgage backed securities" created from a frenzy of "sub-prime" mortgage debt, and "Collateralised Debt Obligations" created out of a frenzy of totally unregulated marketing of credit cards, loans and other debt, there was little real awareness.

Even as the US administration held Congress and Senate to ransom by threatening martial law if they did not vote through a \$700 billion bailout package, which became \$6.5 trillion, called "TARP", there was still little awareness as the public continued to trust that their governments were acting in their best interests, in what was presented as "unforeseen circumstances".

All this has changed - dramatically.

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The banks literally stole most of the bailout money for themselves, and just carried on gambling while paying themselves hundreds of billions in "bonuses".

Because the Federal Reserve and other central banks had to create hundreds of Trillions of Dollars to bail-out the banks, the increase resultant in "money supply" has caused massively increased real inflation and therefore basic cost of living, further squeezing already highly squeezed families.

In the USA alone today, 40% of Americans live below the poverty line. 50 million Americans now rely on food stamps. 1 in 4 veterans are homeless and 14 veterans each day are taking their own lives. And this is just scratching the surface.

It is not until people generally are faced with seemingly insurmountable difficulties that the illusion and delusion begins to dissolve, and "reality sets in".

This process is now unstoppable and will not be stopped.

To Realise and Express Source and Our Divine Nature and Potential in a Spirit of Divine Love, Service to Others Before Self, In Harmony With Earth and All Life On Earth, regardless of how our One Source Chooses to Express that Life.

Times of Great Challenge are upon us, yet this could also be our "Finest Hour".

Once a "critical mass" of Humanity pierces the Veil of Illusion, discovers their Inner Self, and once again aligns with the Natural, Divine, Infinite, All Powerful Forces of Nature instead of the weak, temporal forces of greed, deception and control, then the age-old battle of the forces of Light against the forces of darkness is won.

If enough Human Beings Align with Our Divine Source, Our Ultimate Reality, and simply Live each and every Moment with Joy In Our Heart, and Faith That We Are Already Whole, and not only Have All In The Universe But Are All In The Universe, All That Is, then Humanity has already won, and can finally claim our Glorious prize of Graduation and Evolution to The Next Level, a Level Which Is Glorious Beyond Comprehension until Finally Experienced.

Dear Reader, it is incumbent upon me to present you with what I personally Know, to be True, beyond any possible doubt. The rest is up to you.

I would like to conclude by stating, most emphatically, that this time around, I Feel In My Heart, that Humanity Can and Will Prevail, and therefore claim the Glorious prize. However, as the saying goes "it isn't over until it is over".

The is no room for complacency.

We must confront that which is to come, with Joy, Love and Gratitude in Our Hearts, claim our True Divinity, and help as many as possible to do the same.

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I will end this week with my concluding words of previous Newsletters:

The "forces" we have discussed in this Newsletter are all taking place at a "material" level, in other words at the physical Vibratory Frequency of the five material senses.

Let me assure you Dear Reader that **no such physical force or event can exert any influence whatsoever over any Human Being** unless expressly allowed through Divine Freewill, either implicitly, or out of emotion, notably fear and anxiety.

We Are All Infinite Expressions Of Our Source.

We Are All Infinite Source Energy, and Love Flows Through Each Of Us.

We Are Infinitely Perfect.

We Are Infinitely Powerful.

We Are, And Have, Infinite Potential Through Divine Freewill.

We Are All, Every Single Human Being On Earth, Eternal, Immortal and Divine

We Are Infinite Expressions Of Divine Love. We Are Divine Love.

Dear Reader - how can any mere material "thing" possibly distract us?

Now is the Moment To Realise and Express Our Divine Potential and Being.

When We Focus Within, With Absolute Joy, and Love In Our Heart, Soul and Spirit, We Are Invincible.

No-Thing or "event" of the material world can possibly influence us.

All We Can Ever "Need", We Already Are and Already Have, Through Source.

Mind, Consciousness and Spirit Is The Only Truth, Our Ultimate Reality.

All we need ever do is to disconnect our Mind and physical senses from the physical world, relax, in a place of solitude, quiet the Mind and Focus Within, With Source.

You may consider this to be "meditation" if you wish - the label matters not.

Our Ultimate Reality is to Live every Moment in this way, permanently connected to Inner Self and to Source, while Expressing Source from Within.

This is our True Power and Glory and where Humanity must Be to finally Evolve.

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But before this must come realisation as to the True Nature of the outer, physical world, that it might be placed in a proper context and perspective, as an Blessed Opportunity From Source to Evolve Through Experience, Expressing Divine Love, and thereby Unconditionally Serving Others before self.

We Should Be In This Physical World But Never Of This Physical World.

People must realise that they do not have to conform to the expectations of family, friends and society - **It Is Fine To Simply Be, and to Express, As Yourself.**

People must realise that we are not here to serve ourselves.

We Are Here To Serve Others And To Show Others The Way and The Path.

There Is No "Us" and "Them" - We Are All One and Equal Before Source.

These Truths should be Self Evident, and dwell Within Us All, but have become subsumed through Humanity allowing itself to be enslaved and controlled by the greed of Banks, Religions and Governments through money, debt and protectionism.

I suggest you stop watching "mainstream news" such as Fox, CNN, MSNBC, BBC etc, who are all totally owned, enslaved and controlled by the very same "global elite" who control money, debt and governments to enslave humanity.

The only TV news channel that I am aware of consistently and freely presenting a true picture of the world, without bias or motive, is RT America and RT International.

Everyone should do their own Open-Minded, independent research on the Internet and **Trust Your Inner Guidance and Feelings which will never let you down.**

Above All - Please Do Your Utmost, In Any Way You Can, To Awaken Others.

This "System", Contrived by Very Few Humans is Unsustainable - It Must Go.

We Are In The End Game - The Moment Of Awakening and Evolution Is Now.

Sincerely, you can help enormously by sending this Newsletter to everyone you know, and encouraging them to Subscribe for themselves if they feel like so doing.

It is only by Sharing The Joy with others that the Great Awakening progresses. But know this Dear Reader - just One Soul on this planet can mean the difference between Humanity finally claiming its True Destiny, and next Glorious Phase of Evolution, or commencing another 10,000 to 11,000 year cycle to do it all over again.

But Everyone Must Participate. There can now be no "leaving it to others".

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Humanity Has The Divine Potential To Collectively Evolve This Time Around.

I will continue to Serve in any way I can, to see this Potential Finally Fulfilled.

Please send and share this Newsletter with everyone you know. Some may not "be interested" but in these Crucial, Transitional Waking Times, many, if not most, will.

Care not what "people think". This is of the Ego, the very force the "global elite" leverage for control. **Be True to Yourself**, not "convention" or "social conformity".

Realise And Be Who You Truly Are - A Divine Expression Of Source, Of God.

Live Each Moment of Each Day Only With Joy and Love In Your Heart.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.

The Our Ultimate Reality Newsletters

16 October 2011. Message From The Hopi Nation

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

Every day I am receiving numerous emails with on a wide range of subjects and sentiments, all of which are very welcome.

While I have received numerous messages of gratitude for discussing in recent weeks the escalating current events in the world, and placing them in to context, a few people have rightly questioned the wisdom of bringing subjects of violence, corruption and imperialism to what has been, for many years, a Spiritual Newsletter.

This is an excellent question, and one which I feel compelled to address further.

Events we witness and Experience in the World today are shaping and forging the Evolving Consciousness of Humanity, both at a Personal and Collective level. None of us enjoys witnessing dark events taking place around the World, yet these events are still part of us, and we still part of these events. Any attempt to separate that which we are content to see from that which we are not, is Duality Consciousness.

It is not awareness of these events, but how we "process" these events that matters.

