

The Our Ultimate Reality Newsletters

**The
Our Ultimate Reality
Newsletters**

Volume 1 - 2005

Adrian P. Cooper

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The Our Ultimate Reality Newsletters

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Volume 1 - 2005**

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15 May 2005 - Energy

15 May 2005 Energy

It will be obvious to most people that the workings of the Universe have over the millennia been shrouded in mysticism.

There is nothing at all wrong with this, indeed it was most appropriate to approach and teach the nature of the Universe in these terms in the absence of any additional evidence or scientific type understanding. It has not hitherto been important to know precisely how the Universe works as much as to know the fact that it simply does.

Unfortunately however these ancient doctrines have often made this entire, extremely important subject over-complicated, with people believing that it is necessary to follow often complex mystical, esoteric or occult procedure and teachings in order to progress.

Nothing in fact could be further from the truth.

The Universe consists of pure intelligent, conscious Energy, vibrating at rates in accordance with unique characteristics. The Source of this infinitely intelligent Energy is The First Cause, otherwise known as "God". The Energy of The Source vibrates at the very highest rate, and the vibration becomes progressively slower as it radiates outwards until finally reaching the physical Universe of matter where the vibration is so low that the Energy is "frozen" into the 3 dimensional sphere of "space-time" in which we live. Unfortunately much of science still believes the entire Universe to be 3 dimensional, observable plane of matter, and are unwilling to accept the truth that in fact the physical Universe is only around 0.1% of the entire

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Universe of Energy. Quantum physics is the exception, an considerable progress is being made in this field which will one day expand to include all sciences and most importantly medicine. The medical profession work almost entirely on masking the symptoms rather than curing the inner disorder.

Understanding Energy is the key to taking full control over your own life, path and destiny. More specifically the knowledge that Energy is totally influenced and controlled by Mind at all levels, whether it is the Infinite Mind of The Source, the creator of the Universe, the Macrocosm, or the Mind of aspects of The Source, in our case human beings who create in our own worlds, the microcosm. The statement by Abraham, a group of highly evolved beings that "there is nothing that you cannot be, do or have" is an absolute truism. And "nothing" means quite literally "nothing". Even "things" that seem fantastic to you are nothing at all to the Infinite intelligence of which we are all aspects.

Most importantly we are all pure Energy, each of us having our own unique Energy configuration that is our Divine core, our Spiritual identity. As we progress and evolve, that Energy configuration becomes more and more perfect, less and less dense, and therefore vibrates at an ever higher rate. As we vibrate at a higher rate we are automatically attracted to the inner levels of the Universe of the same level of vibration, and this is how we evolve and progress Spiritually.

Because material things are very dense, and vibrate at a low rate, attachment to, and desire for those material things will lower the level of vibration of the inner bodies and slow evolution. This is why the Astral worlds are often called the "desire worlds", because it is here where people having

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made the transition from the physical world of matter are faced with a world where they can literally have anything in an instant, simply by thinking about it and focussing on it. It should be noted that the same Laws apply to the physical world which is why there really is nothing that we cannot be do or have, but here we are governed by much higher densities and lower vibrations of Energy and accordingly much more focus of Mind is required to attract the object of your desire into your experiential temporal existence.

People in the Astral worlds have created environments that are almost identical to the physical world in the belief that is reality, and of course they can instantly create what they believe to be reality. It is here where they finally satiate those desires and see it for the illusion they really are that they can then progress.

If anyone needs conclusive proof that we can create and attract anything at all we desire, then Astral Projection will conclusively provide that truth, as well as many other truths. These are reasons why learning Astral Projection is so important, and the reason why my book, *Our Ultimate Reality* provides extensive information on the Astral worlds and the easiest methods to learn Astral Projection.

The people in the Astral worlds do not have to understand Energy and The Law of Attraction, because they are faced with it as an absolutely observable reality. There is only one set of Universal Laws and they apply to the entire Universe including the physical world. This is precisely why we can create and attract absolutely anything - it just takes focus on the object of your desires as if it is a reality now - which it really is. Beyond the physical World there is no space and time, and whatever you focus on becomes an instant reality. All you need to do is to attract that reality

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into your experiential awareness by bringing yourself into vibrational harmony with it. This is where most people fail to attract the object of their desires - they are simply not in harmony with it.

In Our Ultimate Reality I describe in detail not only how to attract your desires, but most importantly how to bring them into your physical reality where you can experience and enjoy them.

So in summary, Energy and Vibration and the influence of Mind is all important. It is who we are, and what we are becoming as well as the means by which to attract everything we desire and cure almost any disease.

It should be apparent therefore that rather than focussing on mysticism, religion and other doctrines, your time would be much better and more productively spent on learning all about Energy, Vibration and the influence of Mind.

In my book, Our Ultimate Reality, I discuss all of these most important facts in great detail, as well as how to apply them effectively in order to achieve and enjoy the health, wealth and happiness that is your right and destiny.

In the next newsletter I will be discussing Mental Projection – a simpler and much more versatile means by which you can project your consciousness beyond your physical body to travel anywhere at will.

28 May 2005
The Law of Attraction and Money

Thank you to everyone who has sent me messages about your successes with The Law of Attraction following the chapters in Our Ultimate Reality. There have been several questions regarding the subject of asking for and specifically attracting money.

While using the Law of Attraction, which is very powerful and immutable in order to attract your desires, it is never, ever a good idea to ask for money. The Universe does not recognise "money" as anything other than Energy, the same as everything else in the Universe is Energy, albeit conscious, intelligent, living Energy.

It is much safer and much more effective to ask for specific desires such as cars, houses, vacations etc., and let the Universe bring them to you through an infinite number of possible physical channels. The Universe has a total and infinite perspective on everything in the Universe and therefore our lives unlike our narrow, material, temporal perspective from our physical existence, and can, and usually does manifest literally anything in ways we could not even begin to conceive of. There is "nothing that we cannot be, do or have", but stay with specific desires, however large or small and never money.

Asking for money also has its risks in that there may well be trials associated with the manifestation of money, trials and circumstances of the sort you would not wish to experience. One for example might be a close and loved relative suddenly passing on and leaving you with an inheritance in the form of money. So always focus on exactly what you desire and leave the Universe to deliver.

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Very often it arrives in the form of money anyway, but again, that is for the Universe to decide in Its infinite wisdom.

Attitude towards money is also extremely important in receiving anything. Money is Energy and like any Energy it flows into and out of your experiential existence. If you block the flow of that Energy you will block the flow of abundance flowing to you. Most people really enjoy receiving money but do not like to see it go. This feeling will restrict the flow of money, which again is ultimately pure Energy, into your life by causing a blockage. Money should be spent joyfully, even on mundane things such as utility bills. By joyfully spending money as well as receiving money then the flow of money will be unrestricted and can expand and bring you even further abundance. The Universe is in a constant state of expansion and evolution, and as an integral aspect of the Universe you will find that this is reflected in your life providing you do not block it with conscious and in particular Subconscious Mind attitudes towards money and wealth in general.

The same principle applies to giving. By joyfully giving a percentage of your income to good causes you will magnify the flow of money returning to you several times over. The Universe is in a constant state of evolution, so whatever you give will return to you many times over. This is a process known by many as "tithing".

Many people, including extremely wealthy people give 10% of their income to worthy causes and sources of Spiritual inspiration and receive the same amount back many times over as a result. Tithing is not an absolute necessity by any means, but it does increase that flow of money and abundance into your life in accordance with immutable Universal Laws.

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To receive anything by the Law of Attraction it is necessary to vibrate in harmony with the object of your desires at every level. The matching vibrations then have to materialise your desire into your experiential, physical existence. There are no exceptions to this, ever. Most people can ask, and the Universe will respond instantly, but it is in the receiving that many fail. Our Ultimate Reality contains a chapter called "Harmonising Your Desires" which deals with this important aspect of attracting infinite wealth in great detail.

28 May 2005
Astral Projection and OBE

In this newsletter I was going to talk about Mental projection.

However, is apparent that there is still some misunderstanding about the differences and characteristics between Astral projection and OBE. I have therefore decided to clear these points up before moving on to a full description and methodology for Mental Projection, which is a different ability again, in my next newsletter.

When many people think about "projection" they generally think of Astral projection or OBE. First of all we should differentiate between the two.

OBE or "Out of Body Experience": This is an "Ethereic projection" into the Energy level of vibration closest to the physical world.

During such a projection there is a projection of consciousness to the Energy Body, which then becomes the main vehicle of awareness and travel. As with all projection it is very important to note that there has been no actual projection of a "body", but rather only a projection of consciousness to an "inner level" of Energy and vibration. We should also take this opportunity to recognise that all projections of consciousness are "inwards" relative to the physical world and not "upwards" or higher. The well known axiom "as above, so below" is actually incorrect. The axiom should be "as within, so without".

With OBE, travel appears to be within the physical world, but in fact is rather within a higher level of vibration and lower density "reflection" of the physical world. This is

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why "reality fluctuations" can occur - the Etheric Energy levels are very susceptible to thought, and anything you imagine will become a reality, including things that you might be afraid of. So if you are afraid of an evil being, there is a good chance one will appear for you even though it will not be real and cannot harm you. This is why it is very important to maintain a passive or "curious" state of Mind while projecting into these Energy levels.

"Travel" is another misunderstood phrase in this context. As infinite, immortal, Spiritual beings we already concurrently exist everywhere in the Universe at all levels, from The Source, The First Cause, God, all the way out to the physical world. We are therefore not "travelling" anywhere but rather focussing conscious awareness to a specific Energy point. With OBE we can focus anywhere close to the Universe in an instant. In practice however it is necessary to know where you are focussing in order to focus upon it, but as we have no real idea of what other star systems and planets look like for example, it is difficult to focus on them. It is however quite possible to travel to the Moon, and many people in fact travel to the far side of the moon which is not visible from Earth.

The best three methods for achieving OBE are discussed in Our Ultimate Reality.

Astral projection: This is a projection of consciousness to a much higher level of Energy level than is the case with OBE. Again, we do not actually physically travel anywhere during Astral projection, but rather focus our consciousness awareness inwards. Astral projection is therefore an inner journey. When we pass on and leave our physical shell behind, the Astral level then becomes our "base" level of consciousness until either reincarnation back to Earth takes place, or evolution to higher/inner Energy levels is attained

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through the process of satiation of the illusion of material desires, and perfection of the Astra-Mental bodies.

The Astral words of course are very real and are inhabited by billions of Souls who we can interact with, and that have lived on Earth or other planets previously. There are also many other beings that have never physically incarnated such as the beings of the single elements, the more commonly known ones include but are by no means limited to Undines, also known as "Mermaids", Gnomes, Faeries or Fairies, Sylphs and Salamanders.

The Astral worlds have vast number of levels and territories associated with them, the main ones of which are discussed in Our Ultimate Reality. During Astral projection and indeed upon passing after the end of a physical life, where we focus depends on our individual level of Energy vibration. In accordance with the Law of Attraction, we are automatically attracted to the level of the Astral worlds that most closely math the vibrations of Energy of our Astral body. In general terms however most decent people will find themselves at the mid-Astral levels of the "Astral planes" which look extremely similar to Earth having been created by the minds of men after Earthly experiences, expectations and desires.

So Astral projection is a focus of consciousness to the Astral levels of consciousness to vast worlds of Energy and environments created by the Minds of human and other beings. As with OBE, travel anywhere within the Astral worlds is instant and at the speed of thought because again, we already concurrently occupy the entire Universe at all levels, and we are therefore simply focussing consciousness at the level of Energy and vibration that corresponds to our level of evolution and therefore vibration of Astra-Mental bodies.

28 May 2005 – Astral Projection and OBE

Within the Astral worlds The Law of Attraction is beyond any doubt because it is observable as an instant reality. Anything you wish for and focus on becomes an instant reality - this is how the Astral worlds have been created by the minds of men after desires and experiences of previous physical lives.

Whether it remains an instant reality depends upon continued focus providing more resilient, less transient Energy forms. The exact same laws apply to the physical world, but due to the much lower levels of vibration and higher density, desires can take longer to observe materialising into experiential, temporal reality. The important fact to keep in mind however is that there is only one set of Universal Laws applying to the entire Universe and everyone and everything within the Universe at all levels of Energy and vibration.

In order to travel beyond the physical and Astral worlds Mental projection is required - a subject that I will discuss in the next newsletter.

Finally a word about mysticism. Over the millennia, mysticism has become more prevalent, controlled by the world of the "mystic" who often seeks to retain that atmosphere of "mysticism" in order to feel special. The fact is, mysticism is only mysticism because it is maintained that way by mystics, thereby keeping this valuable knowledge out of the realms of most people.

The Universe is absolute perfection in its simplicity, and affords no individuals, regardless of what they call themselves any preferences over anyone else. Everyone, without exception has the right and ability to enjoy The Law of Attraction, Astral Projection, OBE and many other valuable abilities necessary for evolution. It is as well

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therefore to pay no attention to sources that require seemingly secretive and convoluted procedures in order to achieve these God given abilities.

4 June 2005
How “real” are the Astral Worlds?

One question that often arises is how "real" do the Astral worlds seem during Astral projection?

The Astral worlds seem extremely real because they are real. People on Earth naturally use physical things as a reference point as to what is real and what is not real. To that end anything that cannot be perceived by the five physical senses is deemed to be "unreal" or "imaginary" or an "illusion".

However, the physical world, like the Universe as a whole is pure energy, but in a "frozen" form giving rise to physical matter. David Bohm, the great quantum physicist described the physical Universe of matter as "frozen light" which is an extremely apt description. Energy at this level has a very low vibration by comparison with the inner spheres, and therefore, although still created by the Minds of human beings, is in fact very crude. As with any creation, the finer the material from which it is constructed, the more "solid" it appears to be and the more depth it appears to have. Within the physical world of matter it is due to this very low vibration and high density that, although we can attract absolutely anything into our lives, it can take longer than it does within the inner spheres of life and reality where vibration is much higher and density much lower and therefore much more easily and immediately influenced by the thoughts, wishes and desires of the Mind.

Like the physical world the Astral worlds, in all of their multitude of levels are constituted of Energy that is of a much higher vibration and much lower density than the

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physical world. Consequently not only can anything be attracted and created instantly by the Mind using the process of imagination, but due to the much finer nature of the Energy at these levels everything seems to be very much more solid and very much more "real" than anything in the physical world. Also, due to these same factors, colours are vastly brighter and more vibrant than anything seem in the physical world, including colours that simply do not visibly exist in the physical world to the perception of the physical sense of sight.

There is no "sunlight" as such within the Astral worlds, everywhere being brightened by the infinite Divine Light of The Source, a light that makes Earth seem extremely dull, dreary and lifeless by comparison.

The Astral worlds quite simply cannot be described in physical terms. Everyone, without exception should be prepared for the next phase of life and it should accordingly be the objective of everyone to learn the ability of Astral projection in order to know, beyond any doubt, what you can expect. Most people passing on to the Astral worlds do so without any knowledge whatsoever as to what they can expect, or indeed in many cases that the next phase of life exists at all, and this can have a profound impact on such people, but not in a positive way. We must all be the masters of our own destiny at all times.

Everyone must know this beyond any doubt - where you will transition to after death will be determined precisely by your unique Energy vibration upon passing. You will be automatically be attracted to the exact same level of Energy vibration of the Astral worlds as the Energy vibration of your Astral body. It will give you a huge advantage therefore to learn Astral projection and discover your future destination for yourself.

4 June 2005 – How “real” are the Astral Worlds

My book sets out three highly effective methods for Astral projection and three highly effective methods for OBE that can be converted to Astral projection. Anyone achieving this will be left in no doubts whatsoever as to just how "real" the Astral worlds really are, and most importantly where you can expect to transition to if your were to transition at that point. Of course, while still on Earth you can, through the practice of perfection, influence where you can Astral project to, and where you will transition to upon passing from Earthly life.

Once the transition has taken place, it is much more difficult to move towards the ever more glorious spheres of life which is one of the main reasons for reincarnation, to return in order to "get it right" next time . The book, Our Ultimate Reality will show you in great detail how to attain the levels of perfection necessary in order to transition to the innermost and most glorious levels of the Astral worlds.

4 June 2005
Mental Projection Part 1

This is the first in a three part series on the subject of Mental Projection.

When most people think of "projection" they automatically think of "Astral projection" or OBE. Astral projection is a projection of consciousness into the Energy level the Astral body and an OBE is a projection of consciousness into the Energy level of the Etheric or Energy body. These inner bodies then become the main centre of focus while "travelling" out of the physical body.

There is another form of travel and that is by the process known as "Mental projection". Mental projection is a projection of consciousness in the form of pure Spirit, in other words to the level of the Mental body. The Mental body, of which there are an infinite number, is the finest level of Energy vibration, beyond the relative density of the Astral body and the gross density of the physical body.

There are many benefits to Mental projection over Astral projection or OBE. With Astral projection or OBE converted to an Astral projection, travel is limited to the Astral worlds, and even then only to the level of the Astral worlds that are analogous to your level of perfection and therefore Energy vibration and density.

With Mental projection you are not restricted to the Astral worlds. You have the ability to travel beyond the Astral worlds to the glories of the Spirit worlds, but again only to the extent of the level of perfection of your Mental body.

4 June 2005 – Mental projection Part 1

Also within the Mental planes are to be found great Spiritual intelligences whose task it is to oversee and facilitate the evolution of mankind. These same intelligences or Spirits, which have never incarnated within the physical world, can also be evoked to appear in the physical world by the process of "evocation". An important aspect of this process is to travel to the Mental planes first and to seek the permission of these great Spiritual intelligences before proceeding with the evocation. These Spirits reside at many different levels of the Spirit worlds, often symbolically represented by the planetary spheres. Planetary spheres however are really levels of Energy vibration and also equate to, for example, The Tree of Life of the Kabbalah.

With Mental projection you can travel anywhere within the physical, Astral or mental worlds at will. However, the vivid physical type sensations experienced during Astral projection and OBE, which sensations are usually far more vivid than those in the physical body, do not for the most part exist. With Mental projection there are no senses of touch, smell, or taste, only of sight and hearing, although both of these of course are at an Energy level and not a physical level.

The advantages of Mental projection are that it is easier to learn than Astral projection and OBE, and has the flexibility of you being able to visit any part of the physical world or Universe at will. You can for example easily visit relatives anywhere in the world and know beyond doubt what they are doing by confirming it later. You can also visit the Astral worlds and perceive what is occurring there, but the residents of the Astral worlds will likely not perceive you due to the fact that your Mental body is on a much higher level of Energy vibration. Therefore just as physical people cannot usually perceive others in Etheric or

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Astral body form, people within the Astral cannot usually perceive those in Mental body form. It is all relative.

Although the sensory feedback is not as vivid as with other types of projection, it is nevertheless very real indeed and can be confirmed. Mental projection is often confused with remote viewing, which actually usually has no visual feedback at all, being entirely by means of impressions.

12 June 2005
The Law of Attraction and Money

Many people have written to me on the powers of The Law of Attraction, and in particular certain aspects of its application on an ongoing basis as well as for specific purposes. For that reason I will start this newsletter with one important aspect of The Law of Attraction:

The Law of Attraction is extremely power - there is nothing that we cannot be do or have. Whatever we think, feel and believe, we become.

Many people have achieved outstanding success, literally progressing from bankrupt, poverty or extreme lack of money to enjoying a millionaire lifestyle within a year. Our Ultimate Reality provides you with the very best and proven methods for success.

In addition to the daily exercises it is extremely important to be mindful of your thoughts on an ongoing basis, always ensuring that your thoughts are in the direction of what you are attracting. If your thoughts conflict with whatever it is you are attracting, then the Energy around you will have conflicting vibrations and their will be a balancing of the positive and negative effects of the Energy.

It is absolutely crucial therefore to "think rich" all the time.

This means also thinking and behaving in a rich manner as if you already have everything you wish to attract in your possession. This is the way wealth, health, success or anything else is attracted to us by The Law of Attraction. Once the Subconscious mind, which is 90%+ of the mind is working for you, then anything at all is possible.

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"Thinking rich" is where some people tend to let their focus wander from whatever it is they wish to attract. They do all of the right things during the daily exercises, but then during the day focus on lack, start to think in the future tense instead of present tense, and very often have the wrong attitude towards money.

Money is Energy in the same way that everything is Energy, and it is vital to keep the Energy of attraction positive by having the right attitude towards money. Many people enjoy receiving money but not parting with money. This severely disrupts the Energy flow and will block further money or material things arriving in your life. It is therefore very important to think and act as you wish to be.

Again, and this is extremely important - what you think, so shall you become. When spending money therefore never think in terms of buying things "cheap". This sort of attitude impresses upon the Subconscious mind and the Energy that flows around, about and through you that you do not have the money to buy the best that you would otherwise wish for. The thoughts you send out would be ones of lack rather than ones of plenty, and therefore lack is what you would continue to experience.

It doesn't matter what you are buying therefore, always buy the best in the firm knowledge that all the money you require to pay for it is already available and will appear in your life at the right time. When buying something new, that you will derive great pleasure from, always spend your money with great joy and receive whatever you are buying with great joy, and the Energy will configure accordingly.

This only applies of course when you have formed a firm intention to use money to acquire something. Using The Law of Attraction as detailed in Our Ultimate Reality you

12 June 2005 – The Law of Attraction and Money

can still attract anything you could possibly desire into your life, which may or may not initially materialise in the form of money.

The important point I am making here is the importance of always thinking in a wealth manner, as if all of your wishes have materialised, and in particular never, ever restrict the flow of Energy by being reluctant to part with money or your attitude towards spending money. The vibration of thinking and acting in a wealthy manner, particularly towards money is very powerful.

12 June 2005
Mental Projection Part 2

In part 1 we looked at the process of Mental Projection. We can now move on to the practice of Mental projection.

Mental projection is the projection of consciousness away from the physical body. During normal awareness our conscious attention is focussed firmly within the physical brain. It is most important to realise that the physical brain is not the Mind, but is rather an organic interface between our physical body and our inner body. The physical brain is necessary to control our physical body and also as a "step down transformer" of the Energy vibrations from the much higher vibrations of the Energy, Astral and Mental bodies and much lower vibrations of the physical body.

Mental Projection therefore is a projection of Mind, consciousness, our "Spirit", and this is why Mental Projection is sometimes referred to as "travelling in Spirit". In order to succeed with Mental Projection we need to succeed in separating conscious awareness from normal waking awareness and projecting it, by the power of thought, to the desired destination. To do this we make use of the most powerful of all human abilities - the imagination.

It needs to be stressed however that what we are about to learn is not fantasy, an illusion or "figment" of the imagination, but rather we are using the powers of the imagination, which are immense, in order to mentally project. The imagination is used to instruct the inner levels of our Mind in what we are going to achieve, which will later be verifiable as absolutely real.

12 June 2005 – Mental Projection Part 2

To start this process you will need to sit in front of a large mirror, the larger the better so that ideally you can see your entire body. As usual, it is best to sit on a hard chair, spine erect in a relaxed manner. It is also a good idea to spend at least 10 minutes meditating to clear your mind ready to focus on the task ahead.

Now spend a few minutes observing your own image in the mirror, in as much detail as possible, and commit as much of your image as possible to memory including all features, mannerisms and other unique characteristics of your own body, and in particular your head and facial expressions.

Next, close your eyes and recall as much of your image as you possibly can in as much detail as you possibly can. Continue this process until you can close your eyes and recall and imagine in great detail your entire body and in particular your facial expressions. Your recollection must be absolutely complete and appear to be totally "real". This is an exceptional exercise for many different abilities and is well worth learning anyway. Your imagination and ability to imagine is the key to many useful and advanced abilities.

The next stage in this process is to close your eyes and transpose your consciousness to your own mirror image. In other words project your conscious awareness into your mirror image to such an extent that you feel that you are now actually located within the mirror image itself rather than within your own body. Once you have done that, keeping your eyes closed, observe your actual physical body from the position of the image to which you have transposed your consciousness. Observe your physical body in great detail including all aspects, features and mannerisms as if your consciousness is located within the mirror itself which is really is. You must feel yourself to be located within the mirror image and observing your actual

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physical body, particularly facial expressions, in every detail.

In the next newsletter we will conclude with part 3 of the practice of Mental Projection.

19 June 2005 Affirmations

Many people are discovering the exceptional power of affirmations for almost anything you can imagine, whether it is attracting wealth, health, happiness or literally anything that can be experienced at some level.

Several people have emailed me to ask whether there is a better time to use affirmations for maximum effect.

The most important point to keep in mind is that the use of affirmations must be consistent, always in the present tense, and said with as much emotion as possible in the firm knowledge that the object of your affirmation is a complete reality now. The Subconscious mind is sublime and at the same time represents 90% of your total Mind, and will accept and act upon your affirmation without question. Being 90% of your Mind and being directly connected to all inner levels of life and reality where your wishes first take shape before materialising into your experiential reality, the Subconscious Mind can easily bring your vibration into harmony with whatever you desire, thereby allowing it to manifest into your life where you can enjoy it.

So given that these are the keys to success with the power of affirmations, this brings us to the question of when best to use them. The best time to impress anything on the Subconscious mind is when your mind is not focussed on your daily waking activities. The more focussed you are on daily activities the higher your brainwave activity and the more focussed you are on your conscious mind.

The ideal state is when your physical brainwaves are in what is known as the "theta" state, which corresponds with

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a frequency of around 4Hz or less. Just before you drift off to sleep at night and just after awaking in the morning are therefore excellent times to use affirmations because you are naturally in the theta state at these times. The idea state can also be realised using Abyss, which will also take you down from the normal waking state to the theta state.

The best way to proceed therefore is to learn your affirmations and when you feel yourself drifting into the sleep state repeat your affirmations either aloud or mentally until you drift off to sleep.

This is particularly powerful because taking your affirmations into the sleep state will cause your Subconscious mind to act upon them during sleep. Similarly as soon as you awake repeat your affirmations - at least 50 times is ideal. Again this will impress your desires on your Subconscious mind in a very direct and powerful manner.

Affirmations can be used just before sleep to bring about Out of Body Experiences, and this indeed is one of the easiest and very best ways of bringing about a true Out of Body Experience especially when used in conjunction with visualisations.

19 June 2005 – Mental Projection Part 3

19 June 2005 Mental Projection Part 3

In the last two newsletters we have been looking at Mental Projection, a very powerful and relatively simple way of projecting consciousness to anywhere within the physical and inner Universe.

Today we conclude with the final stage of the practice of mental projection.

After transposing your consciousness into your mirror image you should practice this until you can observe your actual physical body, including all mannerisms in perfect detail. You should be in no doubts whatsoever about the reality of the fact that you really are observing your physical body from your position within its mirror image.

Once you have achieved this stage, and not before, you can proceed without the mirror. Assume your usual meditative position, sitting up straight, spine erect in a hard chair and not leaning against the backrest. Now imagine and know beyond any doubt that your spirit is free to move around, independent of the restrictions of time and space, and can fully perceive every details of where you are without your physical eyes. This is an extremely important pre-requisite to the further success of Mental projection, so it is vital to take as much time as is necessary for this stage. The more you can experience this, the more profound will be your ability and your experience. You should reach the state where you feel totally free of the bounds of your physical body and are free to move "in Spirit" anywhere you desire.

Having achieved this certainty you next physically step out of your physical body so that you are standing next to it, at the same time feeling and knowing that you are completely

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free of your physical body, which in fact you are. Next view your physical body from the position of standing next to it. View it in every detail noting that it is in a deep state of meditation while your actual conscious awareness is fully awake and is viewing your physical body in every detail.

Before proceeding, this process must be practiced until you can easily step out of your physical body as described and with complete detachment and sense of freedom fully observe every aspect of your physical body from your detached perspective. Then and only then can you proceed to the next stage. It is also important that after each exercise you return to your physical body to re-merge with it, and not simply bring yourself to waking consciousness while outside of your body which could cause some temporary trauma such as a sick or disoriented feeling. Re-entering your body should be like slipping into a well-fitting item of clothing, which indeed the shell of your physical body really is - the physical clothing for your Soul and immortal Spirit with which you are travelling with Mental projection.

The next stage, once out of your physical body is to move around your room, observing everything in the room in considerable detail. Notice small details that you can memorize and later verify after you return to your body. It is most important that, while out of body, you perceive and view everything in your room in every bit as much reality as if you were viewing with your physical eyes. Do not proceed until you have accomplished this.

Once you have reached this stage you can begin to move further from your physical body by walking into the next room and viewing everything there in great detail, again verifying small details after your return to your physical body.

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Once you have accomplished this you can begin to travel further away to further parts of your home, and later to friends, relatives and neighbours, observing what they are doing and later, after returning to your body contacting them to verify that they were in fact doing whatever you observed them to be doing. Obviously approach this in a subtle manner, because these people are likely to be alarmed by the fact you apparently knew their movements without actually being physically there.

Having reached this stage you will be able to travel anywhere in the physical Universe and observe whatever is transpiring at the time. The final possibility, which is beyond the scope of this newsletter, is the ability to travel beyond time and space and even beyond the Astral worlds to visit spheres and Beings that no other form of projection provides for.

It is also possible to convert a Mental projection into an Astral projection by drawing the Astral body from the physical body, at which point you can proceed as detailed in Our Ultimate Reality.

These are extremely valuable exercises in any case, in that they teach many valuable abilities, not the least of which is that of using the imagination, the most powerful of all abilities and the basis of all creation.

26 June 2005
Our Final Destiny

One question that frequently arises is really the true meaning of life. What is our final destiny?

The truth is, the Universe is perfect in its simplicity. Over the course of thousands of years there have been a huge amount of creed, dogma, indoctrination, esoterism, mysticism and sometimes outright misinformation clouding the real issues. Even mysticism is a religion of sorts. "God" never intended the individuated aspects of Him/Herself to have to learn complex rituals, dogma from "bibles", to learn complex mystical exercises or anything else in order to evolve and fulfil the most sacred mission.

We all have one objective, one destiny, to achieve the potential to reunite with The Source, The First Cause, "God" from whence we came. This is the true meaning of life.

This process is based upon the truth that, like the entire Universe in which we live, are pure conscious, intelligent Energy, and like all Energy, influenced by the Mind. We travel the path back to our Divine creator by the process of "perfection" of the unique Spiritual "body" which each of us possesses from the day we were first born into our first physical life. Our Spiritual body is a unique Energy field, a "fragment" of "God" of which we are all immortal aspects.

Perfection is attained by the influence of our Mind over our own Spiritual body, specifically its purification. The more perfect we become, the higher the Energy of our Spiritual body vibrates which causes us to automatically travel to the corresponding level of vibration of the Universe, until our vibration nears that of the vibration of The Source.

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Once we reach The Source we have the option in either reuniting with The Source and relinquishing individuality, at which point everything in the Universe becomes known to us, or we can choose to retain our individuality and continue to help those further down the path.

So this is the true meaning of life - to evolve back to The First Cause, The Source, God, in the process of perfection which we control with our own Mind.

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Dreams

Dreaming is a state that most people take for granted as a normal aspect of the sleep process which indeed it is. However, the dream state can be extremely useful for pursuing many types of inner exploration if fully understood and used properly. Such uses can include receiving answers that we have asked before the sleep state, converting to Astral projection or OBE and healing.

When we achieve a certain state of sleep, normally at night, our Astral Body, our Soul, together with our integrated immortal Spirit actually leaves our physical body. During this time Universal Energy is received in order to replace the Energy used during the activities of the previous day, and also to increase reserves of Energy for the day ahead. This is one reason why we normally awaken in the morning feeling completely refreshed. During this time our Astral and Mental bodies interact directly with the inner spheres of reality. This process can be considered to be the same as Astral Projection, the major difference being there is usually no conscious awareness of the experience actually occurring.

With the normal sleep process both the Mind and the body are asleep and there is no conscious awareness. However, with Astral Projection, the body is asleep but the Mind, conscious awareness remains fully awake. Astral Projection is therefore as natural as sleeping and dreaming and is the reason why dreams are such a natural aspect of these sleep time Astral Projections.

Although the Astral Body retains full awareness and control during these night-time unconscious travels within the Astral realms, the physical level of Consciousness is in

a state of deep sleep. In the case of light or interrupted sleep the level Consciousness is such that the Astral Body is content to simply recharge itself with Energy with only a low level interaction with the Astral world, corresponding to the area the personal psyche. At other times the Astral Body will engage in full interaction with the Astral worlds resulting in vivid or Lucid Dreams.

There are also several interim states of Consciousness where for example the Astral Body, the Soul, will travel to the level of the Astral planes corresponding to the collective human Consciousness of the sleep state, and interact with other people in a sort of collective fantasy land. Normal low-level dreaming takes place at the lowest level of the Energy continuum, just below that of the human group Consciousness and in the area of the personal Consciousness sometimes known as the psyche. Here the unconscious Mind will create its own scenarios within the Astral Ether, often based upon waking thoughts, and in particular the last thoughts on the Mind before drifting off to sleep, appearing as dreams of varying intensities.

This is another reason why it is extremely important to take only the most positive, peaceful, harmonious thoughts to sleep with you. Should you carry inharmonious, negative or chaotic states to bed and into your sleep state, these will be reflected in your dreams and be subsequently carried into your normal waking state the next morning. During particularly light sleep the level of interaction might only be at the level of the personal Subconscious Mind in which case dreams will reflect the actions and aspirations of the Subconscious Mind. This is still well worth keeping in Mind. There are many states of dream experience and recollection varying from no recollection whatsoever to a state known as "Lucid Dreaming", where not only is everything extremely vivid and real, because in fact it is

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indeed very real, but the lucidity aspect arises when a person becomes fully aware of the fact they are dreaming and can then assume full control over the dream. In this state the Lucid Dreamer can create any scenario they wish simply by means of the imagination, the same primary method of creation as when consciously living in the inner spheres of life and reality.

Lucid Dreaming is an ability that can be learned, and is used by people for such purposes as entertainment, creating and living within their wildest fantasies and for healing. Lucid Dreaming is also valuable for facing up to and defeating waking fears and phobias. For example, a person who has a fear of spiders or any other creatures can create dreamscapes containing these creatures and then face them within the dream. In this way phobias and other problems can be faced and conquered within the psyche, later taking the resulting confidence in these situations into the waking world.

Many people have experienced a state known as "waking paralysis" or "catalepsy". This usually happens immediately upon waking in the morning whereby a person finds it very difficult or even impossible to move any part of the physical body. This is due to the fact that the Astral and Mental bodies have not yet fully returned to the physical body, and therefore the centre of conscious awareness and control still resides within the Astral Body. Any attempt therefore to move any part of the physical body will not usually succeed.