When I write, I apply appropriate descriptions and labels because I have no choice - is the very nature of highly restricted written communication. But we should always observe what we are Experiencing, without becoming emotionally involved with it.

We are here to Evolve Through Our Collective Experience. If I did not write about these global events in this Newsletter, thus placing them in to an appropriate context, the events would still be seen on mainstream news, but in a fear-invoking format.

Awakening, and Ultimately Enlightenment, Begins with Awareness. The ability to process Experiences and Events through a "Filter" of Spiritual Awareness, acknowledging the World as a Whole, Embracing that which makes us Spiritually stronger. **This is a Divine, Blessed Opportunity which we should not shy from.**

Everything I write in every Newsletter comes from Within, not from Consciousness. I therefore have Faith in everything I write, and would never, ever question it. Our Inner Guidance is Always Perfect and correct. Error, strife and misery arises from challenging Inner Guidance. However, as I frequently mention, you must **Always Follow Your Own Heart, and Accept Only That Which You Know to be True.**

Here is a Crucial, Beautiful and **True** Message From The **Great, Noble, Wise and Ancient Record Keepers For The Indigenous Peoples of the "American Continent - The Hopi.** I will add my own commentary afterwards:

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

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

And there are things to be considered:

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your Truth.

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

This could be a good time!

There is a river flowing now very fast.

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

Know the river has its destination.

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

See who is in there with you and celebrate.

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

The time of the lone wolf is over.

Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

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

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We Are The Ones We've Been Waiting For.

The Elders, The Hopi Nation, Oraibi, Arizona.

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

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

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

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

We have been saying that The Great Transition and pivotal Moment of this Cycle of Human Consciousness is very nearly upon us.

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

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

And there are things to be considered:

The World is about to change completely, and therefore we must be prepared.

Where are you living?

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

What are you doing?

Are you still going about your day to day "routine" as if everything is "normal", or are you Living in Harmony **with the Flow of Human Consciousness, with Joy in your Heart**, and in preparation for that which is very nearly upon us?

What are your relationships?

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

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Are you in right relation?

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

Where is your water?

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

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

Know your garden.

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

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

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

Know where to obtain your initial stock of seeds. Be prepared to obtain them.

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

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

It is time to speak your Truth.

If you are an Awakened or Awakening Human Being - and you are, otherwise you surely would not be reading this - there is no longer time to keep these Glorious Truths

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and the Joy of your own Awakening to yourself, for fear of what "people might think". If I "cared what people think" you would not be reading this Newsletter now, and neither would hundreds of thousands of others fellow Human Beings since 2005 either. My own brother thinks I am a "crank" and over the years I have received countless threatening and abusive messages from a wide range of people, particularly religious extremists, and have even received death threats.

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

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

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

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

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

For most, it is not until a person "passes" from this Earth Plane to the next phase of Life, that they are "shown" their entire life on Earth from birth to passing in its full context, at which Moment the Meaning of that Life on Earth becomes clear, and Above All, how well the intended Lessons and Objectives were completed.

For many, in these oppressed and controlled times, they see that they became so lost in the Illusion and Delusion of "being part of the system", the focus often being a constant quest for money, material possessions and social status, that they completely shut out their Inner Divinity, Power and Reason For Being.

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

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

Now is a Wonderful Opportunity To Complete Your Current Mission.

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

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

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

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

This Dear Reader is a Crucially important message.

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

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

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

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

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

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

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

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

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

This is a Great Strength of Occupy Wall Street and the entire Occupy Movement.

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

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

This could be a good time!

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

There is a river flowing now very fast.

This is The "Quickening". Before The Singularity.

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

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

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

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

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

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

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

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

Know the river has its destination.

This is the meaning of True Faith.

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

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

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

See who is in there with you and celebrate.

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

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

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

The time of the lone wolf is over.

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

Gather yourselves!

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

Banish the word struggle from your attitude and your vocabulary.

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

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

The New Evolved Humanity Defines Its Reality Through Joy, Power and Love.

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

This is Crucial.

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

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

The final Truth From The Hopi Nation Is Self Evident:

We Are The Ones We've Been Waiting For.

Finally this week I will leave you with these Great and So True Words:

**When The Power Of Love Overcomes The Love Of Power,
The World Will Know Peace”**

Jimi Hendrix.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Brought to You In Divine Love, Light and Service,

Adrian.

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30 October 2011. The Eternal Cycles Of Life.

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

We have spoken often about the "Cycles of Human Consciousness", yet this Cycle may not be separated from The Cycles of Life.

We have also spoken of the Noble I Ching which is much more than an "Oracle".

Human Beings are not "special" before Source, even though many people currently living on Earth would like to think so as evidenced by the way Humans treat animals, plants and the environment, and religions seek to position Humans above All Else.

These ideas are of the Ego, which must be subjugated on the Path of Enlightenment.

Gandhi said, most wisely:

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." -- Gandhi

And of course this Truth applies both at a Personal as well as a Collective level.

Do you see animals as "food" or subordinate, or as an Equal Expression of Source?

The fact is, All Expressions Of Source Are Equally Perfect - Only The Path Differs.

All Paths and therefore Expressions of Source and Life Lead Ultimately To Source.

One of the defining characteristics of All Expressions Of Source is that Each Such Expression, within the context of Absolute Oneness, Experience Collective Cycles.

This is not only True of what Human Beings may regard as "organic" or "sentient" life, but All Expressions Of Source including Planetary Spirit Earth Her-Self.

These Cycles of Life are of Infinite variation, some too small in periodicity to notice or measure, and some too large in periodicity to notice or measure, but within these apparent extremes there are numerous cycles that we may Experience and observe.

Many cycles we "take for granted", e.g. the four Seasons, or the Cycles of the Moon.

Other Cycles may be observed only by those "paying close attention" such as "Sunspot Cycles" of which we are Experiencing a peak of the Cycle right Now.

Some Cycles may be of a much larger duration, and mistaken for some other influence, for example, Cycles of Warming and Cooling. We are currently Experiencing a natural

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Warming Cycle which is being called "Global Warming", but erroneously attributed to external factors such as "carbon based emissions".

Scientists have proven conclusively that, as evidenced by "ice core samples" and "sedimentary samples" from the seas bed, lakes etc that Earth has Experienced such Cycles of Warming and Cooling for many millions of years. So nothing is "static".

The "Universe" is constantly and Infinitely "in motion", not in a random manner, but rather in definitive Cycles.

it follows therefore that Humanity is no exception, either Personally or Collectively, and is therefore Immutably subject to Cycles of Life varying magnitudes.

One such Collective Cycle as recorded in history is the "rise and fall of empires".

Countless nations throughout history have undertaken "Imperial expansion" or "globalism" only to reach a peak and then fade away once again.

Greece, a country Experiencing directly from "globalist ambitions" over which the people have been denied participation, yet suffer the consequences, was once such an empire as was Rome. And there have been many other such empires in antiquity.

In more recent history we have seen the rise and fall of the Ottoman, Spanish, French, Persian, Greek, British and Russian Empires - and others. What country has not "had a go" at creating an empire, yet Humanity learns a hard lesson it seems.

Today we are seeing the fall of the American Empire, which is following an almost identical pattern and Cycle to all those other previous empires that came and went.

There is however an ultimate irony.

Afghanistan is where it is said that "Empires go to die". In chronological order:

The Indus, Kushan, Scythian, Parthian, Saffarid, Ghaznavid, Ghorid, Timurid, Hotaki, Durrani, Aryan, Persian, Sassanid, Hephthalite, Hun, Mughal, Arab, Turk, Hazaras, Kwharezmid, Mongol, British - three times - and Soviet empires. So the current incumbents, the USA, obviously have not read the history books yet.

At a different level, we see the Rise and Fall of "financial prosperity empires".