There also is another possibility that might occur in conjunction with episodes of waking paralysis or be separate from it, and that is "seeing" through closed eyelids - that is to say the physical eyes are fully closed, and yet a person can still vividly see their surroundings as if the

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physical eyes are fully open. This is a much more common occurrence than people realise, and is again due to the fact that the Astral and Mental bodies have not yet at that stage completely reunited with the physical body, being slightly out of phase with it. This situation is known as "Astral sight", due to the fact that "vision" is being received through the Energy of Astral senses directly rather than through the physical eyes.

During this time the centre of vision is still based in the Etheric plane, and therefore the vision or impression of viewing the surroundings is actually an Etheric reflection of the physical surroundings rather than the actual physical surroundings.

During these situations it is sometimes possible to see other beings such as deceased people or beings from the Astral worlds.

Deceased relatives are sometimes seen in these circumstances for example. If this happens do not panic - they usually mean you no harm whatsoever, and in any case simply cannot harm you - the best thing to do is to simply observe without any emotion and communicate if appropriate.

To interrupt waking paralysis and Astral sight it is necessary to cause your Astral and Mental bodies to rejoin your physical body by willing yourself to become fully awake. If this does not work moving one of your big toes often to causes the physical body to awaken. These episodes do not last long and are nothing at all to be alarmed about, especially now you know why they happen - it is a completely natural process involving your physical and subtle bodies, and state of conscious awareness. Those who practice out of body experiences will often welcome

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such a state of catalepsy as an ideal state to completely project from the physical body in order to enjoy an out of body experience, often then projecting inwards to the Astral worlds.

One extremely useful aspect of Astral travel during deep sleep is the possibility of receiving valuable teachings and other information from inner beings, sometimes by attending places known as "Spirit schools" where valuable lessons are learned, often about Spiritual matters either in general terms, or relating specifically to the individual person attending the school.

Although such lessons are not usually remembered in the physical memory in the morning after waking, they are nevertheless firmly and permanently stored in the memory of the inner bodies of the causal spheres to be recalled whenever the time and circumstances are appropriate.

These are all ongoing aspects of Spiritual progression. Just as learning lessons at physical school and during life generally is vital for progression in the physical world, so too are they in the Astral and Mental worlds. At other times during sleep time Astral travels it is quite possible to meet deceased relatives or friends or to simply explore the Astral worlds. Recently deceased relatives frequently make use of the dream state of loved ones in order to make contact and provide assurances of their presence, well-being and happiness.

One of the most important aspects of interaction with the inner spheres during sleep time is in receiving valuable information relevant to waking life. This information might also be in the form of warnings, for example of drinking or smoking, or of other possible sources of danger.

Sometimes dreams can be "pre-cognitive", in other words a vision of the future whereby you view a situation you might wish to avoid by altering the course of your future. This information received during sleep time can arrive in many different forms varying from highly graphical dreams involving various scenarios through too much more symbolic imagery that might require interpreting. Whatever the form of information received in dreams it is a most valuable ability to be able to fully recall dreams in the morning soon after waking, and to subsequently analyse them.

Many people have been able to use the dream state to achieve Astral projection or OBE when they have not been able to achieve these abilities by any other methods. The reason for this is that the process is entirely under the control of the Subconscious mind so that the conscious mind cannot interfere with the process in any way - one of the major reasons why some people find projecting from a conscious state so difficult. Also, during the sleep state we naturally project anyway, so all that is required is to program your Subconscious mind by means of affirmations to alert you when you have projected so that you can take full control over the process.

Dream recollection is also very useful in developing the abilities of Astral Projection. You might well be recalling anything from Astral travels including meetings with deceased people, information received from these people and from other beings, pre-cognitions, all the way through to symbols and other imagery requiring interpretation. In lower level dreams where deep sleep was not involved you might be recalling dreams generated by your own Subconscious Mind, again most useful in interpreting the actions of your Subconscious Mind or psyche, and also in providing clues as to what influences your Subconscious

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Mind is seeking to exert over you. Examining the Subconscious is also valuable in determining the results and progress of the process of ennoblement as discussed in the previous section.

A fundamental aspect of using the dream state is developing the ability of dream recollection. Recalling dreams is clearly therefore a most valuable and most worthwhile ongoing exercise which can effortlessly lead to many major abilities as discussed, and all while making full use of a time when you would normally be sleeping anyway. An additional benefit of dream recall is that your dreams will become progressively more vivid, and more interactive.

The very best way of recalling dreams is to start to maintain a dream diary. In my book, Our Ultimate Reality I discuss the dream journal and how to proceed with keeping one and how to interpret dreams. When you experience Astral projection or OBE from the dream state you can also proceed exactly as detailed in the book.

3 July 2005 Affirmations

This week I am going to re-visit affirmations. Affirmations are extremely powerful if, and only if they are used in the correct way, and I have received several emails asking specifically about this.

So what are affirmations and how do affirmations work?

Affirmations are short phrases that are repeated over and over again. They can be extremely powerful in achieving anything you wish to achieve or attract into your life if used in the correct way, especially in conjunction with visualisation and other senses of the imagination. My book, *Our Ultimate Reality* covers all aspects of visualisation and using the immense creative powers of the imagination and so I will not go into those aspects in this newsletter.

The main objective of affirmations is to "program" your Subconscious Mind for success in whatever it is you wish to achieve or attract into your experiential reality. The Subconscious mind is 90% of your total Mind and therefore has by far the biggest and most profound influence over whatever it is you wish to attract.

The Subconscious Mind is also sublime, that is to say it never, ever questions your instructions and never has alternative ideas.

To the Subconscious Mind whatever you say goes.

The question is then how can we most effectively program the Subconscious Mind? The first obstacle to overcome is the conscious Mind, that 10% of your total Mind that you use in everyday life to interact with the physical world.

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Although the physical Mind is only 10% of our total Mind, because it is interacting at a fully conscious level it will tend to intercept and analyse everything we direct at the Subconscious Mind, and if it does not agree, which can be most of the time, it will reject it there and then. The conscious Mind is often resistant to change, preferring things just the way they are, for better or for worse. This is why affirmations frequently fail to work for many people - the Subconscious Mind is simply not receiving the message.

Our challenge therefore is to bypass the conscious Mind to gain direct access to the Subconscious Mind. There are three main ways of accomplishing this. The first is to repeat the affirmation, or be exposed to the affirmation so many times that the conscious Mind cannot intercept and reject them all. Another method is to use affirmations in such a way that the conscious Mind cannot perceive them, and as a result the affirmation goes directly to the Subconscious Mind. The third method is to use affirmations at a time when the conscious Mind is less active and the Mind generally is much more receptive. These best times are just before sleep and just after awaking.

Saying affirmations until you drift off to sleep is very powerful. Not only does it reach the Subconscious Mind much more readily, but by taking the affirmation into the sleep state it will continue to influence the Subconscious Mind during sleep. Repeating affirmations as you awake is also very effective, but you only have a small "window of opportunity" during the waking process, so make the most of it. You can reinforce your affirmations during the day by writing them down on "sticky notes" and placing them around your home, office desk, in your car and anywhere else you will see them frequently. The important thing is to

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drive the message home to the Subconscious Mind by all means to hand.

In order to manifest your wishes, and there are absolutely no limits to what you can attract into your life, your physical and inner bodies have to vibrate in harmony with whatever it is you wish to attract. This is how the Law of Attraction works. For example, if you have a pair of tuning forks, one at a distance from the other and then strike the first tuning fork, then the second tuning fork will start to automatically resonate, i.e. vibrate in harmony with the first thereby setting up an attraction. This is how The Law of Attraction works also, but at a much, much higher rate of vibration. In this context you are the first tuning fork and the second tuning fork is the object of your desires. Each desire has its own unique vibration that the Universe understands, and when the vibrations match the object of your desire must manifest into your experiential reality - it is Law. The Subconscious Mind, being 90% of your total Mind, is in direct communication with all of your infinite inner bodies, and can bring about the necessary vibration that matches your instructions by way of affirmations, visualisations, imagination etc.

Affirmations must always be repeated in the present tense and must be short. For example - "I attract money easily", or "I feel completely healthy" or "I am my ideal weight" and so on. Many people make the mistake of creating affirmations that are too long, and also creating too many related affirmations. The Subconscious mind, although very powerful, is also very simple in the way it perceives things and is easily confused. Affirmations must therefore be short, unambiguous and few in number. No more than 10 very closely related affirmations should therefore be used, and they should be of as few words as possible.

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It is also very powerful to affirm that you are an aspect of the Divine and therefore a creator. For example - "I am an aspect of The Source Energy" - "Source Energy flows through me at all times" - "There is nothing I cannot be, do or have" and so on. This is affirming that you are an infinite, immortal aspect of The Source, The First Cause, "God", and as such you are a co-creator within, and for the good of the Universe.

Three further aspects of making affirmations much more powerful and which can make the difference between them working or not is belief, gratitude and emotion. You must believe that the object of your wishes is here now, which it really is, and is merely waiting to arrive into your life. Another is gratitude - always feel grateful that you have already received and are enjoying the object of your desires. Emotion is extremely powerful because it raises your vibrational state making the attraction process much faster and more efficient. Feel therefore how happy you are to be in possession of your desires. It is a good idea to meditate on your desires as often as possible, repeating your affirmations and with as much belief, gratitude and emotion as you can.

Many people go by the saying "seeing is believing". That is exactly wrong. The truth is "believing is seeing".

Remember - there are no limits to what you can attract into your life. There are numerous cases of people changing their lives almost overnight with affirmations. One famous self-improvement person went from living in a tiny two bedroomed apartment, washing his clothes in the bath and generally just about getting by, to owning a huge mansion with swimming pool and everything else associated with wealth in just over 12 months just by repeating one affirmation.

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I have a lot more to say about the power of affirmations in future newsletters, but I hope you have enjoyed this short introduction.

10 July 2005
More about Affirmations

From time to time I will feature at least one question that arises multiple times either by private email or in the forums.

This week I would like to deal with a question once again on the subject of affirmations. I have received several emails asking how long affirmations take to start having an effect.

This of course does vary from person to person, how many times each day the affirmations are repeated, and how effective the affirmation are. Assuming all of these factors are favourable, there is a good chance of success within 30 days or so.

NASA once carried out an exercise as part of astronaut training. The astronauts had to wear an eye-set that caused the world to completely invert so that they saw everything upside down. They had to keep wearing the eye-set constantly except for a very few specified activities. It was discovered that the astronauts continued to see everything upside down for about 30 days, at which point suddenly everything appeared the right way up again. The Mind had effectively "re-wired" itself to accept the new conditions. It was also found that if the eye-set was removed for a day half way through the 30 days, then the astronaut had to start the exercise again from the very beginning.

This provides us with valuable insight as to how long affirmations should be consistently repeated before an effect is likely to be observed, specifically 30 days based upon this evidence. Of course this will vary according to

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many factors, but nevertheless does provide valuable insight as to how the Mind reacts to consistent input. Affirmations should be clear, effective and repeated consistently if they are to have the maximum effect.

10 July 2005

Attracting Money or “Things”

Many people when applying The Law of Attraction find it very hard to resist the temptation to attract money on the basis that with the money they can then acquire anything they need. The following is an excerpt from my Book, Our Ultimate Reality, Life, the Universe and the Destiny of Mankind where I discuss the subject of money in more detail in this context.

One of the very largest problems with the world today is the obsession for the money and the material possessions that people perceive money to be capable of purchasing. The fact is money and material objects are two totally separate things. Understanding the truth about money and the relevance, or rather lack of relevance of money for acquiring the things you truly wish for, need and desire in your individual reality will free you from dependence on money, thus allowing you to focus on manifesting all of your desires without focussing on the need for money as a means by which to accomplish it.

The Universe is pure Energy at all levels including the physical level of the material world, and simply does not recognise "money" which is an entirely human construct. To the Universe "money" is just another Energy construct that in and of itself has no intrinsic value. Our distant ancestors were manifesting everything they desired relative to their needs long before money was even contrived by recent humanity.

The entire Universe is infinite in abundance and it is the Universe that brings everything you could possibly wish for into your life, not mere money. The only reason people are so dependent on money is because they really believe that

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money is required in order to realise their desires. The fact is, while people hold this belief it will always be a self-perpetuating aspect of their reality, and they will accordingly remain a slave to money just as they are to many other material things.

As previously mentioned, "money" is a purely human construct, a symbol, a method of exchange which in and of itself is totally and completely meaningless. To the Universe money is simply Energy in the form of bits of metal, paper and electronic bits and bytes of information with zero value except for the Universal Energy of which it is composed. From a human perspective, money somehow represents value. The question is what precisely is "value"? Value is a purely notional concept relative to each individual person.

Value can fluctuate dramatically with such as the "economy", the "rate of inflation", the "foreign exchange rates" and many other such human constructs, all of which are only of any relevance at a purely physical level.

The irony is that most money itself although it might appear to be real is not even very tangible in the physical world where it is exchanged. Only a very small percentage of the money in the world actually exists in the form of physical coins and notes, the rest being in the form of electronic information held on computers, money that is simply moved around at the touch of a computer key.

So even money is for the most part notional, an illusion existing only to perpetuate the human concept of "value".

A main reason most people are so obsessed with money is because of the Energy surrounding money due to the focus of literally billions of people around the world, all

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perceiving money as a necessity. If everyone in the world were to cease focussing on money, then the Energy could not be sustained and the illusion of money would quite simply cease to exist as a concept.

It is quite simply not the task of humans to decide how things should be manifested into physical reality. That is, always has been and always will be a natural function of the Universe and of the influence of the Energy of the Universe by Mind - it is only humanity that has taken that natural function and attached notional values which in turn has caused and continues to cause so much misery in the world today. Money is the fuel of materialism, which in turn is the main reason that humanity has been heading increasingly away from its own true purpose, both on an individual and all mankind level, and towards potential disaster. If only everyone knew the most fundamental Laws of the Universe, including "ask and ye shall receive", then immediately the need for money would be seen for what it is - nothing more than an illusion, a human physical construct with a notional perceived exchange value.

Another reason money has become such a major focus is due to the perceived power that it brings to the people who would wield it.

While so many people focus on money as an object of power, control and necessity, money will be associated with the Energy that perpetuates that same power. While we all create our own realities at an individual level the same is also true at a consensual level on the Energy of the plane of the human Mind where a large scale focus on the importance of money will in turn focus the collective Energy of the human Mind upon that importance, Energy that will influence most humans at that level, and

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subsequently, in accordance with the Universal Law of Correspondence at the physical body and world level.

Money is therefore nothing more than a large-scale illusion perpetuated on a massive scale, an illusion also perpetuated by the focus of billions of individual people on the perceived importance of money. Money is not, never has been and never will be necessary in order to realise anything at all that we desire. The Universe has infinite abundance and will always provide that which has been asked for without any exceptions, all the person who asked needs to do is to know how to receive. Once these truths become realised by millions of people, then the illusory need for money and therefore money itself will simply cease to be perpetuated and therefore exist, as people will no longer focus on money as a physical necessity.

So what does this mean to mankind in the meantime? Well quite simply that the Laws of the Universe are immutable, and just because money exists and so many people are perpetuating the illusion of money by focussing on it does not mean that Universal Laws cease to function. The Law of Attraction works with complete perfection, always has worked with complete perfection and always will work with complete perfection. So all you need to do is to cease to focus Energy on money and start to focus and ask for what you truly desire, and in accordance with immutable Universal Laws you shall receive - always, every time there are no exceptions.

Your ability to receive will only depend on being in harmony with the vibration of that which you are receiving, rather than focussing on the illusion of money. Providing you focus on your wishes and experience them as if they are an absolute reality in your present moment, then you will vibrate in harmony with the object of your wishes

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which already exists in the Universe of infinite abundance, and it can then manifest into your physical reality.

Wealth is therefore a state of Consciousness, a state of your inner being. Everyone without exception was born wealthy, and all anyone should have to do is to focus on that wealth and be in vibrational harmony with that same wealth in order to realise it into individual reality. Money is not, never has been and never will be necessary for anything at all. To the Universe money is merely Energy manifested into a physical form just the same as anything else within the physical world.

Know at all times that you are already infinitely wealthy and focus with joy on realising that wealth and utilising it for the purposes of evolution, expansion and growth, and thereby a state of Being in perfect harmony with the Universe. Those who are in perfect harmony with the Universe will always manifest anything desired into physical reality, joyfully, naturally and effortlessly, and absolutely without the need for money.

Unlike money which is often perceived as limited, there is no limit to your own wealth, and remember, wealth is not the same as money.

Money is intangible, unreal, an illusion, whereas abundance is your birthright being a Divine aspect of The Universe, The Source, God Who knows only infinite abundance, evolution and growth. To be dependent on money is to be out of harmony with the Universe resulting in imbalance, discord and unhappiness. Those who throw off the shackles of money can live joyously, abundantly and harmoniously.

Always remember that you are an extension, aspect and integral expression of The Source, The First Cause, of God,

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and there is nothing but nothing that you cannot be, do or have. Ask and ye shall receive, always. If you wish for something merely focus on the object of your desires, experience it, bring yourself into complete harmony with it, and it shall be yours.

This was an excerpt from Our "Ultimate Reality, Life, the Universe and the Destiny of Mankind" which goes on to describe in great detail the process of attracting everything you could possibly need, wish for or desire, without the need for money, using The Law of Attraction.

17 July 2007

Entheogens and Mind Altering Substances

I receive and answer numerous questions each week and very much welcome these questions, so do please do keep sending them while keeping in Mind that due to the extremely high volume of messages I receive compared to most, it will often take time for me to respond in the detail I prefer.

One question that has been asked frequently is that of the use of "entheogens". i.e. mind altering substances with the idea of experiencing "altered states", notably Astral projection and OBE.

It is not appropriate to discuss specific substances here, but suffice it to say that throughout history mankind has used various plant derivatives to invoke "altered states" of consciousness. These ancient cultures are expert in the location and preparation of these plant derivatives and, along with other forms of altered state invocation such as drumming have used them to "leave their body" in order to carry out many tasks such as "soul retrieval", healing and to bring more favourable conditions upon the tribe.

For most people however the use of these substances is not recommended and can even be very dangerous. While there is a good chance that there will be a projection of consciousness beyond the physical body, this is likely to be to a low part of the Astral planes rather than to the levels where people transition to after passing on. These levels of the Astral, like all levels of inner consciousness beyond the physical world, are still influenced by the mind. Under the influence of these mind-altering substances control of the mind and therefore thought processes are much reduced, and there is a very high chance of projecting fearful

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thoughts or thoughts of "evil entities" and of course these thoughts will become a reality. This is why so many people who have experienced these entheogen invoked experiences have endured sometimes terrifying experiences to the extent that they have never wanted to explore the inner worlds again, thereby depriving themselves of future very valuable abilities and experiences.

I am not saying that these ancient plant based formulas for altered-states cannot work because they most certainly can, however the ancient cultures making use of them have developed these over many thousands of years along with the supporting rituals and are expert in their use. This knowledge has been passed down through generations. It is not really possible to expect to use these substances to the same effect without the benefit of such experience and knowledge.

Astral projection, OBE, Lucid Dreaming and other altered states are easy to learn by natural and effective means, resulting in reliable, controllable, extremely valuable experiences. There are no short-cuts however and the only way to learn is to commit to learning these valuable abilities in a precise, controlled and proven way. The Our Ultimate Reality book includes three of the very best and proven methods for Astral projection and OBE.

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Communication with the Astral Worlds

I have received many emails as a result of the extremely popular Direct Voice recordings featured in this newsletter. Many of you have asked whether you too can communicate with the people of the Astral worlds, and in particular deceased relatives.

The Direct Voice is a rare type of mediumship whereby the Spirit communicators fabricate an "Etheric voice box" from ectoplasm drawn from the medium. This Etheric voice box is then used to "step-down" the thought vibrations of the communicators to the level of vibrations of the physical world where the vibrations are heard as physically audible voices.

This extract from Our Ultimate Reality describes where we are today with "Spirit communications".

As times have progressed since the days of the materialisation and direct voice mediums science has played an increasingly important role in communicating with Spirits of the inner spheres. Many voices from the "beyond" have been captured on magnetic media and in particular on audiotape. There have been numerous cases, especially in recent years where the voices of deceased people now living in the Astral worlds would appear to amazed relatives on audio tape. This usually happened when something quite normal was being recorded, but when the tape was played back the voices "from beyond" are clearly present on the tape. These voices are often very clear, usually carrying a short but simple message, enough at least to provide ample evidence to those involved of the presence of the deceased person.

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It is this sort of experience that has prompted further extensive and controlled investigation into obtaining the voices of "deceased" Souls now living in the Astral realms by recording them on tape and similar electro-magnetic recording devices. These experiments are often carried out in a similar way to conventional sittings or séances whereby the sitters simply sit around the tape recorder or other recording device providing the necessary focus and Energy. The presence, focus and intent of the sitters are sufficient to attract the attentions of Spirits from "the other side", who are then able to record their messages.

These messages cannot actually be heard being recorded due to the vast differences in the density and vibrations between the Ether of Astral and physical worlds, however the voices are heard to be present during the replay of the tape.

How does this situation occur? The entire Universe, the Ether consists of vibration, Energy, and of particular importance in this case the Electric and Magnetic "fluids". These "fluids" are not actually liquids as recognised in the physical world, but rather the electric and magnetic characteristics of the Universal Fire and Water elements. It is the electro-magnetic propagation properties of the Ether that allows the vibrations of the communications of the Spirit voices, thought waves in the form of Energy, to pass through the electromagnetic continuum of the Ether and thus to be recorded on magnetic tape.

During one particular set of experiments carried out under strictly controlled conditions in a sound-proof studio in order to ensure that no extraneous noises could be present, two researchers left a tape recorder running for twenty seven minutes, during which time 200 Spirit voices were recorded. As with all of these "phenomena" there were

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several sceptical scientists who endeavoured to find a "logical" explanation for these voices recorded on the tape, but were totally unable to do so.

This area of research became known as "Electronic Voice Phenomenon" or EVP for short. Many famous people considered pioneers in their fields such as Marconi, Edison, Sir Oliver Lodge, Sir William Crookes and John Logie Baird were all totally convinced of the reality of Spirit communication by EVP and were using their professional skills and reputations to prove it. Even the Christian churches were open-Minded to EVP including Catholics, Protestants and Fundamentalists.

The Catholic church has even actively encouraged research directed towards Electronic Voice Phenomenon. Two of the earliest religious investigators were Father Ernetti and Father Gemelli who stumbled upon the Electronic Voice Phenomenon while recording GrEgorian chants in 1952. Father Gemelli apparently heard the voice of his own deceased father on the tape saying, "Zucchini, it is clear, don't you know it is I". "Zucchini" was the childhood name of Father Gemelli. Pope Pius, the cousin of the Rev. Professor Dr. Gebhard Frei was co-founder of the Jung Institute and was an internationally recognised and respected parapsychologist who worked very closely with Dr Konstantin Raudive, a pioneer of EVP working in Germany. Rev Frei stated: "all that I have read and heard forces me to believe that the voices come from transcendental, individual entities. Whether it suits me or not, I have no right to doubt the reality of the voices"-- Rev. Professor Dr Gebhard Frei.

Rev. Professor Dr Gebhard Frei died October 27 1967. In November 1967 at numerous EVP tape recording sessions a voice claiming to be Gebhard Frei was recorded. The voice

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was positively confirmed and identified by Professor Peter Hohenwarter of the University of Vienna as unquestionably the voice belonging to Dr Frei.

The Catholic religion became increasingly supportive of EVP research with several Vatican approved researchers producing compelling evidence for EVP. Father Leo Schmid, a Swiss theologian, collected more than ten thousand recorded voices in his book "When the Dead Speak" in 1976, published shortly after his death.

In England, in 1972, four senior members of the Catholic church became involved in the famous Pye Recording Studio tests conducted by Peter Bander. Father Pistone, Superior of the Society of St. Paul in England, said after the tests:

"I do not see anything against the teaching of the Catholic church in the voices, they are something extra-ordinary, but there is no reason to fear them, nor can I see any danger". -- Father Pistone.

A series of high and respected officials of the Catholic church subsequently lent support to EVP in what has now become a firm Vatican position of acceptance for these "voices from beyond". The following definitive statement was issued by Father Gino Concetti at the Vatican:

"According to the modern catechism, God allows our dear departed persons who live in an ultra-terrestrial dimension to send messages to guide us in certain difficult moments of our lives. The Church has decided not to forbid any more the dialogue with the deceased with the condition that these contacts are carried out with a serious religious and scientific purpose"

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Printed in the Vatican newspaper Osservatore Romano and cited in Sarah Estep's American Association Electronic Voice Phenomena, Inc. Newsletter, Vol. 16 No. 2 1997.

The "ultra-terrestrial dimension" to which Father Concetti refers is of course the Astral worlds, again often known as the "beyond" or the "afterlife". The church itself does not as yet appear to officially support the reality of the true multi-dimensional nature of the Universe, or indeed the reality of the true purpose and destiny of mankind, it is however most positive that indeed it does at least officially support the reality of the continuity of life in an inner dimension after death of the physical body.

I am of the belief that we will see the day when reliable communication between the Astral and physical worlds will be possible, but whether this will be like using the telephone remains to be seen. The task is clear, that being to create devices that can mediate the vibrational differences between thought Energy at the Astral level and sound Energy at the physical level. I can see no reason why this should not be possible and reliable in the future.

For now though our task is clear, and that is to know beyond doubt the truth of the Astral worlds and most importantly where you will transition to after passing on from the physical worlds. Learning Astral projection and OBE is by far the best and most reliable method for achieving this, enabling you to not only hear these Astral communicators but to meet with them "face to face". You will not only communicate on the same level, but learn at the same time valuable information that could make a huge difference upon passing on.

24 July 2005
The Power of Concentration

A major cornerstone to achieving anything worthwhile is to ability to concentrate. Without the ability to concentrate nothing really worthwhile can be achieved.

The ability to totally concentrate at will is not only extremely beneficial but in fact is one of the most important of all abilities, and one upon which most other abilities ultimately rely.

Without adequate powers of concentration nothing worthwhile can be achieved or true progress accomplished - this is such an important truth that everyone should fully understand. On the other hand with the ability of complete powers of concentration quite literally anything is possible.

The benefits of developing the ability to totally concentrate at will include but is certainly not in any way limited to the complete control of thoughts, absolute peace of Mind, self-confidence, inner strength, will power, ability to focus your Mind, improved memory, better ability to make and carry out decisions, more control over your daily life, ability to study and learn much more quickly and efficiently, control over extraneous passing thoughts and not giving in to them, freedom from needless, annoying, obsessive, compulsive or upsetting thoughts, routines and habits, inner happiness, the development of extremely valuable abilities as will be discussed in more detail later in the book, more advanced powers of the imagination including visualization, and the ability to meditate effectively. There are many more valuable benefits arising from the ability to fully concentrate, these being just a few of the more important ones.

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Many people unfortunately have considerable difficulty in concentrating for more than a few seconds at a time, with the Mind constantly jumping around from thought to thought and subject to subject without any sort of conscious control or structure whatsoever. People are often heard to complain for example, "I cannot possibly think of a hundred things at once" - and therein is a real problem - they are indeed thinking of a hundred things at once instead of just one single thought - the immediate task in hand or point of focus.

Another expression for this inability to concentrate on a single thought is "monkey mind" - the Mind is constantly chattering away endlessly creating noise and thus dimming its true power, abilities and therefore effectiveness. In some parts of the world people who are unable to maintain any single thought for more than a few moments are known as "quinhentos pensamentos", which literally means, "five hundred thoughts". This situation applies equally to people of all cultures throughout the world.

Diluting the Mind with thoughts is like diluting anything - the totality of its effectiveness will be reduced in proportion to the amount of dilution as the concentrated effectiveness is scattered and dissipated. A single strongly focused thought is extremely powerful, this simply cannot be emphasized enough.

"Phenomena" which to most people would seem to be completely miraculous are easily possible by means of single pointed, completely focused and concentrated powers of the Mind.

Thought is Energy and therefore focused thought is focused Energy the vibrations of which can have a profound effect on the object of the thought, with results that might appear

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to the casual observer as truly miraculous. A graphic example of such immense power of concentration has often been observed and related by those who have travelled in India. They tell of how they personally witnessed a seed actually being planted in the earth, and which seed not only then immediately sprouts and grows before their very eyes, but very soon thereafter also yields fruits that could actually be plucked and even tasted. All of this occurred in just a few moments. This "phenomena" was accomplished by the use of the most intense use of the powers of concentration and imagination by Fakirs who used these powers to such focused, single pointed and profound effect, that the objects of their intense powers of concentration and imagination actually manifest for all to see, sense and experience in the physical world.

To control your thoughts is to exercise a much higher level of control over every aspect of your life with all of the profound resultant benefits. Lack of concentration and control over thoughts generally can be likened to piercing a sheet of thin paper with a blunt pencil - piercing a sheet of paper with a blunt pencil will prove to be difficult, and the paper will very often simply tear. However if the pencil is sharp, the point will pierce the sheet of paper very easily indeed leaving a small neat hole.

The same situation can be applied to concentration. If concentration is blunt and undisciplined and the Mind is crowded by hundreds of thoughts, the Mind will be equally blunt and ineffective, and accomplishing any single objective or indeed anything at all worthwhile will be very difficult indeed or quite often impossible to do. If on the other hand the concentration of the Mind is sharp and single pointed, then the entire Energy of the point is focused in one place on one single intended action, and the results will be that much more effective. The stronger,

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more focused and single pointed your concentration, the more powers and abilities you will enjoy in controlling every aspect of your life, ongoing evolution, and therefore your own personal happiness, peace and harmony.

The ultimate objective of concentration is to attain a state of "single pointedness" of Mind. Such single pointedness is the total, complete and unwavering focus on either one single thought, or very often no specific thoughts at all - in other words a focus on a total emptiness of Mind, totally devoid of all thoughts of any kind. Such a complete concentration on emptiness of Mind is fundamental to another very important ability, that of meditation, the benefits of which are profound, numerous and extremely valuable. A highly developed ability of concentration will also assist in the processes of Astral Projection, OBE, healing and many other powers of the Mind.

Although almost anyone can develop high levels of concentration and willpower there are certain barriers to success that should be taken into account. Any inherent physical or mental weaknesses brought about for example by an ongoing illness, can effect concentration. At the same time such conditions can fortunately be healed, as we will also discuss later. A lifestyle too filled with a wide range of activities can also make it difficult to achieve the ability of total concentration, the Mind of such a person always being preoccupied with thoughts pertaining to their ongoing activities. Such a person will also have difficulty in finding the time and motivation required to put aside the necessary time each day.

In my book, *Our Ultimate Reality*, I include a range of very powerful exercises for developing a high level of concentration.

31 July 2005 The Inner Voice

This week I would like to discuss the most important subject of "The Inner Voice".

The inner voice, an extremely valuable and important source of infinite wisdom and guidance in life is unfortunately unrecognised, ignored and suppressed by many people, very often to their very considerable detriment. The origin of the inner voice is usually the Higher-Self, that aspect of our Being that is truly Divine, being our direct connection with The Divine, The Source, God. It should also be noted that when we refer to "The Higher-Self" we actually mean "The Inner Self" - everything in the Universe, including the "higher" or "inner" aspects of ourselves being "inwards" relative to our physical Mind and body.

The Higher-Self has access to the infinite Universe in all spheres of life and reality beyond space and time as well as every aspect of your existence, including past, present and future physical lives relative to the Earth concept of time. The Higher-Self is most important, both in day to day life and for the ongoing journey along the path back to God, constantly advising, guiding, prompting, inspiring, and alerting whenever appropriate.

The Higher-Self manifests in the individual Consciousness as the "inner voice" which can be "heard" by anyone who listens and recognises it for what it really is. Your Higher-Self is sublime - it does not have any particular agenda beyond your ongoing well-being, and is completely incapable of misleading or providing incorrect guidance. The Higher-Self is ultimately concerned with your smooth,

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ongoing journey along the sacred path, the ascent back to The Source, The First Cause, God from whence we all originated, and is completely devoted to that most sacred task. The Higher-Self can and should always be totally trusted.

The inner voice of the Higher-Self is constantly "talking" to you. It is not always a loud voice "shouting" within your Consciousness, but rather a much more subtle voice that only becomes really apparent when you actually listen for it, and learn to recognise it for what it really is. The more you listen and recognise the inner voice, always respecting and taking heed of its wisdom and guidance, the more apparent it will become within your Consciousness, and the more it will become an important source of guidance, intuition and inspiration in your life.

Listening to your inner voice and consulting with your Higher-Self is one of the keys to a smooth, harmonious progression through all physical lives, and onwards through the inner spheres of life and reality on the relentless and most sacred path back to God. Everyone experiences the guidance of the inner voice from time to time. If you are about to make a decision or do something in particular you might suddenly receive a "feeling", or "hear" the voice in your head saying, "yes, do this immediately", or "no, don't do that". If the situation is particularly important or can have a profound effect on your life the Higher-Self can make itself known even more strongly by means of other sensations, for example a sensation in the stomach often known as a "sinking feeling" if something adverse is about to happen in your life. This "sinking feeling" in the stomach actually originates from the solar plexus chakra in the region of your navel which is connected directly to the Universe, which is why particularly strong messages are felt in that region of your body. If you ever experience that

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"sinking feeling" in the navel area of your stomach before making a decision or doing something in particular, then stop, don't do it, either delay what you intended to do until you have had time to consider the consequences more deeply, or preferably do not do it at all.

Most messages from the Higher-Self are more subtle, arriving in a variety of ways, often as that little voice in your head or sometimes simply as a feeling, impression, inspiration, intuition or idea. The Higher-Self of course does not only warn about potentially negative situations but is also a most valuable source of encouragement for positive situations. Very often for example when you are considering doing something potentially important you will often know beyond any doubts it is exactly the right thing to do. Again, such knowing will arrive either by means of impressions, intuition, or the little voice in your head providing encouragement, assurance and the confidence you need to proceed.

Many people might regard "voices in the head" as unnatural or even a sign of psychiatric problems, but this is only due to psychological conditioning in physical life and a lack of experience and understanding as to the true nature and importance of the Higher-Self, and of the communications and guidance we are all constantly receiving from the inner realms of life and reality.

Whenever the Higher-Self communicates by means of the little voice, it is in fact a telepathic communication between your lower and Higher-Selves in the same way that telepathy is possible between different beings, including people. The little voice should therefore never, ever be suppressed or shut out as being unnatural, unwelcome or undesirable in any way - to do so would be to cut off your

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most valuable and reliable source of guidance through your lives.