It was only a couple of decades ago that countries such as the USA, UK and European countries, looked on in pity as people living in so called "third world" or "communist" countries struggled to feed and clothe themselves, as well as enjoy Peace, and could not partake in any of the "benefits" of "the Western countries".

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How ironic is it therefore that now the so called "BRICS countries" - Brazil, Russia, India, China and South Africa have, in a short time become highly prosperous, with a vastly improved standard of living and freedom for all, while the "countries of the West", including USA, UK, Europe, remain on the verge of catastrophic financial meltdown, and the people of those countries increasingly struggling to survive.

In fact, today Europe is almost pleading with the BRICS countries for help. This help will not be forthcoming, because the BRICS countries have been there before themselves, but had the courage, motivation and fortitude to ultimately prevail, often against a backdrop of dictatorship and oppression. The People Always Prevail.

When viewed from a completely Spiritual perspective, we may see that none of these transformations provided any great surprise - in fact it was always inevitable.

The "Universe" always seeks, and achieves, balance as an Immutable Principle.

Of course, many of these are "Cycles Within Greater Cycles", and so it Is Now.

There are many Great Civilisations who not only new about and recognised these Cycles, but also charted and described these Cycles in their own way.

The Ancient Chinese mapped Cycles of Human Consciousness through their great work "I Ching" - "The Book of Changes".

Like many great and ancient works, The I Ching has almost infinite "layers".

At the most fundamental, and well known layer, the I Ching is used for divination.

The I Ching is however not designed to be used to "tell the future", because the Ancient Chinese knew, as we know, that there is no future. That which people think of as the "future" is an Expression of the Moment of Now, and is therefore infinitely fluid. The Egyptian Tarot is similar, and again, never intended for "fortune telling".

The I Ching is better used to "make sense" of the **Present Moment of Now**.

The I Ching "works" by "tapping in to" the Subconscious Sphere of Mind to reveal ever deeper layers of understanding and meaning for the "reader" of the hexagrams.

To the extent that the I Ching appears to "tell the future" the reason is the same as for any kind of "fortune telling" - "psychics", tarot card readers, palm readers etc.

When a "client" receives a reading, and has absolute Faith in what they are being told by the "reader", then the client will focus on that outcome until Mind Expresses that expected outcome in to Experience. So the reading becomes self-fulfilling.

At a deeper level, the I Ching is, as its name implies a "**Book of Changes**".

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At this level the I Ching serves exactly the same purposes as for example the Mayan Long Count Calendar which resets in 2012. Both track the course of Human Consciousness through a Cycle of Consciousness, which always begins slowly with little appearing to change over hundreds or thousands of years, until towards the end of the Cycle "events" points of "Novelty" and "Bifurcation" increase momentum exponentially, as we are Experiencing today, until Infinitely Accelerating in to a Singular Event, a Singularity, as last week's Newsletter, known as "Armageddon".

These "roadmaps" of Human Consciousness then "reset", and like the mythical Phoenix, which also represents this event, "Life" starts the next Great Cycle.

So where are we today according to the I Ching?

**Humanity is now fulfilling Hexagram 49 of the I Ching, is depicted as follows:
Hexagram 49: Fire In The Lake. Ko / Revolution**



As Above: The Joyous Lake

As Below: The Clinging Fire



Fire In The Lake

So what does this "Fire In The Lake" mean exactly?

In broad terms, this represents an epic "battle" between opposing forces.

When Humanity reaches a point in Evolution where everything related to the prevailing paradigm seems "fixed" and "immovable", as is the situation today with the vice-like grip and escalating control and oppression exerted as a result of the merger of government and corporate interests, notably banking, international cabals and special interests, in order to overcome the impasse something needs to happen.

That "something" is "Revolution".

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Here then is how the I Ching Masters describe Revolution in their own words:

"When we have tried every way to bring about reforms, but without success, revolution becomes necessary. But such a thoroughgoing upheaval must be carefully prepared...The first thing to be considered is our inner attitude toward the new condition which will inevitably come. We have to go out to meet it, as it were. Only in this way can it be prepared for.

When talk of revolution has gone the rounds three times, one may commit oneself, and people will believe.

When change is necessary, there are two mistakes to be avoided. One lies in excessive haste and ruthlessness, which bring disaster. The other lies in excessive hesitation and conservatism, which are also dangerous. Not every demand for change in the existing order should be heeded. On the other hand, repeated and well-founded complaints should not fail of a hearing. When talk of change has come to one's ears three times, and has pondered well, one may believe and acquiesce in it. Then one will meet with belief and accomplish something.

What one does must correspond with a higher truth and must not spring from arbitrary or petty motives; then it brings great good fortune. If a revolution is not founded on such inner truth, the results are bad, and it has no success. For in the end the people will support only those undertakings which they feel instinctively to be true.

We must be satisfied with the attainable. If we should go too far and try to achieve too much, it would lead to unrest and misfortune. For the object of a great revolution is the attainment of clarified, secure conditions ensuring a general stabilization on the basis of what is possible at the moment."

The Occupy Wall Street Movement is, unknowingly encapsulating I Ching Hexagram 49 almost perfectly, and soon millions of people around the World will follow until soon, with this acceleration of Human Consciousness, Hexagram 49 will be fulfilled.

Another Great, Noble, Advanced and Ancient Culture who understood the Nature of these Great Cycles of Life and The Universe were the Ancient Hindu Civilisation.

The Ancient Hindu's chose to encapsulate and teach these Great Cycles through a series of most Beautiful, Colourful and Engaging ways as a "Great Cosmic Drama", which today we know as the "Gita's", which are very ancient and noble texts containing a wealth of wisdom, "dressed up" as characters and iconography.

Probably the best known of these is the "**Bhagavad Gita**", which "sets the stage" with a conversation between Lord Krishna and Prince Ajuna.

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Prince Ajuna is disturbed by the prospect of fighting his own "cousins" in battle.

Lord Krishna explains to Prince Ajuna the Higher Meaning of "contesting" his "follow man" against the backdrop of the tyranny imposed by those seeking to control the empire, and goes on to explain to Prince Ajuna his "destiny" in this apparent conflict.

Finally, Lord Krishna reveals to Prince Ajuna his real identity as the "Supreme Divine Being" and explains to Prince Ajuna what he "must do".

I will not dwell on the full text of the Bhagavad Gita, it would take many books to even begin to do it proper Service, So I will move directly to the core teaching of this Truly Great work.

As in almost all "holy books" of the world, including, but not limited to the Christian Bible, the Moslem Quran, the Jewish Torah, and so on, the words contained therein may be read at many levels or layers, according to ability to recognise them..

The person who came to be known as "Jesus" summarised this very well thus:

"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. Matthew 13:13 - 17.

So Dear Reader, none of these "Holy Books" are neither "right" or "wrong", but are totally appropriate, at every level, to our capacity to understand and Become.

"Right" and "wrong" are therefore not absolute, but rather a measure of our capacity to Understand and live By.

Ultimately however, all of these Great and Ancient Cultures, whether it be the Maya, or the Hopi, or the Chinese, or The Ancient Hindu's left the Great Knowledge.

"Bhagavad Gita" literally means "The Song Of God" - and it surely Is so.

This "Song of God" is Eternal, and may be called "The Eternal Cycles of Human Consciousness" in so called "modern language".

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So you see Dear Reader - We Are All Singing The Song Of God Through Participating In The Infinite, Eternal and Divine Cycles Of Life

So let us All Sing The Same Eternal; Song, for it is Truly Glorious, Truly Divine and Is Our Song. So Let Us Sing This Song With Love And Joy In Our Heart.

All Is As It Should Be.

We are Together, As One, In Joy, Singing The Song Of God, Of Source.

There Is An Eternal Power Rising Inexorably Around the World Today - It is The Power Of Oneness, Peace, Love And Transformation of Consciousness.