Those who are vigilant to, recognise and act immediately on the guidance of the little voice of the Higher-Self will enjoy a considerably smoother, peaceful and harmonious journey through life, and without the problems that will inevitably be experienced by those who choose to shut out the Higher-Self. Those who choose to ignore the inner voice usually do so to their own detriment. Ask yourself this - how many times have you ignored the whispers of your inner voice, or the impressions, inspiration or intuition you received, perhaps as a sinking feeling in the stomach, and later regretted it, sometimes deeply? You instinctively knew at the time that it was the right or wrong thing to do but yet you went ahead and did it anyway and came to regret it. This happens to very many people all the time, but alas most people to their detriment fail learn from their own negative experiences. Very often it is the Ego that has the upper hand and drives people on to doing all manner of things for purely Egotistical reasons, and the Ego, working with the Subconscious, will do its very best to silence the guidance of the inner voice in order to get its own way.

It should absolutely clear by now then that your Higher-Self is your very greatest friend, ally and source of Divine guidance. It is a Divine aspect of yourself and can therefore be trusted above all. Of course it must be pointed out that there are other Divine beings within the inner spheres of life and reality who also have your absolute best interests to heart, including high Spiritual intelligences, Spirit guides, Guardian Angel and many others, all of whom should always be respected, and never overlooked or disregarded.

It is clearly worth every possible effort to create the strongest possible links with the Higher-Self and to make

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the Higher-Self your best and most trusted friend and source of guidance. There are many ways of accomplishing this. First and foremost it is extremely important to learn to recognise the inner voice and therefore the promptings of the Higher-Self. Whenever you are about to make an important decision or take an important action, stop for a moment and listen to your inner voice. Be vigilant for any intuition, inspiration, impressions or any other feelings you might receive which will be unmistakable for what they are. This should be very straightforward indeed for those who have followed the control of thought exercises earlier in this section and therefore have a clear and focussed Mind uncluttered by hundreds of random thoughts.

It is when the Mind is completely silent and focussed that the inner voice of the Higher-Self can speak with the highest clarity.

For those who have not yet advanced to the stage of complete Mind control, a serious attempt should be made at important times to silence the Mind, even for just a few moments at first, and be vigilant for the inner voice or other impressions, or signs such as the sinking feeling in the stomach, intuition, inspiration, or of course a knowing in the Heart - these will never let you down.

There will always be situations in life or decisions to be made that were not anticipated and can occur very suddenly without any warning. In situations such as these never do anything impulsively - stop for a moment, relax, quieten your Mind, listen and be vigilant for the guidance of the Higher-Self. You might hear or sense the inner voice giving you guidance or you might feel positive or negative feelings, intuition, inspiration or impressions - whichever it is do not hesitate, proceed accordingly with the guidance you are receiving even if your Ego strongly protests.

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Always remember that your Higher-Self is sublime, always has your very best interests to Heart, and is never, ever wrong despite how your Ego might react to the contrary.

As well as being constantly vigilant for the guidance of the Higher-Self during your daily affairs, it is also extremely valuable to consciously establish stronger connections with this Divine aspect of yourself during deep relaxation, or better still during meditation. While deeply relaxed or in an established state of meditation, the deeper the better, start to communicate with your Higher-Self. This will not only provide you with a source of the highest guidance whenever you need it, but will also bring additional calmness, peacefulness and resourcefulness into your life. Not only will these in turn improve the emotional aspects of your life, but your Higher-Self can also help you to manifest into your life all those things you truly need. Again, we must at this stage stop to consider the most important fact with manifestation - never, but never, ever be driven on by the Ego, materialistic desires or under the influence of others to be greedy by manifesting things you simply do not genuinely need in life, and never, but never do anything that will potentially or actually harm others.

By now you should have reached a very good understanding of the true meaning of life, of the Universe, of your own true destiny and therefore of the illusion of the perspective of the five physical senses of the material world. Material things for the sake of them or for Egotistical reasons or simply to conform to the expectations of others will dramatically slow your progress, and will most assuredly not make your life any more harmonious, happier, or peaceful. Only focus always on things you need to manifest your basic needs for living in the physical world, to evolve and progress on the sacred path, and most

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importantly to be of service to Brother and Sister human beings of all nationalities, cultures and traditions.

That said, the Higher-Self with access to the infinite resources of the Universe and the Divine Connection to The Source, The First Cause, to God, can assist you to manifest anything you need or desire into your life, and will at the same time advise you whether it is the right thing to do or not. During meditation, deep physical relaxation or just before drifting off to sleep at night, ask questions in your Mind. It is most important to have complete peace and quiet for this exercise, both around you and within your Mind. At first you might have difficulty discerning your inner voice or it might seem very quiet. Be patient and over time your inner voice will become stronger and louder, you only have to listen with sincerity and an open Mind. If you ask your question just before drifting off to sleep, the answer might arrive in the morning as you are awakening, or even during sleep in a dream.

Once you have established contact with your Higher-Self you can also make requests for guidance, inspiration and for manifesting the things you truly need in life. Over time, communion with your Higher-Self will become a daily joy, and one you will always look forward to. Do not treat your Higher-Self as an occasional friend, only when you have a need or when a situation arises requiring guidance, instead endeavour to establish a permanent and strong relationship with your Higher-Self in perfect faith, perfect trust and Unconditional Love and you will find that your life, reality and personal evolution on the sacred path back to God will be enhanced dramatically.

7 August 2007
Giving

The main subject of the newsletter this week is on the subject of "giving" often known as "tithing".

This is another area which results in a lot of questions. Many of you have read that in order to receive anything by the Law of Attraction you first have to give. Well the fact is this is not strictly true. The Universe never makes conditions in that sense. So you can be assured that even if you do not give you can still receive by The Law of Attraction.

That said it is profoundly positive to give on many levels. At the most physical level it is very satisfying to give some of the abundance that the Universe has provided to you to those who have less. The Universe always flows towards balance, and by giving to those with less that balance is facilitated.

On a Universal level it is in giving that we receive by the Law of Cause and Effect. Again it is all about Energy. Giving is a form of Energy, and whatever Energy we put out into the Universe will return to us expanded. The Universe is in a constant state of expansion and evolution, so whatever you give returns to you several times over. This is one reason why many rich people who give a significant percentage of their income to others in need find themselves becoming exponentially more wealthy - it has to happen, it is Law.

Giving must never seem like an obligation or carried out with reluctance or due to any sort of pressure or coercion by others. Giving should always be from a position of Unconditional Love, Gratitude and the strong desire to put

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wealth back into the Universe that provides you with wealth. In giving you place back into the Universe some of the wealth you received from it, and which wealth will in turn go towards helping others to enjoy the same wealth that we all ultimately share as equal and inseparable aspects of God.

The vibration of giving, freely, unconditionally and out of Unconditional Love is a very high vibration, a very high influence of Energy vibration that will positively impact not only those who were receiving whatever you are giving, but will also influence the Universe as a whole. So the very aspect of giving in this way will raise your own Energy, your own vibration, and accordingly everything will be positively affected in your own individual reality with profound beneficial effects including the ability to receive more readily.

Giving and receiving are two aspects of exactly the same thing in accordance with the Universal law of polarity. The amount of joy with which you give will be reflected in your joy in receiving.

It is in giving that you will also receive in accordance with the immutable law of Cause and Effect. Frequently you may receive orders of magnitude more than you gave, but this should never, ever be a motivation for giving which should be always out of Unconditional Love, joy, and a desire to give back to the Universe of which you are an integral aspect some of the wealth that has been provided to you from the infinite source of abundance of God.

Always remember that the Universe, The Source, God always, without exception gives to you with Unconditional Love, and it is in that same Spirit of Unconditional Love that you should also give back to the Universe, The Source,

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God. As an integral, inseparable, expression of God, whatever you give to the Universe you equally give to yourself and the Universe, and which will be reflected in your ability to receive.

The more you selflessly, joyously and unconditionally give, the more you will receive, but again, this should never be a motivational factor, a contrived way of boosting your cash flow or for any other selfish purpose. Giving and receiving are all aspects of the whole, and whatever you receive in return, and in whatever order of magnitude over that which you gave, you should receive with extreme, sincere gratitude.

In addition to giving whenever the opportunity arises, it is also an excellent idea to put aside for example ten percent of your net income each month purely for the purposes of giving. It doesn't matter how much you earn, put aside at least ten percent each and every month to give in joy, Unconditional Love and gratitude to those who in your judgement are in need.

There is no set "percentage" for giving. The Universe does not recognize the human concept of numbers. Giving is a cause that will always have its corresponding effect regardless of the "numbers" involved. Giving, like everything else is a vibration of Energy which will result in its corresponding effect. You might have heard of the word "tithing" for example that implies that you should give ten percent of your income. But again this is purely a human construct that in reality has no meaning whatsoever. God would never decree how much a person should give, how frequently and under what circumstances and rewards accordingly, The Universe quite simply does not operate in that way. The Universe operates according to immutable Universal laws, an aspect of which that every cause without

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exception, including giving, will result in its corresponding effect, and always in the direction of expansion, growth and evolution.

Always also receive with complete gratitude. When you receive anything at all, always be most grateful and give sincere thanks to the Universe for what you have received.

It doesn't matter how much you have, or whether you think you can afford it or not, give freely, joyously and with gratitude, and your reality and wealth will be enhanced considerably.

Giving is a vibration, and it is the very act of giving that will influence the Energy that will also result in receiving. Giving and receiving are both aspects of the same Energy, and are not in any way bound by or restricted by numbers or any other human concept. Always give joyously and you will receive joyously.

Giving is also a flow of Energy. By allowing wealth to flow through you as an open channel of The Source, you will allow ever more abundance to flow into your life.

Many people will say, and do say "but I do not have enough for my own purposes, much less to give to others". Well this might seem to be the case on a purely physical level, but on a Universal level the Universe is infinitely abundant, and by giving you are facilitating a flow of that abundance into your life. By taking an attitude of not giving on the basis of "lack" will create an Energy of lack thereby attracting even more lack into your experiential existence. So whatever your current perceived state of wealth, be grateful for it, share it with others less fortunate, and know that not only that which you have given will return to you in one form or another, but more so.

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It is not necessary to give "money". Money is a human concept that The Universe does not recognise. Money is just Energy that flows into your life and flows out of your life providing you allow it to do so. And providing you are an open channel for The Source, ever more abundance will flow into your life. You can give of your time, love, expertise, in fact anything - these are all forms of Energy flowing through your life and into the life of others and therefore the Universe, The Source, God.

**14 August 2005
Twin Hearts Meditation**

I receive a lot of messages from people who wish to take up the practice of meditation, and would like to know a good starting point.

There are various methods of meditation which will bring different experiences and results. "Classic" meditation involves clearing the mind completely while focussing inwards. These methods, which are fully described in Our Ultimate Reality can bring profound experiences over time, and the more often they are practiced the more often and profound the experiences will be.

There are special or specific types of meditation however that anyone can practice very easily, and which can also bring profoundly positive results very quickly. One such meditation is the "Twin Hearts Meditation" which was originally invented by Choa Kok Sui. Twin Hearts Meditation can not only have profoundly positive results for the practitioner, it also has an equally profoundly positive result on the Earth itself, which, as well as the positive effect on the Earth, will also return to you in accordance with the Law of Cause and Effect in many rewarding ways.

This meditation is based upon the principle that the Energy centers of the Etheric Body, the chakra's, are gateways to expanded levels of Consciousness. For the purposes of the Twin-Hearts meditation the principle chakras involved are the crown chakra and the heart chakra.

The objective of this special meditation is to bless the Earth with loving kindness through the crown and heart chakra's, which in turn become channels for your Spiritual Energy.

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In turn you will be blessed many times in accordance with the universal law of Cause and Effect - it is in giving you will also receive.

Many practitioners of the Twin Hearts meditation have reported heightened levels of intuition, increased healing powers, sharper and more organized mental faculties, inner peace, loving kindness, compassion, enhanced Spiritual service, brighter and more balanced aura, larger chakra's, enhanced communication with the inner spheres and Higher-Self, the development of clairvoyance and other inner psychic abilities, healthier physical body, more success in life with less stress, and a more balanced personality.

The practice of The Twin Hearts meditation:

It is useful first of all to perform some physical exercises of your choice for around five minutes in order to cleanse and energise your Energy Body.

Sit in your usual meditation posture, either on the floor or sitting on a chair with your legs and knees together, back and spine absolutely straight, and your hands turned down and resting on your thighs.

Next mentally request with as much clarity and sincerity as possible Divine blessings for guidance, help, protection and illumination.

Now activate your heart chakra simply by becoming aware of it - you should feel your heart chakra activate, with a feeling of warmth and Unconditional Love emanating from your entire chest area.

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Next send sincere blessings from your heart to the entire planet Earth, including every person and every being, with loving kindness, great joy, happiness, Divine peace, understanding, harmony and goodwill.

Next activate your crown chakra located across the top of your head, again simply by becoming aware of it. As with the heart chakra you should feel a pleasant, warm glow or similar sensations emanating across the crown of your head. Again send blessings to the planet Earth through your crown chakra just as you did from your heart chakra.

Allow yourself to become a channel of Divine love and kindness, great joy, happiness, understanding, harmony and Divine peace, sharing these with the whole planet Earth. When projecting your blessings it is important to feel and appreciate the implications of each and every thought, feeling and word.

Next, meditate and bless the Earth with loving-kindness through the both the heart and crown chakras simultaneously. This will align both chakras thereby making the blessing much more powerful.

Next gently imagine a brilliant white or golden light on the crown of your head. Become aware of and remain aware of this light, the inner stillness and the bliss for a few minutes, and then gently and silently chant the mantra "Om" or "Amen".

When meditating on the interval between the "Om" or "Amen", simultaneously be aware of the light, the stillness, and the bliss, and let go completely.

Continue this meditation for about ten minutes before slowly bringing back your awareness to your physical

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body. Raise your hands facing outward to your chest level. Now release excess Energy by blessing the planet Earth with light, loving-kindness, peace and prosperity for several minutes until you feel your body is normalized. You may bless specific persons or your family and friends after releasing the excess Energy.

Finally, after this meditation is complete, always give thanks to God, your Inner-Self and to your Spiritual guides for their divine blessings. After completing this meditation it is advisable to ground yourself by gently performing some physical exercises for a few minutes.

Performing the Twin Hearts Meditation regularly will profoundly and positively influence your own life as well as that of the Earth and everyone on the Earth, and is therefore extremely worthwhile as well as making a contribution to the Universe of which we are all integral and equal aspects.

**21 August 2005
The Direct Voice**

Following the recent series of links that I have provided to Direct Voice recordings of Leslie Flint séances, I have received numerous questions about The Direct Voice and a measure of the popularity of the recordings is that I have needed to move the websites to another server due to the many gigabytes of bandwidth being used as a result. Of course it is my pleasure to do this in the knowledge that the recordings are clearly of interest, benefit and comfort to a great many of you. You can be sure that I will continue to do whatever is necessary to continue to make these recordings available to you in the future.

The many questions I receive include the following:

Q. Why do we not hear more of The Direct Voice today, and in particular more recent recordings?

A. There are still a few Direct Voice mediums operating today, in addition to which there are very few full materialisation mediums, but they often choose to maintain a low profile for many reasons. One of the primary reasons is that the rise in popularity of "Internet psychics", many of which are charlatans, has confused genuine mediumship and the type of "service" offered by Internet psychics. Genuinely gifted mediums are not interested in commercialism, or necessarily putting people "in touch" with "deceased" relatives, but rather Direct Voice mediums focus on the higher Spiritual aspects of providing the Souls in the Astral worlds a "medium" for communicating these extremely important truths to the physical world just as with Leslie Flint with the dedicated assistance of Betty Greene and George Woods, and later other sitters.

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Q. Why do we not hear more about mediumship in general?

A. The above answer still applies, principally that genuine mediums and psychics do not wish to be "used" for frivolous purposes, and money is not a motivation. Another very important reason is that the emphasis of the Beings of the inner worlds is now, rather than bringing these great truths to the physical world through mediums, is for humans to visit the Astral worlds in order to obtain undisputable evidence for themselves. This is the main reason that Astral projection and OBE have become much more prominent in recent years, and why I have provided so much information as well as the best methods of achieving both Astral projection and Out of Body Experiences in my book, *Our Ultimate Reality*. Those who learn these abilities will find their lives changed for the better forever, and will never fear the illusion of "death".

Q. Have the independent Direct Voices been proven to be genuine?

A. Yes, beyond all doubt at all levels. The medium, Leslie Flint, was the most tested medium in history, being subjected to countless scientific and objective tests under strictly controlled conditions. Not one test result disproved the truth of the independent voices. Also many people who attended the Direct Voice sittings were visited by their own relatives who provided information that could only be known by the Spirit communicator and the sitter. In addition, it has since been scientifically proven that the voices recorded through The Direct Voice are identical to recordings of the same people when they lived in the physical world.

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Q. How does The Direct Voice actually work?

A. One of the recordings that I will provide later describes this in detail, but basically a group of Spirits construct an "Etheric voicebox" from a substance known as "ectoplasm" which in turn is drawn from the medium and to a lesser extent the sitters. This Etheric voicebox "steps down" the high vibration of the thoughts of the Spirit communicators to the level of vibration of the physical world corresponding to sound waves where they are accordingly heard as sound to those present. These vibrations can be likened to the vibrations of a "speaker" of an electronic device such as a radio, hi-fi system or television set. The speaker vibrates and audible sound is heard. Exactly the same occurs with the "Etheric voice box" of The Direct Voice which resonates in harmony with the thought Energy of the Spirit communicators and thereby heard as sound by the generation of sound vibrations at a physical level.