Before concluding this week then, we will look at a **Cycle of Life** that is familiar to us all - The **Cycle of The Seasons**.

In many ancient civilisations, particularly The Ancient Egyptians, The Sacred Cycle of Life on a Human Scale, was Celebrated, and still is in many Wise and Noble Cultures in areas beyond the influence of "modern civilisation", through the Cycle of The Seasons, to which great monuments and symbolism were constructed.

As we have already discussed, All Divine Cycles, from the largest to the smallest - to the extent that "large" and "small" mean anything - always Reflect each other.

So let us look now at the familiar Cycle of the Seasons Of Life On Earth.

Spring: The Regeneration and Renewal of Life, so Beginning the Cycle again.

Summer: The Proliferation Of Life To Achieve Maximum Glory and Potential.

Autumn/Fall: The Conclusion Of Life And Production Of The Seeds of Life.

Winter: The "Cleansing" of This Cycle Of Life, To Give Way To The Next.

And so it is on a "Universal Scale. When a new "Star" is born it Experiences all of these phases until at the end of the Winter of the Star it will explode in a massive release of Energy and Matter, known as a Super Nova, and from that Energy and Matter New Stars and Planets will be born. We Are Star Children.

Every Chemical Element on Earth, from Which Everything On Earth is "constructed" - Hydrogen, Oxygen, Carbon, Iron, Gold and so on - came to us from an ancient Super Nova, so Earth, Life on Earth and the Natural Resources that sustain us are all a Gift from an Ancient Star, somewhere in the Cosmos, Which never really "died" at the end of its Winter, but was Born Again in a New Spring of Life to Become Us, and Everything and All Life we are so Blessed to Share Planet Earth With.

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Humanity Is Now Deep Into The Winter Of This Great Consciousness Cycle.

The Seeds of Genesis For The Next Great Cycle Have Matured And Been Harvested While Winter Completes Its Ravages Of Humanity, Through The Mediums Of Money, Debt, War, Inequality And Struggle, So That When Spring Emerges Once Again These Seeds, The Strongest Seeds Containing All Necessary Sparks Of True Life and Love, Will Shoot Once Again and Grow Gloriously, Giving Rise To A New And "Improved" "Strain" Of Humanity.

And So The Eternal Cycle Continues, The Light Always Prevailing And Emerging Victorious, As Humans And All Life Evolve Towards The Realisation Of The Divine Perfection and Divine Love Within Humanity and All Life.

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is

Brought to You In Divine Love, Light and Service,

Adrian.

The Our Ultimate Reality Newsletters

6 November 2011. The Cosmic Chess Game

Dear Reader, I hope you have enjoyed a most Blessed week.

Many have asked what we may expect as we continue to accelerate towards an Experiential Singularity. Well I cannot say specifically what events we will Experience - Humanity is writing the script every Moment and there Infinite factors - but what I can say is that Frequency of Experiential Events will continue to accelerate towards The Singularity, ultimately emerging on "the other side" as a Genesis of Human Mind, Consciousness and Spirit. This Eternal Cycle will then proceed once again.

There are currently three broad factors "in play". The increasingly catastrophic and imploding global financial situation, the increasingly dangerous military situation as the American Empire is in its "death throes" leading to increasing desperation by those who seek to cling on - the same pattern as the Rise and Fall of the Roman Empire - and The Exponentially accelerating "Occupy Movement" with the epicentre in "Occupy Wall Street". There are numerous other factors "in play" but ultimately of course all of these factors are inexorably related, and will rapidly gain momentum.

It is absolutely Crucial to remain calm, with Joy in our Heart, knowing the meaning and "end game" of these events, and Feel Truly Blessed to be participating. We are living in an era that only occurs once every many thousands of years, but yet were always known and plotted by the Ancient Maya, Chinese, Indians and many others.

I would like once again to take this opportunity for extending my Deep Gratitude for the numerous very kind and gracious messages I have been receiving, particularly over the last few weeks. I have responded to as many of your messages as I possibly can, but please be assured that I am grateful to receive all messages of whatsoever nature, and I assure you that I do read every single message received.

If you wish to receive this Newsletter every week, you can join us at our website:

The White Pieces In The Chess Game "Represent" The "Forces Of Light".

The Black Pieces In The Chess Game "Represent" The "Forces of Darkness".

The White Pieces Have Chosen To Name The Cosmic Chess Board "Gaia"

The Black Pieces Have Chosen To Name The Cosmic Chess Board "Zion".

Both Gaia and Zion are Planet Earth, both Physically, In Linear Time, and Spiritually.

This game seems very real to all 7 billion players who control their pieces, as their own Life Experience, and which reaching the final "battle" in the coming months.

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Now you will remember our Newsletter of two weeks ago when we discussed the true meaning of "Armageddon", where it has long been "prophesied" that "**At The End Of Time There Will Be A Great Battle Between The Sons Of Darkness And The Sons Of Light**" culminating in a Singularity, biblically known as "Armageddon".

What is the "grand prize" for the victor of The Cosmic Chess Game?

The Grand, Winner Takes All Prize, Is Total Dominion Over Gaia or Zion.

We should take a Moment to note before continuing that those we may call "Zionists" are neither "good" or "evil" - they are simply **Pieces In The Cosmic Chess Game**.

After all, how can we play a game of Chess if only the White Pieces or Only The Black Pieces Are On The Board? Both White and Black, Light and Dark pieces are required, in equal number, for a Balanced Cosmic Chess Game to be Meaningful.

Now When we enjoy a game of Chess, we do not "fear" or even "hate" the player controlling the Black Pieces - They Are Just One Side Of The Game.

Furthermore, it may have been that instead of a co-controller of the White Pieces you were called upon to co-control the Black Pieces on The Cosmic Chess Board and vice-versa. The side played is a matter for Higher Self of all participants.

So The Cosmic Chess Board Must Be Viewed As A Whole, As If From Above, And Not Only From The Personal Perspective Of One Side Of The Game.

This Cosmic Chess Game Is A Long Game In Human Terms, Played Over many Thousands Of Years As Depicted in The I Ching, Mayan Long Count Calendar And Many Other Records Of Cycles Of Linear "Time".

Each Cosmic Chess Game takes place over exactly the same period of "time".

A description of The dynamics Of The Cosmic Chess Game must wait until I write the extended paper on the subject, but in general terms, with all "Pieces In Play", The Cosmic Chess Games commences very slowly, each move taking hundreds of years in Linear Earth Time, but as "pieces are taken" The Cosmic Chess Game Gains Momentum, until finally, Just Before The Moment The Cosmic Chess Game Reaches A Climax And Concludes With A Singularity, The Pieces Are Being Played So Fast That The Conscious Mind Cannot Even Register The Moves, The "Time" Between Moves Moving From Seconds To Milliseconds And Faster Almost Instantly.

So Which Side Takes The Opposing King And Takes The Prize?

Remember from our recent Newsletter, the symbolic quote from Psalm 37:11:

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"The Meek Shall Inherit The Earth; And Shall Delight Themselves In The Abundance Of Peace" -- Psalm 37:11

And So Shall It Surely Be. So the only remaining question is who will be the "Meek".

Well "The Meek" are represented in our Cosmic Chess Game By The White Pieces Remaining On The Cosmic Chess Board Once The Black King Has Been Captured - The Moment of Singularity Symbolized By "Armageddon".

The Remaining White Pieces Are "The Meek Who Shall Inherit The Earth".

The Sons Of Light Always Prevail Over The Sons Of Dark. Once The Game Concludes, Both Light And Dark Retire That A New Game Can Begin. **Genesis.**

"Meek" does not mean "weak" but rather means "Humble" in a Spiritual way. The "meek" do not require physical instruments of war to prevail, for these are power-less against The Divine Source of Infinite Power Flowing Though Us All. Humans only differ to the extent that they Do, or Do Not Realise and Direct That Infinite Power.

The White Pieces That "Are Taken" by Black Pieces, are those people who succumb to Ego based emotional and even physical involvement in the grand climax of the Cosmic Chess Game, relinquish power, succumbing to fear, uncertainty and panic.

But what then of those "Pieces", Black and White, that were "taken" and "removed" from The Cosmic Chess Board while The Cosmic Chess Game Was In Play?

Well Of Course All Co-Controllers Of All Pieces Live On. After All - We Are All Divine, Eternal, Immortal Expressions Of Source, Of Perfection, To Whom We Will All Reunite Once There Are No Further Divine Cosmic Chess Games In Which To Participate In Any Vibratory Sphere Of Divine Source Energy.

But most Humans still have numerous Cosmic Chess Games To Participate In Yet. The Choice Of Game, And Linear "Time-Line" Is A Choice Of Higher Self.

While Still Expressing "Messengers" or "Incarnations" To The Physical Plane Of Energy, Higher Self, The "Game Master" Will "Play" Both White Pieces and Black Pieces In The Cosmic Chess Game Until Balance Is Finally Attained.

Our Consciousness Is Eternal. Higher Self Must Experience Co-Controlling, With The Multitude Of Fellow Co-Controllers, All "Pieces" In The Game.

And Later "Players" In The Cosmic Chess Game As "Self" But As "One"

So then what is the broad "objective" of The Cosmic Chess Game?

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Well - To Recognise That We Are All Cosmic Players In The Eternal "Game Of Life" For This And All Participating Cycles of Human Evolution and Consciousness.

Above All, As We Co-Control More Games, We Must Eventually Recognise And Joyfully Accept The True Nature Of The Game, Instead Of Remaining A Pawn In The Game, Driven By The Ego, Thus Seeing, Knowing And Participating In Full Knowledge, With Joyful Acceptance Of The Meaning Of The Game, And With Full Respect, Love And Service To Our Fellow Participants.

When you have recognised and assimilated this, you may view the Cosmic Chess Board from Above, as a Single Game of Oneness, Rather Than With It.

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

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And So It Is. .

Brought to You In Divine Love, Light and Service,

Adrian.

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20 November 2011. Imagine - A Brave New World

Dear Reader, I hope you have enjoyed a most Blessed week.

We should always keep in Mind that this is a Joyous time to be Focused here on Earth. We Are Truly Blessed to Be Entrusted By The Individuality of Higher Self To Be The Messenger Personality and Experiential Participant In This Great Evolution. We should embrace increasingly Momentous Events with Joy and Anticipation Of Change and Renewal, never with fear, doubt or apprehension.

Over the last few thousands of years, and last century in particular, Humanity has become so utterly dependent on the existing "system" that few can Imagine a New World, a New World that has little of no resemblance to the one that is so familiar.

One person who could Imagine such a World is the late John Lennon of The Beatles group, who most certainly envisaged the World as it truly is, and how it could be.

While John Lennon shared this vision in many of his great song compositions, few can be more profound than as shared in the words of his song entitled: **Imagine**.

Imagine

Imagine there's no Heaven
It's easy if you try
No hell below us
Above us only sky
Imagine all the people
Living for today

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people
Living life in peace

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You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

John Winston Lennon, MBE. 9 October 1940 – 8 December 1980.

So then, was/is John Lennon really just a "Dreamer"?

Can the World really "Live As One".

Well, if John Lennon is a "dreamer" then I certainly share his glorious vision and so too does the rapidly Expanding and Evolving Spirit of The Global Occupy Movement.

Again here is part of the Vision For Humanity from The Occupy Movement:

"This Occupy Movement empowers real people to create real change from the bottom up. We want to see a General Assembly in every backyard, on every street corner because we don't need Wall Street and we don't need politicians to build a better society".

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Due to many commitments and general backlog to process, your Newsletter this week will be somewhat shorter than usual, but I would like to take the opportunity to share with you my own Vision For Humanity, Which I Know Will Soon Be Reality.

This Then Is My Vision, a Brave New World:

Without Leaders, Governments Or Other Systems Of Control

Without Borders, Boundaries or Fences

Without Jobs, Formal Work, Money, Credit, Debt or Banks

Without Military, Police Or Other Enforcement Agencies

Without Monarchy, Kingdoms, Royalty Of Other Such Institutions

Where Every Single Human Being Can Achieve Full Spiritual And Personal Potential

Where Every Single Human Being Can Find Joy, Happiness and Fulfilment

Where Service to Others, Love, Freedom, Abundance Reigns

Where Every Human Being Is Considered To Be Equal And Treated As Equal

Where Every Human Being Live in Harmony With Earth, Nature and All Life on Earth

Where Natural Resources Sustainably Feed And Provide Us With Abundant Shelter

Where Every Human Being, Regardless of Nationality, Colour or Culture One People

Where Every Human Being On Earth Enjoys Abundant Fresh Water

Where Joy, Peace And Harmony Are The Only Way

Where We Are Born Totally Free, Live Totally Free And "Die" Totally Free

I am sure you can add to this list, just as I could.

So then, is this Brave New World really possible, or is it indeed just a dream?

Well in reality, All Change Begins As a "Dream" a Vision.

If we can Imagine, It Is Already "Real" and Simply Waiting To Be Experienced.

If we cannot Imagine such a World, then it is only because over the decades, centuries and millennia, The Human Race has followed an alternative path, and one which has

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become so entrenched in the Human psyche, generation after generation, that few can even comprehend any other way of Living.

Yet the time is approaching where Humanity must and will return to what the Ancient "native" traditions around the World fondly refer to as the "old ways".

In fact, the "old ways" could be more appropriately referred to as "The True Ways", because this is Humanity returning to the Way of Living that facilitates True **Experience and Fulfilment of our True Reason For Being - Spiritual Evolution.**

This, to many, may seem to be just a "dream", yet it is the True Way.

Humanity today has become so polarised and dependent on money, material possessions, leaders, even dictators, lack of need to make decisions, and abuse of Natural Earth Resources and Nature, that True Evolution is not only difficult, most have lost sight of our Inner Connection With Source and very Reason For Being.

We will discuss these matters in more depth in future Newsletters, but this week I would like to conclude with this **Most Beautiful Hopi Prayer To The Great Spirit.**

A Hopi Prayer for Peace

Great Spirit and all unseen, this day we pray and ask you for guidance, humbly we ask you to help us and fellow men to have recourse to peaceful ways of life, because of uncontrolled deceitfulness by humankind.

Help us all to love, not hate one another. We ask You to be seen in an image of Love and Peace. Let us be seen in beauty, the colors of the rainbows. We respect our Mother, the planet & our corn fields, with our loving care, from Her breast we receive our nourishment.

Let us not listen to the voices of the two-hearted, the destroyers of mind, the haters of self-made leaders, whose lusts for power and wealth will lead us into confusion and darkness. Seek visions always of world beauty, not violence not battlefields.

It is our duty to pray always for harmony between man and earth, so that the earth will bloom once more. Let us show our emblem of love and goodwill for all life and land.

Pray for the House of Glass, (United Nations) Pray for within it are minds clear and pure as ice and mountain streams. Pray for the great leaders of nations in the

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House of Mica who in their own quiet ways help the earth in balance.

We pray the Great Spirit that one day our Mother Earth will be purified into a healthy peaceful one. Let us Sing for strength of wisdom with all nations for the good of all people.

Our hope is not yet lost, purification must be to restore the health of our Mother Earth for lasting peace and happiness, Techqua Ikachi -- for Land and Life!

"Together with All Nations We Hold this World in Balance"

Hopi Elders, Hotevilla, USA

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

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And So It Is. Brought to You In Love, Light and Service,

Adrian.