Q. Are there other forms of Direct Voice type mediumship?

A. Yes, but not through a medium as such. In Our Ultimate Reality there are several chapters on these important areas. Spirit voices can be recorded on many different types of electrical equipment capable of recording sound including personal computers with a microphone connected. Again, this is described in much more detail in Our Ultimate Reality. The voices recorded by these means however, although unquestionably genuine, are very often indistinct and it is not easy to determine what is being said. There are ongoing efforts to construct dedicated electronic devices specifically for the purpose of communicating with the Spirit worlds. Although there has been some success in these areas there is a long way to go yet before the voices are equivalent in quality to The Direct Voice.

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Impressive and important though The Direct Voice surely is, there is no question that learning the ability Astral Projection, which is within the capabilities of everyone without exception, is the way forward for the reasons already mentioned. By learning Astral Projection you can visit these Spirit communicators in their own World, visit "deceased" relatives, and above all collect valuable information for your own Spiritual progression, thereby potentially saving many incarnations on Earth. As evidenced by the Direct Voice communicators, once people progress beyond religions and other creeds and dogma and the indoctrination of the physical world, and see material things for the illusions they truly are, then real progress can be made.

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Energy and Money

It is apparent from some of these emails I receive that some people still have issues grasping the fact that money is not necessarily required to obtain absolutely anything at all that you desire.

The fact is, money is just another form of Energy that flows into your experience and out of your experience - there is nothing "different" about money. Money is purely a human construct, a method of exchange. First let us take a brief look at Energy and how "things" are formed and are subsequently attracted to us.

Quantum physics has now proven beyond all doubt that everything is ultimately comprised of Energy. "Things" might appear to be solid, but they are only solid in accordance with the five physical senses which operate on the same "frequency" or level of vibration as we do in the physical world. In the Astral Worlds where people "pass on" to after physical "death", everything appears to be even more solid, tangible and "real" than the physical world. This is because again everyone and everything being experienced is on exactly the same level of vibration and is therefore relative.

The reason things seem even more solid, brighter and "real" than the physical world is because as we progress inwards, the level of vibration at which we exist becomes increasingly higher, and "finer", and therefore more "solid". The physical world exists on a very low level of vibration. i.e. the Energy that comprises material things is vibrating much more slowly, and accordingly everything is much more coarse. The people of the Astral worlds and beyond,

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when visiting Earth, often comment it is like entering into "mud", "slime" or a thick "smog". Likewise, those visiting the Astral worlds by Astral projection find everything is extremely bright, vibrant and solid by comparison. And so it is as we travel inwards, the next level of Energy and vibration always seeming more solid, vibrant and "real" than the next.

The physical world is not "solid" and "unchanging" as most people suppose, but is rather fluid and in a constant state of flux. Further, anything only exists to the extent that people focus on and observe them. If everyone in the world were to stop focussing and observing the material things that have been brought into existence by this observation, then all non-natural things would disappear - they have to, it is Universal Law.

Einstein's famous Law of relativity also fully supports the fact that everything is made of Energy. His famous equation states that the Energy of matter of mass "m" may be calculated by multiplying that mass by the speed of light squared. This concludes that we are all made of "Light" or "Energy", a fact observed by quantum physicist David Bohm when he correctly observed that all matter is "frozen light".

Conversely, we can attract absolutely anything we desire into our experiential reality by The Law of Attraction. If we focus on what we wish for, need or desire in the right way, then it will be attracted into our life where we can experience and enjoy it. There are no limits to what we can attract into our reality by understanding Energy and applying the Law of Attraction. All of this is fully explained in Our Ultimate Reality.

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So where might you ask does "money" come into all of this?

The entire Universe is infinite in abundance and it is the Universe that brings everything you could possibly wish for into your life, not mere money. The only reason people are so dependant on money is because they really believe that money is required in order to realise their desires. The fact is, while people hold this belief it will always be a self-perpetuating aspect of their reality, and they will accordingly remain a slave to money just as they are to many other material things.

As previously mentioned, "money" is a purely human construct, a symbol, a method of exchange which in and of itself is totally and completely meaningless. To the Universe money is simply Energy in the form of bits of metal, paper and electronic bits and bytes of information with zero value except for the Universal Energy of which it is composed. From a human perspective, money somehow represents value. The question is what precisely is "value"? Value is a purely notional concept relative to each individual person.

Value can fluctuate dramatically with such as the "economy", the "rate of inflation", the "foreign exchange rates" and many other such human constructs, all of which are only of any relevance at a purely physical level.

The irony is that most money itself although it might appear to be real is not even very tangible in the physical world where it is exchanged. Only a very small percentage of the money in the world actually exists in the form of physical coins and notes, the rest being in the form of electronic information held on computers, money that is simply moved around at the touch of a computer key.

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So even money is for the most part notional, an illusion existing only to perpetuate the human concept of "value".

A main reason most people are so obsessed with money is because of the Energy surrounding money due to the focus of literally billions of people around the world, all perceiving money as a necessity. If everyone in the world were to cease focussing on money, then the Energy could not be sustained and the illusion of money would quite simply cease to exist as a concept.

It is quite simply not the task of humans to decide how things should be manifested into physical reality. That is, always has been and always will be a natural function of the Universe and of the influence of the Energy of the Universe by Mind - it is only humanity that has taken that natural function and attached notional values which in turn has caused and continues to cause so much misery in the world today. Money is the fuel of materialism, which in turn is the main reason that humanity has been heading increasingly away from its own true purpose, both on an individual and all mankind level, and towards potential disaster. If only everyone knew the most fundamental Laws of the Universe, including "ask and ye shall receive", then immediately the need for money would be seen for what it is - nothing more than an illusion, a human physical construct with a notional perceived exchange value.

Another reason money has become such a major focus is due to the perceived power that it brings to the people who would wield it. While so many people focus on money as an object of power, control and necessity, money will be associated with the Energy that perpetuates that same power. While we all create our own realities at an individual level the same is also true at a consensual level on the Energy of the plane of the human Mind where a

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large scale focus on the importance of money will in turn focus the collective Energy of the human Mind upon that importance, Energy that will influence most humans at that level, and subsequently, in accordance with the Universal Law of Correspondence at the physical body and world level.

Money is therefore nothing more than a large-scale illusion perpetuated on a massive scale, an illusion also perpetuated by the focus of billions of individual people on the perceived importance of money. Money is not, never has been and never will be necessary in order to realise anything at all that we desire. The Universe has infinite abundance and will always provide that which has been asked for without any exceptions, all the person who asked needs to do is to know how to receive. Once these truths become realised by millions of people, then the illusory need for money and therefore money itself will simply cease to be perpetuated and therefore exist, as people will no longer focus on money as a physical necessity.

So what does this mean to mankind in the meantime? Well quite simply that the Laws of the Universe are immutable, and just because money exists and so many people are perpetuating the illusion of money by focussing on it does not mean that Universal Laws cease to function. The Law of Attraction works with complete perfection, always has worked with complete perfection and always will work with complete perfection. So all you need to do is to cease to focus Energy on money and start to focus and ask for what you truly desire, and in accordance with immutable Universal Laws you shall receive - always, every time there are no exceptions.

Your ability to receive will only depend on being in harmony with the vibration of that which you are receiving,

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rather than focussing on the illusion of money. Providing you focus on your wishes and experience them as if they are an absolute reality in your present moment, then you will vibrate in harmony with the object of your wishes which already exists in the Universe of infinite abundance, and it can then manifest into your physical reality.

Wealth is therefore a state of Consciousness, a state of your inner being. Everyone without exception was born wealthy, and all anyone should have to do is to focus on that wealth and be in vibrational harmony with that same wealth in order to realise it into individual reality. Money is not, never has been and never will be necessary for anything at all. To the Universe money is merely Energy manifested into a physical form just the same as anything else within the physical world.

Know at all times that you are already infinitely wealthy and focus with joy on realising that wealth and utilising it for the purposes of evolution, expansion and growth, and thereby a state of Being in perfect harmony with the Universe. Those who are in perfect harmony with the Universe will always manifest anything desired into physical reality, joyfully, naturally and effortlessly, and absolutely without the need for money.

Unlike money which is often perceived as limited, there is no limit to your own wealth, and remember, wealth is not the same as money. Money is intangible, unreal, an illusion, whereas abundance is your birthright being a Divine aspect of The Universe, The Source, God Who knows only infinite abundance, evolution and growth. To be dependent on money is to be out of harmony with the Universe resulting in imbalance, discord and unhappiness. Those who throw off the shackles of money can live joyously, abundantly and harmoniously.

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Always remember that you are an extension, aspect and integral expression of The Source, The First Cause, of God, and there is nothing but nothing that you cannot be, do or have. Ask and ye shall receive, always. If you wish for something merely focus on the object of your desires, experience it, bring yourself into complete harmony with it, and it shall be yours.

4 September 2005
Money and Attraction

This week the focus is on that "illusion" that causes so much misunderstanding and often unhappiness - money. I have talked about money before, but it is apparent from the messages I receive that this is still a "sticking" point with many people. On the other hand those who have been able to think and focus beyond mere money have been enjoying success as a result. In my book, *Our Ultimate Reality*, I specifically discuss money and the lack of need to focus on it in the context of attracting your needs, wishes and desires into your life.

There are several considerations here. First of all money is entirely a human construct. It is nothing more than a simple method of exchange. What most people do not realise is that about 96% of the money in the world does not actually exist in physical terms at all - it is all electronic - bits and bytes on a computer system that governments create whenever they need to.

Before money in the form of coins existed other methods of exchange were used such as shells for example. There is a small shell known as the "Money Cowrie" for example, used in some parts of the world as a currency. Before that goods of value were simply exchanged on a value for value basis, e.g. clothes or implements for food. So over the centuries money has become more and more "impersonal" progressing from tangible items of true value to intangible electronic bits and bytes, during which time it has increasingly, due to the focus and importance placed upon it, gained the power to influence and even control people's lives.

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From a Universal perspective money, like everything else in the Universe is simply Energy that flows into your life and flows out of your life. This is why if you are reluctant to spend money you will also block money from flowing into your life.

In order to receive you have to spend and/or give in order to maintain the flow of Energy. This most importantly includes giving to others, for example worthy causes, which enhances the Energy flow through your experiential existence. Our attitude towards money and in particular giving and receiving is absolutely fundamental, as is having a "wealth consciousness".

We should never ask for money. The Universe simply does not recognise the concept of "money". To understand this it is necessary to first understand how the Universe works. The Universe is pure Energy - conscious, intelligent Energy of which everything is "made" and in which everything has its "being". Notice that I capitalise the word "Energy". I do this because Energy is exactly the same as "God", "The Source", "The First Cause" often known as "Spirit". We attract "things" into our life by the use of Mind, again and other word for "God", and specifically by the use of the imagination, emotion, and feelings.

The Universe is infinitely abundant. What humans think is big, such as a mansion, a castle perhaps or a large boat, is totally trivial and insignificant in the grand scheme of things. The Universe can manifest a castle just as easily as a tent - it is only limited by Mind. Before "money" was invented the Universe was still manifesting things based entirely upon the thoughts in the Mind's of humans and this is still the case in those parts of the world that are still untouched by "civilisation". The "shaman, "medicine men", "witch doctors" etc. use various methods, including

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chanting, drumming, dancing etc. to place themselves into an "altered-state" in which visualisation and imagination is much enhanced, and during this state they focus on attracting food, clothes and favourable conditions for their "tribe".

In terms of attracting our greatest wishes, desires, needs etc. we therefore have to use the power of our Minds - not the human illusion of money. Yes, very often the objects of your focus will initially arrive in the form of money but that is not for us to decide - that is for the infinite intelligence of the Universe to decide from its infinite perspective of seeing every possible perspective. Things arrive in all sorts of unexpected ways which you might never have thought of.

In the Astral worlds where people transition after death, money" does not exist - it is not required. Everything in the Astral worlds, the "afterlife" is created by the power of the Mind alone.

This is why the mid-Astral worlds are very similar to the physical world - it has been created by the Minds of men after their concept of reality based upon their experiences in the physical world. They cannot imagine living without houses, clothes and other material things, and so the illusion is perpetuated. This is why the Astral worlds are known as the "desire worlds" - they are spheres of existence where all physical desires are satiated so that progress can be made.

There is only one law for the entire Universe and therefore if things can be easily created without money by the power of the Mind alone in the Astral worlds, the same Laws apply to the physical worlds. The much lower vibration and higher density of the physical world means that it takes

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much more sustained focus of the Mind in order to influence Energy in the direction of your desires.

Whatever you ask for is always granted, but you can only receive by bringing yourself in vibrational harmony with that which you wish to receive. This process is fully discussed in my book, *Our Ultimate Reality*.

Having said all of this I do not wish to give the impression that attracting your desires requires a considerable effort. The fact is we are all natural creators, aspects of the Ultimate Creator God, The Source, the First Cause, the Creator of Everything. We and the entire Universe exist as "ideas" in the Mind of God. In order to be a natural creator, and attract everything you desire almost instantly, you first need to be an open channel for God, through which abundance can flow. Most people have minds that are so full of worries and other perceived "pressures" that the channel of abundance from God is contracted.

Imagine for a moment a water pipe. The pipe has the ability to deliver an unlimited supply of water. if however there is a kink in the pipe the flow of water will be restricted. So the amount of water that can be delivered through the pipe depends on how much the flow of water is constricted. The flow of abundance from The Source, God, is exactly the same. Every single one of us is an equal channel of expression of God through which abundance can flow. Over thousands of years however, while becoming more focussed on materialism, more consumed by worries, more focussed on lack and other human traits, the channel of abundance of God has become progressively constricted making it more and more difficult for abundance to flow and therefore to manifest in the physical world where it can be experienced.

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Man also "thinks" too much. Instead of being a joyous channel of abundance, a co-creator, man is always thinking too much and often even attempting to "fix" a Universe that is perceived as "broken" in some way. The fact is the Universe is perfection and does not need "fixing" in any way whatsoever. The Universe simply needs to be expressed, not "fixed".

The person known as "Jesus" said "man cannot add one cubit to his stature by taking thought". Another famous and great person, Lao-Tse once 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". A philosopher Achaan Cha once said "Do everything with a Mind that lets go".

So what so these great people mean? They mean that the more you try to "think" or "do", the more you constrict that channel of abundance from God. Those who can fully grasp the meaning of these words can have anything you wish for, need or desire almost instantly. You become a "magical creator" creating your existence and bringing about things that many consider to be "miracles".

So - money is not the answer to your needs and never has been. "Let go and let God". Become an open, unconstricted, joyous channel of abundance for the Universe, focus on whatever you wish for in the certain knowledge that you already have it, express gratitude for it and it will be yours without the need for "money".

11 September 2005 Telepathy

Two subjects that arise frequently in the messages I receive are Telekinesis, sometimes known as "Psychokinesis" and Telepathy. Although these are both powers of the Mind, and accordingly both affecting Energy in their respective ways, they are at the final analysis both distinctly different abilities.

Another major difference between the two is whereas Telekinesis is an ability relevant only to the physical world, being the movement of material objects by means of thought Energy, material objects not existing within the inner Worlds, Telepathy is relevant to both the physical and the non-physical inner Worlds.

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

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

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Although telepathy is an ability that can be learned, there are people who inherently exhibit a very high level of telepathic ability, as sometimes happens in the case of identical twins for example. It should be noted that when a person passes from this world at the time of physical death, all communication in the inner spheres of life, the Astral and Spirit worlds takes place by means of telepathy, in other words by thought transference in the form of words, images and symbols. In the level of the Astral planes where most people arrive after physical "death", communication is almost the same as telepathic communication would be on the physical plane, but as a person progresses to the inner planes of life, telepathic communication becomes much more sophisticated and "compressed" so that vast amounts of information can be transferred between two or more beings almost instantly as "packets" of communication. Such communication in the inner planes is almost entirely symbolic, a sort of "picture language", and therefore "language" in the form of words simply does not apply. Likewise, languages spoken in the physical world are not relevant, and are no barrier to communications in the inner spheres of life.

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

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is a more subtle but nevertheless important aspect of telepathy, where emotions are being transmitted rather than intentional communications.

So how exactly does telepathy work?

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

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

As with all natural abilities, it is very possible to learn how to communicate telepathically while still in the physical world. Indeed there are races living in remote parts of Earth

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that communicate this way naturally, almost like broadcasting by radio.

However, as with most inner, natural abilities, the ability of Telepathy has been subsumed very deeply by the focus on the material world and in particular "voice" in all its forms.

There is only one set of Universal Principles and one Energy for the entire Universe, and if the people of the Astral Worlds can communicate by means of Telepathy naturally, then so too does the ability potentially exist to people living within the physical world. It is not until humanity learns these great Universal truths, and once again begins to focus on the true path back to The First Cause will these abilities once again become prevalent instead of just for the few who are not materially focussed.

18 September 2005
Living with The Law of Attraction

I receive quite a few messages from people who are just starting out with applying the Law of Attraction asking about how they can speed up the process or make it more definitive. Those many people who have been enjoying success would have notice several major determining factors.

One of the most important factors in succeeding with The Law of Attraction is "feelings" and emotions", both of which are extremely important in bringing you into vibrational harmony with that in order that it might then manifest into your experiential reality.

It is also extremely important to "know", "believe" and feel "gratitude" for the purpose to such an extent that it you feel, beyond any doubt that you are experiencing the object of your desires now.