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4 December 2011. Beyond The Delusion

Dear Reader, I hope you have enjoyed a most Blessed week.

I know I make this observation every week, but The Quickening is Quickening.

Humanity is accelerating towards Singularity, an Infinite Convergence of Experiential and Cosmic Events, out of which, as was the mythical Phoenix, will be born the next Evolution of Human Being, ready to begin another Cycle of Evolution and Destiny.

The most obvious convergent factors are, in broad terms, military, financial and revolutionary. The USA and UK are exhibiting all of the characteristics of desperation, lashing out at every country that will not submit instantly to their will. This is at a time when Russia and to a lesser extent China are in the ascendancy, but with an emphasis on Peace, communication and negotiation - they have already learned their lessons the hard way, without interference from other countries.

Over the years, and in recent Newsletters in particular as Global Convergent Events Quicken Towards Singularity, I have emphasised time and again that our True Source of Infinite Strength to prevail over any External Experience may only be found Within. This Inner Strength Is Infinite, subject only to Becoming Realised.

Our Inner Source Is Infinitely Powerful and Pervasive and Will Never Let Us Down.

I have received numerous messages from Readers who fully understand this Truth at a rational level, but who cannot actually take the step to "Find Source Within"..

First I must observe that as I write, it is often difficult to convey Mind and Spirit, which are inherently One, in words alone based in material duality. Even the word "difficult" is duality based, because in reality nothing is either "difficult" or "easy" – it simply Is.

When I write these Newsletters, every week, I must convey Pure Higher Truths and Inner Knowledge in duality based language designed mostly for physical experience.

Notwithstanding this, I hope that I succeed in a meaningful way.

In duality terms, some "thing" is only perceived as "difficult" or "impossible", because the Conscious Aspect of Mind, Ego, simply cannot comprehend it in any other way.

As Spiritual Beings we are Unrestricted. **We Are The Whole, We Are Source, We Have The Unlimited Powers As And Of Source** - although "powers" is a dualistic word, relative only to what the Ego can conceive and believe as being "possible".

So when someone says of a "task" - "this is impossible", what they mean is that the Ego of that person cannot, at a rational level, conceive of how the task may meet with success through physical actions. Yet even "success" is really based in duality.

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You see Dear Reader, since we have the “Inner Power” to achieve absolutely anything that Source can “achieve”, then “success” and “failure” becomes erroneous because ultimately We Are Source, All, And Have Already Attained Every-Thing.

This though is why we are here on Earth and subject to the "trials and tribulations".

Our physical senses are constantly bombarded with “sensory data” received by the organic brain through the five physical senses, which "tells" a person “who he or she is” – this is how Ego identifies with Self. Over the centuries, the material world has become so materially oriented and competitive, that Ego, in is often totally in control.

Enlightenment is to not only realise this truth at rational level, but to progress to Subjugating the Ego and thereby Transcending the Material. The material world is thus known for what it is, or more correctly is not – "real", "tangible", "physical".

For a further discussion on this, you may wish to read my paper entitled “**The Quantum Matrix**”, available from the menu of the Our Ultimate Reality website.

Now, although the word “Enlightenment” is, in and of itself misunderstood, as well as being frequently egotistically misused, it broadly means "Realising Our Inner Nature.

Buddhists broadly regard Enlightenment as Transcending Hate/Anger, Greed/Desire and Delusion/Materialism. To "Be In This World, But Not Of This World".

In duality based language, this is akin to passively watching a going to the movies to watch a film with all its action and dramas playing out before you in glorious colour, surround sound and even 3D, but without ever becoming "involved" with the movie.

The movie just is – patterns of filtered light projected on to a white screen.

The movie is not actually “real” unless you choose at some level to engage your Mind in the “plot” and become "engrossed" in the movie as if you were actually there.

The World around us today, with all its Quickening Dramas may be likened to the Movie on the "Big Screen". If you become involved you will be “lost” in delusion.

Most people today still believe that the World around them is "real" and "made of matter" that you can see, feel, smell, taste and hear, and therefore "take it seriously".

Enlightenment is to Transcend The Illusion and know it for what it represents. To Transcend The Illusion is to Subjugate The Ego, because the Ego needs physical interaction and gratification as a point of reference through which to "do" things.

But Enlightenment cannot be achieved through conscious effort - only by Becoming.

Therefore if you consciously “strive to attain Enlightenment”, for example by reading and understanding Buddhist texts, you will never actually achieve Enlightenment.

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This is akin to going to church on Sunday, reading the Bible and recognising "Jesus as your saviour" in the expectation of being "allowed in to Heaven" when you die.

Let me say before continuing that Buddhist texts for example are most wise at a rational level. If you were to follow the Four Noble Truths and Eightfold Path you would certainly know how to be a "better person", but you would not become Enlightened or even necessarily a better person. We can Only Be That Change.

The person who became known as Buddha and the person who became known as Jesus have one thing in common - They Both Embodied And Lived Their Teachings.

Buddha Subjugated The Ego And Transcended The Illusion Of Material Duality.

Jesus Represented "Living Source" And Taught All People They Could As Well.

Buddha Represents Infinite Peace and Compassion. Jesus Represents Divine Love.

Neither Buddha or Jesus ever expressed a wish to become an object of "worship" or reverence, because, paradoxically, to do so would be totally contrary to their Being.

"Transcendent Buddhists" speak of "Buddha Nature", not "Buddha teachings". To Transcendent Buddhists, "Buddha" is a "State of Being", not simply a religious icon.

So how does this relate to this title of this Newsletter and how we process Quickening Global Events?

Well I am simply using Buddha Nature as an illustration.

Everyone is Buddha just as Everyone is Christ, Everyone is Brahman, Everyone is The Tao and Everyone is The Great Spirit. I personally say that Everyone Is Source.

But again, there is a huge difference between actually Realising, Being and Living These Truths and simply understanding at a rational, academic, story-like level.

Attaining Source Realisation Through Experience Is The Very Meaning Of Life.

In the face of Quickening Global Events we have two fundamental choices:

1. Engage the rational Mind, Ego in these events, and be sucked in to them.
2. To see "events" for what they are and them through Inner Realisation

Needless to say, choosing the first option can only lead to chaos and suffering, and not consistent with the new Evolution of Human Being.

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The second choice is the only way forward.

Most people of course are still not aware of these or any choices.

Many, although not aware of these choices, will follow the second path anyway.

It is a fact that only when a person reaches the "depths of despair" with seemingly nowhere to turn that people release their mental burden and submit to "Higher Powers". For such people this is always a turning point and they "See The Light".

As Quickening events converge countless people will experience this - which is as it should be. Keep in Mind that the Transition of Each Great Cycle of Human Consciousness is also a "purgative" or "cleansing" event, one way or the other, that the "seeds" of the New "Version" of Humanity may be carried forward.

Now this does not mean adopting a "monastic lifestyle" or constant meditation.

While correct meditation, for example "Zen Meditation" or "Zazen" is most certainly beneficial, meditation is most certainly not "intended" to be a precondition of "fulfilling our mission" here on Earth, but simply part of it, helping keep things in perspective.

The fact is - Humanity as a whole has lost its way, driven by the Ego in a sea of materialism where "image", "status", "possessions" and gratification of the senses has become accepted as the social "norm" and the origin of misery and suffering.

Indeed, these are the very factors that have lead Humanity to the very brink today.

In order to be physically, Mentally and Spiritually prepared during current convergent events, we must reconcile and realign our thoughts, needs and expectations.

Here is a wonderful little verse which summarises the fundamentals of Life well:

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to listen to stars and birds, babes and sages, with open heart; to study hard; to think quietly, act frankly, talk gently, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the common -- this is my symphony.

William Henry Channing - (May 25, 1810 – December 23, 1884)

So what does this very beautiful and wise verse say in practical terms?

Well quite simply that all we really need to do initially is to "go back to basics" and realise once again "what it means to be Human on Earth" and "why we are here".

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Our basic genuine needs as Human Beings on Earth are really very simple:

- 1. Adequate High Quality, Nutritious, Natural, Locally Cultivated Food.**
- 2. Adequate Home And Shelter - Appropriate To Local Seasonal Climate**
- 3. Love, Service and Oneness With Nature, Each Other, And Source**

It does not seem much does it?

Yet for many it just may be.

There are many who define "poverty" as only having to "make do" with these basics.

To many, "deprivation" means not having the latest model iPhone, flat screen TV, lawnmower or vacations abroad. There are tens of millions on "food stamps" in the USA and on similar benefits in the UK and elsewhere, yet many such people still have two cars in the drive, flat screen TV's and go out to eat at least once per week.

I do not wish to dwell on this, because it is self evident. My book, "**Our Ultimate Reality, Life, The Universe and Destiny of Mankind**" includes a long chapter entitled "**The Human Paradox**" which explains this in much more detail.

As Global Events Unfold Our Mindset Must Also Unfold In Harmony Towards Our Natural Way of Living and State of Being.

When We Live In Total Harmony With Ourselves, Our Family, Our Community, Our Land, Our Plants and Animals and Earth, All Is And Must Be Perfect.

As long as Humanity chooses to pursue a money, material, consumer oriented trajectory, in abject disregard of the above, then misery, suffering and eventually total catastrophe must and will be the outcome, as we are beginning to witness.

So In Order For The World To Change, Humanity Must Change - From Within.

We have discussed frequently the duality based description of "the globalists", "global elite", "global zionists" and so on, but we need to be honest with ourselves.

If it were not for the greed and materialism of Humanity, it would have been impossible for these "power groups" to have even started, because ultimately it all comes down to one thing - money.

The irony is that money is not even "real". Money is simply official looking pictures and numbers printed on paper notes and coins which can be produced at will.

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Money in its current form, and all that goes with it - debt, banking, credit cards, loans, mortgages and so on is coming to a very abrupt end very soon. Even the "central banks" can only delay the inevitable for so long, while making things even worse.

As I have said before, and others who know the truth have stated, such as The Hopi Nation and The Toltec Nation, those who strive to cling to the current failed paradigm will suffer and will not make it to become part of the New Evolution of Human Being.

Those however who reconnect with their Inner Source, and with Life and Nature will not only survive and become a member of the New Evolution of Human Being, but will also find the meaning of True Joy and Reason For Being Once again.

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

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

What Choice Will **You** Make? What Do You Wish For **Your** Children and **Countless Future Generations Of Children** Who Will Have To Live With Our Choices Now?

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

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And So It Is.

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The Our Ultimate Reality Newsletters

11 December 2011. Feelings Are Our Experience

Dear Reader, I hope you have enjoyed a most Blessed week.

I receive many questions about "how to create my ideal reality" or words to that effect. The question varies for course, but the meaning is always the same.

Many today feel "trapped" in a life dictated by the pressures of family, friends and society and indeed the need to simply survive on day to day basis.

Well it is a powerful Truth that the way we Feel actually shapes our Experience, and not the other way around.

Many people today Feel "hopeless" or "trapped" and so on, especially as Global Events Quicken.

Many, particularly for example Readers of this Newsletter, know, at a rational level that each One of us Expresses our Own Experience through the Power of Mind, but also realise that "knowing" is not enough.

The important Principle to Keep in Mind is that We Are Our Experience, and not separate from it.

This is one reason so many have been unwittingly misled by "The Law of Attraction". The Law of Attraction implies that if we "want something", that which we want is already pre-existent "out there somewhere" and all we need to do is to "attract it to us".

Well of course The Law of Attraction is firmly based in Duality, implying separation.

The general suggestion is that "everything that has existed or will ever exist is already waiting to be attracted".

Well this idea is flawed for three fundamental reasons:

1. No-Thing exists in material terms. Only Mind, Consciousness, i.e. Spirit, and Energy of Infinite Potential Vibratory Frequencies.
2. Attraction implies separation which implies Duality.
3. Waiting for something to be Attracted implies time which is also duality based.

So what then is the Reality?

The Reality, quite simply, Is that **All Is One Expression Of The One Source.**

We Express Our Experience Through Thoughts, Feelings and Emotions.

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Experience is a "Projection" of Mind Over Energy, and never materially "Real".

So how does this function in practice?

Well, many people are of course aware of the "Subconscious Mind" and believe that by "programming the Subconscious Mind" they can "manifest their desires", which is typically approached through affirmations, creative visualisation and other methods.

Now in principle, conditioning the Subconscious sphere of Mind activity in this way can be very effective, since this Sphere of Mind directs the Infinite Power of Source Mind at a personal level, with the potential to Express any desired Experience.

However the frequently engaged approach of constant repetition of words, or visualising a situation, will for many prove to be largely or completely ineffective.

Mind, Source, does not recognise "words" alone, whether in the context of affirmations, prayer or by any other human construct of "higher" communication.

Why is this?

Well quite simply affirmations, prayers etc alone are inherently dualistic in nature in that the words are directed or petitioned "to" something which is perceived to be external and bigger in some way, e.g. "Subconscious Mind", "God" and so on.

In reality there is no duality - **All Is One**. So directing words "towards" some perceived external entity will be ineffective, and nothing worthwhile can be achieved.

This also applies to the use of physical actions directed "towards" some objective.

For example, many people in the world today are highly conscious of, and focussed upon the condition and appearance of their own physical bodies, as witnessed by the rise in "health clubs", "gym's", vanity and "anti-aging" products and so on, often in the hope of achieving a body that people will admire, or appear more appealing to the opposite gender as well as "looking younger".

Such repetitive actions are really the same as repetitive words, except in this case such actions are directed towards the physical body which is still a dualistic concept.

Mind has complete and absolute dominion over the Inner Expression of Source and Higher Self known towards the physical body in every possible way, for example maintaining bodily functions including heartbeat, therefore blood circulation, digestion, body temperature and every other life-sustaining function of the body, all of which Mind regulates fully automatically, right from birth and before, without any physical or conscious effort or instruction required. These are simply accepted.

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If for example we stop for a moment and begin to think about the process of breathing, then we will become conscious of the need to breathe and can even become "short of breath" if we do not make that conscious effort to draw a breath.

If we are walking down a flight of stairs at home, something we would usually do several times every day, if we suddenly started to think about the process, e.g. which foot goes first and on what step, we could very easily trip and fall down the stairs.

What then does this mean in practical terms exactly?

Well simply that, from birth, we accept such basic and "natural" actions as walking, breathing, and other bodily functions as a matter of fact, without question, and therefore Feel, with absolute Faith that these functions will always take place unless there are intervening medical circumstances such as illness or accident for example.

Again, we Feel that these basic bodily functions are self-evidently true.

It follows therefore that whatever we Feel about our body or Experience must also be true, and that our actual Experience will be in alignment with our Feelings.

This is still true for "positive" and "negative" Feelings, regardless of the Experience.

The state of humanity today is such that people generally have great difficulty in Feeling Healthy, Feeling Wealthy, Feeling Secure etc, but can very easily Feel negatively about their body in some way, Feel lack, whether it be money, possession, relationships and so on, and this is the reason why the actual Experience of such people must and does always reflect those Feelings perfectly.

So rather than defining Personal, Life Experience through **Feeling** Joy, Health and Abundance, many, through the indoctrination of family, society, religion etc define their Experience through misery and suffering. If a situation arises that does not conform to misery and suffering, it is often considered to be "too good to be true".

So it is not what we say or think that influences our Experience, it is **How We Feel**.