To do this we should next look at some of the important facts that form the basis of The Law of Attraction. Vibration is one of the fundamental laws of Energy and therefore of the Universe.

Everything in the Universe, in all spheres vibrates at a certain rate, and the more inwards we travel towards the The Source, the higher the vibration and the lower the density. Everything has a unique vibration, and it is that uniqueness of vibration, and "Energy signature", that in turn makes everything unique, including our thoughts and desires. Also, like vibrations are attracted to each other - this is another fundamental Universal Law. It is this Law that is in operation when we pass on and progress through the inner spheres of life on the way back to The Source. We

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are always attracted to the "level" of the Universe that matches our unique vibration. When "passing on" from the physical world you are attracted to a level of the Astral worlds that perfectly matches your character and therefore the way you lived on Earth, and your predominant thoughts and attitudes as well as a large number of other characteristics unique to you.

This can be illustrated by two tuning forks. If one tuning fork is placed a distance from the other, and the first tuning fork is struck - the second tuning fork will then vibrate in exact harmony with the first and be attracted to it. The same applies with The Law of Attraction. You are one tuning fork and your desires are the other tuning fork. Your "desire tuning fork" already exists within the inner spheres and is vibrating its unique frequency. It is your task to match that same frequency in order to then, by The Law of Attraction, attract that "desire tuning fork" to your own "personal tuning fork" where you can experience it in your physical world.

Now this is where most people have difficulty in attracting positive desires. I say "positive desires" because most people find it easy, even natural to focus on perceived lack and other negative issues, and therefore vibrate that same lack and those same negative issues, more of which are then easily attracted into the experiential reality of a person. People generally find it much more difficult to focus consistently on wishes and desires and know they are a reality. People generally have been programmed from birth with a lack mentality instead of an abundance mentality and that is why many people attract more lack. It was never meant to be this way. The Universe is infinitely abundant, and each and every person has the right to share that abundance and be happy.

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In very basic terms you need to place yourself in a position where you know, feel and experience, beyond all doubt, that you already have the object of your desire in your physical possession and you feel grateful for it. Anyone following the instructions in the book will understand and be able to apply the processes involved in order to achieve this, and thereby attract anything you wish for, need or desire.

However, most importantly, it is not enough to put time aside each day to "practice" The Law of Attraction, important though it surely is. It is also extremely important to bring yourself into the vibration and not allow yourself to be detracted from it - in other words it must become a way of thinking and a way of life. People have often noted that very wealthy people attract ever more wealth.

The reason for this is they have a "wealth consciousness". These people never, ever feel lack, they only feel wealth, and accordingly they attract more wealth. You might say that it is all very well for these people because they are already wealthy and therefore do not need to worry about lack, but the fact is if you wish to experience the same levels of wealth, you must start by thinking and feeling in terms of wealth, otherwise it can never be attracted to you. You will simply attract more of what you happen to be focussing on which very often is lack.

Detachment is also important. Once you are in vibrational harmony with your desire, you can be absolutely sure, beyond any doubt, that The Universe will deliver it to you in its own way. Your task is to be vigilant for signs, opportunities and situations that "happen" in your life and to act upon them immediately. Keep in mind that we live in a physical world and therefore The Universe needs to deliver by physical means, and that usually means by

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working through the minds of men. We are all aspects of The Source, The First Cause, God, and are therefore all connected with each other and to God, and with over 6 billion people in the world The Universe is never short of channels through which to deliver your desires. All you need to do is to know it is on its way and feel the gratitude for it, and never, ever doubt the fact. Always, always remember the words of Abraham, not the biblical person but the wise group of Beings of the inner worlds who provide us with so much valuable information - "There is nothing that you cannot be, do or have".

Before concluding this section we should look at the "bigger picture". In order to enjoy the maximum abundance in your life you need to always maintain yourself as an open channel of abundance, expression and Unconditional Love for The Universe. It is therefore most valuable to think of everything in terms of "expansion" and "contraction". If you think of a hose pipe it is capable of delivering an abundant jet of water. If however that hose pipe has a kink in it then the flow of water is greatly restricted. You must be as that hosepipe and always ensure that there are no kinks obstructing the flow of abundance. To do this think in terms of expansion and contraction. Worries and negative emotions contract, whereas happiness and joy expand. By consciously noticing how you feel, and therefore whether you are expanding or contracting your connection with the Universe, you can adjust accordingly.

So if you feel any "contracting thoughts" immediately convert them to "expanding thoughts", thereby becoming and remaining the widest possible channel of abundance for the Universe.

Attracting wealth, health, happiness and anything else you desire is not something you "do", it is rather something you

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"are". You are what you vibrate and what you allow into your life.

25 September 2005
Principles of Healing

In the aftermath of the Hurricanes which seem to be becoming increasingly devastating and frequent, it seems appropriate this week to talk about the principles of healing. In future newsletters we will review the different types of healing that can be used to help yourself and others.

When most people think of illness and medical treatment they usually think exclusively in terms of the physical body, doctors, medicines, clinics and other medical facilities. This of course is quite understandable as most illnesses appear to the physical senses to affect the physical body or mental state, and therefore afflictions appear to originate in those particular areas. While this might well be quite true in the case of some physical injuries such as breaking limbs, cuts and other accidents, what medicine has not yet fully come to terms with is that even the most serious illnesses such as cancer very often do not have a physical, in other words a physiological or psychological origin at all, but are rather due to imbalances and other problems arising within the Etheric Body, also known as the Energy Body which includes the aura and the main Energy centres of the Energy Body, the chakras.

Due to the holistic nature of the Universe and therefore of the human body, all of which are inseparable aspects of each other, any problems arising at an inner Energy level, for example within the Energy Body, will always be correspondingly reflected at a lower level in accordance with the Universal principle of correspondence.

The axiom "as above, so below" is again very true, but can be more accurately said "as within, so without", with

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ailments originating in the inner bodies manifesting in turn within the physical body "without" in accordance with immutable Universal laws. As infinite, multidimensional Beings we actually have an infinite number of bodies ranging from the very highest aspect of God to the physical body of matter in which most people are focussed. Diseases as a cause can occur in any of the inner bodies causing an imbalance that has to manifest in the physical body as a the effect in accordance with immutable Universal laws.

Therefore by identifying the origin of these problems within the inner bodies, most frequently the Energy Body which is closest to the physical body, and treating the cause appropriately, it is very often possible to completely cure even the most serious illnesses where traditional medicine, seeking to treat only the physical or psychological symptoms would inevitably fail.

Cures that have seemed to most people, including the medical profession as miraculous, are frequently achieved by holistic healing. It should be mentioned straightaway however that everyone should see their doctor immediately with any medical problem whatsoever, even if the eventual cure will be brought about by inner means.

There are various methods of treating the Energy Body, many of which you might already be already familiar under the general description of "alternative medicine or healing". This description is however somewhat misleading as it could be much more appropriately described as "primary healing". Well-known examples of energetic or holistic healing can include for example acupuncture, Pranic Healing and Reiki.

There are also healing methods broadly based on the practice of homeopathy where the objective is to bringing

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the body balance, thereby bringing about a cure of the ailment.

Homeopathy is not generally considered to be a practice having an effect on the Energy Body, although in some cases, with certain treatments the Energy Body might well be influenced favourably. An example of this is healing by means of various herbs and plant extracts, the application of which can have a direct affect on the balance of Energy Body, thereby bringing a cure. Herbal based healing is a separate and extensive discipline in its own right, and often a very effective one.

Herbs, like all plants and indeed everything in the Universe have a unique vibration of Energy that will affect other Energy, in this case the Energy of the human Energy Body, and can facilitate a cure accordingly. In many cases however the herb or other substance become a point of focus and belief that a cure will result, and it is the very focus on this within the Mind of the patient that will cause the expected cure to occur in accordance with The Law of Attraction. This is broadly how the medical "placebo" works.

Although the placebo has no medicine associated with it, the very act of belief and focus on the cure by the patient that they have been cured will then manifest that cure by The Law of Attraction, the patient having consciously or Subconsciously influenced the Energy corresponding with the part of the body that was afflicted in the direction of, and with the result of a cure for the ailment.

Another method of healing involves the use of naturally occurring crystals such as quartz, which again can have a direct effect on the Energy of the Energy Body due to the natural Energy vibrations of these substances. Different

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crystals exhibit different types and levels of vibration, all of which can influence the Energy Body including the charkas in a positive and specific way. It is well-known for example that Quartz exhibits "piezo electric" properties, and is accordingly used in watches, clocks and other precision instruments for maintaining accuracy of time. Again however, healing might be more a function of the Mind of the patient and of their healing focus than due to the action of the actual crystals.

Healing by the use of herbs, crystals and other naturally occurring substances can certainly be extremely effective in the hands of practitioners with the appropriate levels of knowledge and experience. These can be learned and practiced by anyone with dedication. Learning about the healing properties and methods of herbs, crystals and other substances is extremely worthwhile and rewarding. In addition, there are less well-known methods of healing involving the use of the Magnetic Fluid of the Ether by a practitioner known as a "magnetopath".

Many methods of healing require the services of an experienced practitioner, an example of which might well be difficult to locate in your area. Additionally, as with psychic services, it is often very difficult to determine whether a practitioner has genuine experience and abilities in healing or is nothing more than a charlatan whose only objective is to take your money. There are many extremely talented and experienced healers who will willingly provide their services for free in appropriate, or sometimes all cases, as a service to humanity.

Everyone has the ability to heal almost any illness, even the most serious of illnesses, many of which are often considered to be terminal by doctors. Before we commence with the practice of healing we should most certainly take a

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look at two highly effective and increasingly popular methods of healing the Energy Body by the use of Energy, often referred to by practitioners of this type of healing as "Vital Energy" - these methods are known as "Pranic Healing" and "Reiki". It is well worth knowing about and understanding Pranic Healing and Reiki as skills you might wish to learn for your own benefit and those of others should you wish to make healing an important part of your life.

2 October 2005

The Importance of Self Awareness

We have discussed during several newsletters the science and method of how we all consciously create our own reality, and how we can apply this knowledge to realise all of our wishes, needs and desires. This of course is also discussed in great detail within the book, *Our Ultimate Reality*.

However, as well as consciously creating our own reality we also do so Subconsciously - in fact much of the lives that most people experience today, whether they like it or not, are a direct result of Subconsciously or unknowingly creating their own reality, a reality that is often ascribed to such erroneous notions as "luck", "fortune" or "chance". You might or might not like what you have created for yourself, but the good news is that there is no such thing as "past" or "future", there is only "Now", and your reality is created in the "Now" and can be changed in the "Now".

So how do people continuously create their own realities without even realising it? The way that people Subconsciously or unknowingly create their own realities is principally in three ways - by their thoughts, emotions and actions. By actions I do not mean conscious actions but actions that imply a certain "attitude".

One of the most powerful creators of our reality is what we "say to ourselves". We all know the very considerable power of affirmations where phrases are repeated many times in the present tense. Well the same of course applies to statements that are made without thinking about the consequences. For example, a member of the family might be suffering from a cold. It is easy to observe this person, imagine that you feel not quite right yourself, and say to

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yourself "I am catching a cold". This affirmation coupled with the thought repeated several times will be enough to ensure that the person does in fact catch a cold - he or she has created that reality by their own thoughts and affirmation. In this case therefore if a member of your family or someone else you are close to, for example a friend or someone you work with has a cold, you should repeat to yourself, either aloud, in your mind or by writing it down or better still all three, an affirmation that suggests how well you feel such as "I feel so well today" or "I am in the best of health" or "I am feeling great". Do not repeat an affirmation such as "I do not have a cold" because that still places an emphasis on "cold" which acknowledges its existence and gives power to it.

The same principle applies to everything - we must always be mindful of our thoughts so that we are only creating a reality that we wish for. This is particularly true of wealth. During the course of each day we see evidence of wealth and people that are "better off" everywhere. You might for example be sitting at the traffic lights in your "average" car when a luxury sports car pulls up alongside, and you immediately, Subconsciously make a comparison, and might start to feel envious. You might also think "I wish I had that car", which, although not having the same negative power as "envy", will still ensure that you never receive a similar car, because it will put yourself in a state of "wanting" but never actually receiving. The correct course of action in this case is to look at this luxury sports car and to feel the excitement of actually owning it. Visualise yourself behind the wheel of the car, smell the interior, hear the roar of the big V8 engine and feel the "G force" of the acceleration as you press your foot on the pedal. Continue to focus on "your" car on this way, never for a single moment doubting that it is yours because in reality it already really is yours, and all you have to do now is to

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take physical delivery of it by harmonising yourself with the car, i.e. matching your vibration with that of "your" car. This harmonisation process is fully described in Our Ultimate Reality.

So in terms of self-awareness, always be mindful of your thoughts and associated actions, and never, ever allow negative emotions of envy, jealousy, negativity or any other such emotion take a hold in your Mind. If you see something that you like, and really want to experience it, then feel the excitement and all of the high vibration, positive emotions that will bring it into your life.

This is only one level of self-awareness, we have already discussed in a previous newsletter the importance of being "expansive". This means always being mindful of your thoughts and only allowing positive, expansive, high vibration thoughts to enter and remain in your Mind. If you feel any negative, contractive, low vibrational thoughts to enter your mind, immediately dismiss them and replace those thoughts with positive thoughts. We are all open channels of the Universe, The Source, God, and the more of an open channel of The Source you are, the more The Source can express through you and the more abundance will be able to flow into your life.

Next week we will discuss the five main levels of self-awareness when speaking to yourself in your own Mind. In the meantime try becoming and being mindful of your thoughts, actions and emotions.

Throughout the day continually ask yourself "what am I feeling now". If you are feeling a negative emotion immediately dismiss it and replace it with a positive one. Remember - what you think is what you vibrate, and what you vibrate is what you attract, so you will want to ensure

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that you are vibrating only the things that you wish to experience in your physical reality.

It does not matter how dire your current circumstances might seem - those circumstances are only relative and temporal, and can always be changed providing you do not allow your current circumstances to consume you. Above all remember the truth - “there is nothing that you cannot be, do or have”.

9 October 2005 – The Importance of Self Awareness – Part 2

9 October 2005 The Importance of Self-Awareness – Part 2

"There is a thought in your mind right now. The longer you hold on to it, the more you dwell upon it, the more life you give to that thought. Give it enough life, and it will become real. So make sure the thought is indeed a great one."

--- Ralph Marston

Last week we started to discuss the importance of self-awareness and in particular what we "say to ourselves".

We considered the truth that our thoughts, whether conscious or Subconscious create our reality and therefore it is extremely important only to keep positive thoughts and immediately dismiss negative thoughts. Likewise we should be very careful about what we "say" to ourselves. For example, if we observe someone close to us sneezing, and you imagine yourself feeling not as well as usual, followed by saying to yourself "I must be catching a cold", then you will catch that cold. You should instead continually say to yourself an affirmation such as "I am feeling really well today" and you will remain well. Everything, including your body and microscopic virii such as colds, 'flu, and other ailments are all Energy influenced by Mind, and how you influence that Energy is directly proportional to what you think.

This week we will look closer at the effect of the conversations of the Mind. There are various levels of conversation that can go on in our minds varying from very damaging, negative words to the very highest, positive vibration.

The most destructive thoughts are when you say to yourself the words "I can't....." followed by whatever it is that

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you believe you cannot do. Like conscious affirmations, these thoughts are also affirmations and are every bit as powerful as consciously constructed and repeated affirmations. The Subconscious Mind does not make decisions or discriminate between positive, constructive thoughts and negative, destructive thoughts. It will simply accept that thought as a statement of fact in the "now" and act upon that "wish" to bring it into your reality. So the most destructive words to say to yourself are those of the "I can't." type. The truth is that we are all infinite, unlimited, powerful Beings, inseparable aspects of The Source, The First Cause, God, and as such we are co-creators in the microcosm of this magnificent Universe. Always remember the words of that wise group of Inner beings known as Abraham - "there is nothing that we cannot be, do or have". In this way you will help yourself to remember that there is no such notion as "can't".

I would like to add that there is also no such concept as "try". To "try" to do something is to place yourself in a perpetual state of always "trying" but never accomplishing. Remove the word "try" from your vocabulary immediately - you either "do" something or "do not" do something - there is no such notion as "try".

The next level of self-talk is still negative and damaging, but not so much as the first one. This is where you might recognise that you "should" do something but maintain yourself in state of "should" or "ought to" or "might if". This level of thought tells your Subconscious mind that you recognise there is an issue that needs to be dealt with, but you are not prepared to believe you cannot do it. This will maintain yourself in state of such recognition and thereby attracting to yourself more of the same thing that you "should not" be doing.

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The next stage of self-talk is much more positive and well intended, and with a higher level of self-recognition but can nevertheless create a paradox as far as the Subconscious mind is concerned. There are many examples of this, for example kicking bad habits such as eating the wrong foods which cause you to put on weight. Here you might consciously say to yourself "I never eat fatty foods", or I never eat "cakes" or "I never drink sugary sodas" etc.. Now this level of self-awareness is positive in that the recognition is there that you are doing something that you should not be doing. However, the emphasis is still on the negative aspect of "fatty foods", "cakes" and "sugary" sodas. The next time you pick up one of these things and consume it your Subconscious mind will say to itself "but I thought you said that you "never" did this. From that point on you have contradicted your message and it will not be taken seriously by your Subconscious mind.