If we Feel for example think about "ageing", our body must and will reflect that perception perfectly in terms of physical appearance and health. Vanity products and drugs simply reinforce the Feeling of ageing, they can never resolve or reverse it.

As science and medicine has proven and fully accepts, the human body is being constantly rebuilt in every moment - some parts taking days to renew, others weeks or months, but after a few years we have a totally new body in every respect.

People only "grow old" because society assures them that it is inevitable, even going as far as to describe the aging process model for people to follow, birthdays with numbers of years, and fully supported by the countless vanity products on offer to people with "aging" or "beauty" issues, which simply reinforce these Feelings.

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No animal or other life-form worries about or Feels ageing, which is why they never appear to be "old" in the same way that humans usually do after they reach maturity.

If we Feel that ageing as inevitable, Mind amends our DNA "blueprint" accordingly in order to ensure that physical appearance matches Feeling of how we should look.

We can demonstrate the power of Mind over body in many ways, not the least of which are through the numerous so called "miracle healings" that have taken place and continue to take place over the centuries, including those "patients" doctors considered to be "incurable" or "terminal", but then later considered to be a "miracle" when they are healed by the Mind of the patient without any medical intervention.

Many have heard of "placebo" drugs where patients are given a sugar pill and assured that it is the latest and greatest medicine. The patient then "miraculously" recovers health completely, often much more quickly and much more profoundly than the corresponding patients who were "administered" the actual chemical drugs.

Even more profound examples can be found in the cases of "sham surgery". Here people who are seriously or terminally ill, for example by cancer or brain tumour, are told by doctors that they need an "operation" to recover health and "save their lives".

In the case of sham surgery the patient is given an anaesthetic after which the surgeon makes an incision in the body area, but which is then immediately closed and sutured, appearing as a surgical wound without actually performing any surgery.

In many cases, again, as with the placebo drug, "terminal" patients experience a full recovery after "sham surgery", very often more complete than the actual surgery patients who have been "operated on" incised, modified or removed by the surgeon.

What then does this tell us? Well quite simply that if the patient Feels that they have been healed, they actually are healed, and therefore Mind is the True Healing factor.

In the case of most people given chemical drugs or actual surgery, recovery is still mostly a result of how they Feel about the effectiveness of the surgery or medical treatment, and not at all due to the nature of the chemical drug or surgery itself.

There are of course numerous non-medical examples, such as learning to swim.

When a person decides to learn to swim, they do so from the Feeling that they cannot swim already, and therefore if they were to enter deep water they will immediately "sink" and inevitably drown unless someone jumps in to "rescue" them.

In fact "sinking in the water" is due only to the Feeling of the person that they actually will sink, because they cannot yet "swim", a belief that is firmly implanted in the Mind of the person through what they have learned, and which they Feel is self-evident.

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However, as that person "learns to swim" through taking "swimming lessons" and practice, they gradually gain Faith in their own abilities to stay afloat and soon to propel themselves through the water, until finally they become a proficient swimmer. They Feel that they can swim, and no longer in any danger of sinking or drowning.

Now if that same person who has learned to swim lies flat on their back in the water they will float rather than sinking as they Feel would happen before they could swim.

So what therefore has changed?

Clearly 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 as before that could not swim, the same body that would inevitably sink in the very same water just a few months previously.

The only factor that has changed in fact is the State of Mind of the person.

The only factor that has changed is that the person now Feels that they will certainly float and can swim, rather than Feeling that they will sink and drown.

Nothing else has changed except that Inner Feeling.

But "sinking" or "swimming" is still a conditioned Feeling. People only Feel they will "sink" in the "water" and potentially "drown" in the "water" if they Feel they cannot "swim", because this is what family and society have taught them to be the case.

Now, if a very young baby, one who has not yet been indoctrinated into the ways and beliefs of society and physical world, was placed into a swimming pool, the baby will certainly float and probably even swim. No one has told the baby he or she will "sink" in the water, in fact a baby has no concept of "sinking" and therefore the Personal Mind of the baby, always acting in a "life-ward" direction, assures the baby will float and survive perfectly happily, even though the baby has not been "taught" to swim.

Before we "learned how to swim" we could not float, however much we tried, yet once we have learned to swim we cannot sink however much we try, even through all the physical factors remain identical. Sinking or swimming is an **Inner Feeling**.

The same applies to a child learning to ride a bike without "training wheels".

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 that they will never be able to ride their bike. Then all of a sudden a friend of the child rides confidently by on a shiny new bike, at which point the child who was learning mounts the bike and sets off with ease without falling.

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In this case the child observes that riding, balancing and remaining on the bike is perfectly normal, but falling from the bike is abnormal, impressing this on the Personal Mind which then Feels it can ride a bike with ease and does so effortlessly.

There are numerous other such examples. The "difference" is the **Inner Feeling**.

In the movie and book "The Secret", one of the participants is involved in training astronauts and athletes. In one experiment he connected a series of athletes to advanced bio-feedback equipment and asked them to visualise their usual race in their Mind as if they were actually running the same race on the track. He observed that the muscles of the athletes and other bodily functions worked in an absolutely identical way, as if they were actually running the race. Mind simply does not know the difference between actual physical "practice" and the **Inner Feeling** of practicing.

Likewise, when people go to the Gym or health clubs every day and "work out" to exhaustion, very gradually gaining a muscular physique, feel healthier etc, it is not the actual physical exercise bringing it these changes, but rather the **Expectation** and **Feeling** of results being impressed upon the Mind, which **Expresses the Expected and Felt Experience**. People exercise their bodies expecting to become "stronger", and this expectation alone assures that they do indeed become stronger.

This is the accepted and widely adopted "no pain, no gain" mentality.

The fact is, Mind is infinitely capable of **instantly bringing about absolutely any change in the physical body whatsoever**, including a muscular, healthy physique, without ever visiting a gym or using any physical equipment or other exercise or workout processes, as with Perfect health, abundance and other Life Experience.

The gym, exercise equipment, swimming lessons, drugs, surgery etc., are all "props" for impressing Mind with the desired result based upon Inner Feeling. The same applies to excellence in any sport or activity as in Life Experience itself.

All "success" and "excellence" - Experience - begins and ends in the Mind.

All "practice" for a sport and so on is therefore not to "change the body" for success - our body is already capable of absolutely every sport, and even being an Olympic Champion - practice instead is gaining the progressive Feeling of success.

So how then does physical exertion, repetition and practice "make" champions?

If we take any popular sport, hobby or pastime that does not require physical much exertion, and therefore the need to "build up the muscles, or "get physically fit" in order to achieve success and "progress through the ranks", we still see that such champions achieve their objectives through diligent and dedicated practice, even though this is not changing their physical body or "fitness" to any extent, if at all.

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So what does this practice achieve? **The Feeling of Progress, Belief in their own Abilities, and Faith in the Outcome.** This "training" is of the **Mind**, not the body.

It should be clear then that **we can Experience anything we desire through Mind alone, through Feeling that the Experience is already True - and it Is.**

Dear Reader - Whatever We Feel is True, Is Always True - Is Our Experience.

I will conclude with this most appropriate poem, the author of which is unknown:

***If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but you think you can't,
It's almost a cinch you won't;
If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a fellow's will
It's all in the state of mind.
Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even his work's begun.***

***Think big, and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.
If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself
before You can ever win a prize.
Life's battle doesn't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can.***

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In this poem, replace the word "think" with the word **Feel..... And So It Is.**

Remember Though - We Are In The End Game For This Cycle Of Human Consciousness. Our Time Is Now.

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

What Choice Will **You** Make? What Do You Wish For **Your** Children and **Countless Future Generations Of Children** Who Will Have To Live With Our Choices Now?

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

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

And So It Is.

Brought to You In Love, Light and Service,

Adrian.