The next stage of self-talk is what you should be saying to yourself. This is the "I am...." level which really does convey your status to your Subconscious mind. For example "I feel great", "I am the ideal weight", "I always feel happy, peaceful and contented" and such other phrases that affirm to your Subconscious mind what you "are, now". There is nothing ambiguous about such statements, and it is therefore these "I am" type statements that you should maintain in your mind. You should also use these "I am" type statements to transmute negative feelings to their corresponding positive ones. For example if you are feeling unwell, say to yourself "I feel so well today". This is also where self-awareness is so important in that you need to recognise that you are feeling unwell and at the same time repeat and maintain the positive "I am" statement to yourself.

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The final level of self-talk is the very highest level, and that goes beyond the personal level to Universal recognition of being an aspect of, and at one with The Universe, The All, "God". It is at this level where you truly maintain yourself as an open channel of The Universe, the expansive state we discussed in the first part of this subject last week, by affirming your "oneness" with The Source. This is where you will state to yourself the truth that "I am as one with The Universe and The Universe is as one with Me" followed by a statement that affirms this great truth such as "... and I accordingly an open channel of abundance, creation and joy".

So this concludes this series on the importance of self-awareness. By being aware of how you feel, what you say to yourself together with the knowledge that you truly are an inseparable aspect of "God", that no harm can ever come to you, and that by being constantly aware and allowing only those thoughts that are expansive you can be an infinite channel of abundance into your life.

"Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace."
--- William James

**16 October 2005
Who is God?**

Among the many emails I receive I am often asked this questions similar to Who is God and what is our relationship to God? The reason for these questions for the most part appears to be due to the fact that many, if not most people have, from an early age, been raised by parents, relatives, schools and other organisations who "preach" about the personified God of the major dogmatic religions. A typical vision is that of an elderly gentleman with a long flowing white beard, sometimes with a kindly face and sometimes with a stern face according to the sect of the religion, who sits on his large golden throne surrounded by his large winged Archangels, handing out judgements as to who may go through the pearly gates of "Heaven" after passing on, and who must spend all eternity in the "hellfire" and "damnation" of "hell".

It is no surprise therefore that there is so much confusion, and just as unsurprising that the World is in the state it is in today with the focus of most people being on this totally false perception.

The topic of "Who is God" is of course a very large, indeed infinite one, and in fact no human can possibly fully answer the question anyway. God is omnipotent, omniscient and omnipresent as a "power" "presence" or "force" Who is totally beyond our comprehension in His/Her sheer Magnificence, Power and Presence. It is indeed true that God knows everything that occurs in the entire Universe in all spheres of life and reality from the very "highest" Being to the single celled organism all of which are equal in the "eyes" of God.

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

In my book, Our Ultimate Reality I principally refer to "God " by three different names:

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

The First Cause: The Source Energy is the First Cause of everything in the Universe. Everything in the Universe was and still is being created by The First Cause. It was The First Cause that brought the entire Universe into Being within The Infinite Mind of The Source. The Source is The First Cause, the Primary Creator in the Universe, The Macrocosm. We human beings, as expressions of The First Cause, made in the true Spiritual Image of The First Cause, are co-creators within the Universe, we are therefore secondary creators or "causes" within our local Universe, the Microcosm, realities we create with the power of our

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Minds just as The First Cause creates the ultimate reality, The Universe, within the infinite Mind of The First Cause.

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

So What or Who is God in absolute terms?

Quite simply God is the entire Universe and everything contained within the Universe and exists in the form of Energy - conscious, intelligent Energy. At the very centre of this Energy is The Source of this Energy who we may call "God" . This Energy vibrates at every decreasing frequencies the further from The Source is exists until finally, at the outermost limits of The Universe is the manifestation of God with the lowest frequency, highest density of all, the physical Universe of matter. The physical world exists at such a low vibration and high density by comparison to the Universe as a Whole that it was aptly described by quantum physicist David Bohm as "frozen Light". He uses the word "Light" in its Divine sense, because another word for God, and the Energy in which we have our Being is "The Light".

The smallest unit of Universal Energy is the "Quanta", and it is of Quanta that everything is "made" by the influence of Mind. In the Macrocosm, God created the Universe by literally "thinking" it into existence. Quanta only become observable under the influence of the Mind. In the physical world scientists have already observed this when they

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noticed that the only time Quanta ever manifest as particles is when they are being observed.

God created the Universe, the Macrocosm in the same way that we all create our own realities, the Microcosm, by the power of thought.

When we focus on the object of a desire, we create a vibration of the Energy that corresponds to our desire in the form of an image that represents our desire, until, by the Law of Attraction vibrates in harmony with our desire thereby enabling our desire to manifest into our experiential existence. Until we vibrate in harmony with our desire, we cannot experience it. This where most people cannot attract their desires - they are simply not vibrating the Energy of the Universe in harmony with the desire. In my book, Our Ultimate Reality, I describe in great detail the Law of Attraction and the processes required to bring yourself into harmony with the object of your desires. With the power of the Mind and its correct focus, there is truly nothing that you cannot be, do or have.

So what is our relationship with God? It is true that we are made in the Image of God, but not the personified image of the dogmatic religions, but rather the Spiritual image. God is pure Energy and so too are we as human beings pure Energy made in the "imagination" or image of God.

We all exist as "images" or "ideas" in the Mind of God. However, we are very complex images comprising countless Quanta of Energy, each with our own unique characteristics while at the same time sharing a particular Energy "configuration" that makes us uniquely "human". Our Energy configuration includes a part of the individuated "consciousness" or "Spirit" of God, and that is which animates us and makes us who we are. This of

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course is a very simplistic overview of who we are, and my book, *Our Ultimate Reality* goes into much more detail.

So how do we differ from God? The first thing we must always keep in mind is that as well as being "made" as individuated images of God, we still all share, as does everything in the Universe, the same ultimate Energy. There is no separation in the Universe. All apparent separation is nothing but an illusion brought about by the tricks of the five physical senses which perceives and "decodes" the Energy in such a way as to cause the illusion of separation. It is this widely perpetuated illusion that contributes to so much misery in the world today with the individual Egos of people always working only for what they perceive as "themselves". In fact we are all one, and as such whatever we do, think or imagine immediately affects the entire Universe and everyone and everything within the entire Universe. What we do, think and imagine is therefore a huge responsibility, and a lesson that needs to be learned by all of humanity. "God" is perfect in His/Her thinking, and as a result the Universe is perfect.

So we all exist as unique "individuations" of God made in the Spiritual image of God, but how do we differ from God? The answer is "Perfection". God, the Universe is Perfection in every way. Nothing can be added to, subtracted from our modified from God to make God more perfect. God is total perfection and manages the Universe with immutable Perfection with one major force in particular, the most powerful force in the Universe, Unconditional Love. We only differ from God therefore in terms of our own individual state of perfection. It is therefore at the core of our very Soul and Spirit and who we "are" to be as "God" by evolving to the same state of perfection as God, until finally, if we choose to do so, we can achieve Unity with God at which point our

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consciousness is Unified with "The All" and All becomes known. This is the true meaning of Life: to evolve back to The First Cause, The Source, God.

As we achieve higher states of perfection through experience, the vibration of our individual Spiritual body increases, and as this happens we "migrate" inwards in the direction of The Source, and as we do so we become aware of ever more glorious realms of life that are far beyond the remotest comprehension of Earthly humans. This is one motivation we have to pursue perfection and evolution, the prospect and certainty that as we progress, the more "heavenly", magnificent and glorious will be our life and reality.

We evolve back to God in the process of perfection. Humans of the planet Earth are just starting out on the sacred path back to God. Earth is the "kindergarten" of the Universe, and it is here that everyone begins the journey on the great and sacred path by learning fundamental lessons that can only be learned in a physical environment, mixing with a wide range of people and circumstances that do not exist in the Astral worlds and beyond. This is why people choose to incarnate time and again in order to learn the necessary lessons of progression on the path to perfection and therefore God.

Finally we must all keep in mind the ultimate and sacred truth that we are all one and whatever we do affects everything in creation. Whatever we do will always return to us by the immutable Law of Cause and Effect. It is in understanding these Universal Laws that we progress, and become less and less "separate", the "inner" Beings always assisting the "outer" beings less progressed along the path in their own evolution, ever driven by Unconditional Love.

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So Who is the true God?

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

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

The true God is neither demanding, vengeful or vindictive, and does not rule the Universe from high places as if He/She were a monarchy with the human race as subjects, casting down judgements and punishments at will for perceived transgressions. We are all "God", and God never punishes Him/Herself because it is through us, as expressions of God, that God continues to evolve through our individuated experiences however "good", "evil" or indifferent they might be.

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

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

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Mind of God, God already knows our every wish, need and desire the very moment we think it.

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

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

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

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Finally, even religions symbolically recognise the great truth that we are all as one and are all inseparable aspects of God:

Christianity: "The kingdom of heaven is within you"

Islam: "Those who know themselves know their God"

Buddhism: "Look within, thou art Buddha"

Vedanta, part of Hinduism: "Atman and Brahman are one"

Note: Atman is individual consciousness, the Microcosm and Brahman is Universal consciousness, the Macrocosm

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

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

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

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

23 October 2005
Deep Physical Relaxation

I am often asked about how best to use Abyss, our brainwave entrainment track that has proven to be so popular and effective for so many people.

Abyss can be used at any time of the day when you can find 45 minutes to relax without being disturbed. It is important, as with meditation generally to keep your spine straight while listening to Abyss in order to assist the Energy flows throughout the Energy centres of your Energy body. So sitting absolutely straight in a hard chair without leaning against the backrest is an excellent position, alternatively lying absolutely straight in or on a bed is also very effective. There is always the possibility while in a lying position however of falling asleep due to the association of bed with sleep, and you should always be aware of this and consciously decide not to fall to sleep. I have been asked questions along the lines "surely in order for the Energy to be received from the Universe it is necessary to sit absolutely straight so that the Energy can enter the top of the head and progress downwards". This is an entirely erroneous view brought about by the notion that Energy is external to us and arrives from outside of us from an external source, many people believing that Energy somehow arrives or is channelled to us from "above". While it is true that the entire Universe is Energy, and Energy is all around us, the physical Universe, including therefore our physical body is the outermost limits of the entire Universe, and accordingly the majority of the Universe is "within us" and certainly The Source, the supreme Source of all outward Energy flows is within rather than without.

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Before using Abyss, or before commencing any mediation, manifestation, healing or indeed any inner process it is important to place yourself in state of deep physical relaxation, the deeper the better. A deep physical relaxation process as follows once you are seated or lying down comfortably:

Breathe in deeply but slowly to a slow count of five and imagine at the same time, with as much realism as possible that the air you are inhaling is a very bright, radiant, sparkling white. As you progressively inhale, feel the positive relaxing Energy of this white, radiant, sparkling light entering your entire body and spreading throughout your body from head to foot.

Hold the breath for a slow count of five while feeling and enjoying as intensely as possible the radiant, sparkling white light bathe your entire body, and then slowly exhale to a further slow count of five. As you exhale, imagine as realistically as possible that your breath is a dark grey colour, and as you exhale this dark grey breath containing all negativity and tension is now leaving your body as you feel progressively more relaxed.

Now continue to relax for a further slow count of five and once again repeat the process of inhaling pure, radiant, white sparking light, again feeling its pure relaxing Energy entering and permeating your entire body from head to foot before finally once again exhaling the dark grey light, while at the same time feeling all tension and negativity leaving your body. All inhalations, pauses and exhalations should be carried out to the same slow count of five for each part of this process.

Repeat each breathing cycle at least five times, ideally continuing until you are feeling generally relaxed, refreshed

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and positive. Please note that while doing these breathing exercises you should inhale by using your entire diaphragm and not just your upper chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest, drawing in each breath in this way.

The next stage in deep physical relaxation, to be carried out immediately and following on from the first stage involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

To proceed with this phase of the exercises, while still retaining your relaxed feelings after the initial breathing exercises, imagine as vividly as possible a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Using as much imagination as you can summon make this sphere of light as bright, glowing and radiant as possible - as bright or even brighter than the sun on a clear summers day.

Next imagine as realistically as you possibly can this sphere of radiant light moving gradually upwards, first encompassing both of your feet. Your feet should now be completely bathed in this bright, glowing, energizing white light - you can feel the glow of the warmth of this bright, radiant, energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension draining quickly away from the area of your feet as they become extremely relaxed and free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from the area of your feet.

Next imagine the bright sphere of radiant white light moving slowly up your legs to the area of your calves. Again feel this area completely bathed in this bright,

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glowing, energizing white light, allowing the sphere of Universal light to remain in this position until both of your calves are completely free of all tension and completely relaxed just as with your feet area previously.

Next imagine the white sphere of radiant light moving still further up your legs until reaching your thighs. The sphere of light can very easily expand as much as it needs to do in order to fully encompass any area of your body at will. As with your feet and calves allow both of your thighs to bathe and relax completely in the glowing, radiant, energizing white Energy of the sphere of light. As before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated, and this area now feels totally relaxed.

Repeat this process as the radiant, bright, white glowing sphere of Energy travels further up your body next reaching your hips and buttocks followed by your stomach and lower back areas, and then your chest and upper back, arms and shoulders. Your arms should remain totally straight by your sides allowing the sphere to encompass the entire trunk of your body and arms as it progressively makes its way up your body encompassing everything as it does so, and leaving each area totally fully relaxed.

The sphere of radiant white light now reaches your neck. Allow the sphere of radiant white light to bathe your neck area for longer, and as long as necessary for you to release all tension. Your neck can collect a considerable amount of tension and time must be provided for all tension to completely dissipate, ensuring your neck, as with your lower areas are completely relaxed and free of all tension.

Finally the glowing, white radiant sphere of light reaches your head. Allow it to remain around your head area while

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all tension completely dissipates from your face and head muscles, again leaving them totally and completely relaxed as with all of the lower parts of your body. After all muscles in your head feel totally relaxed, imagine the radiant, glowing white sphere of light travelling to the top of your head, and then onwards into the infinite Universe.

Now take time to bathe in this extremely pleasant feeling of deep, full body relaxation. Feel just how blissful it is to have removed all of that stored tension and stress from your entire body. You can remain in this position of deep physical and mental relaxation for as long as you wish while you fully appreciate how wonderful this total relaxation really is.

Very often this deep physical relaxation exercise is valuable pre-cursor to Astral Projection, OBE, concentration, manifestation, healing and other important abilities as discussed in detail in Our Ultimate Reality. In this stressful world it is very useful indeed however to learn the art of deep physical relaxation as a valuable ability in and of itself, and one which will prove to be particularly welcome at the end of a long, hard stressful day, or indeed at any time at all when you simply feel the need to relax.

After sufficient practice, deep physical relaxation can be performed anywhere at all at will and without the need for a comfortable location or the need for visualizations. The ultimate objective should be the ability to achieve deep physical relaxation while sitting absolutely upright, spine completely relaxed, sitting on a chair, without using the backrest of the chair. Your body must respond to and obey your will at all times. Ultimately therefore you should reach the stage where you can sit completely upright, spine erect on a non-padded chair, and totally relax by simply concentrating, focusing and willing your body to so. When

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you can achieve a state of deep physical relaxation at will like this, many more latent abilities will open themselves to you, abilities that can have a profound effect on your life and ongoing evolution.

Once you are in a state of deep physical relaxation you can start the Abyss track. Maintain the deepest possible state of deep physical relaxation while passively listening to the tones and sounds of Abyss. Do not concentrate too hard, and allow all thoughts to leave your mind. Do not attempt to force any thoughts out of your mind, simply allow them to drift through your awareness without becoming involved with them until soon there are no thoughts in your Mind at all. At the same time focus your eyes upwards and inwards to the middle of our forehead between your eyes - the area of your brow chakra or "third eye".

While listening to the track observe any imagery that appears in your awareness but do not become involved with it at this stage. After a time you will feel progressively contented as if nothing in the world can disturb your feeling of well-being. After 15 minutes or so you can gently move your focus to the main object of your session for example healing, attracting your desires, Astral projection or any other objective, the processes for which are detailed in Our Ultimate Reality which Abyss is best used in conjunction with.

After Abyss has finished playing it is important to take a few minutes to relax and slowly allow your brainwaves to return to normal. Finally send your most sincere gratitude to the Universe knowing that all of your desires have been realised, and for the feelings you now enjoy.

Make this a daily process and it will have a profoundly positive impact on your life, happiness and well-being.

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“Good” and “bad”

I received an email this week on the subjects of "good" and "bad". This is a particularly misunderstood subject so I thought I would include the question and my response in this week's newsletter.

Question: Some commentators state that all that each individual perceives is his/her own creation. So if things are great then no problem, but if bad things happen then it is the fault of the recipient due to their attracting like via their thoughts. This is problematic for me as so many advanced sages have been set about by the mob and made to suffer to an even greater extent than the average mortal.

Answer: To even the most pure of people bad things must happen, if only to reinforce the level of development of that individual or test that individual.

Question: Another chestnut is the statement from a number of New Age quarters that 'there is no good and bad, no right or wrong, no good or evil'. Yet this would appear to contradict all the further teachings of these people (names that I can provide if you wish). If none of this exists in this realm, then there is no purpose for us to be here. When we can make this differentiation we are then able to ascend. Until that time we are failing to make a distinction between matters of great importance whilst we are on this plane (it is important in this frame of reference is what I mean to say).

Answer: There are a number of issues here.

First of all we are all here to gain the experiences we need in order to evolve. Before incarnation the Higher-Self, or more correctly Inner-Self decides what experiences are required to add to the "whole", and then incarnates into a body and physical life that will provide those experiences. Clearly therefore we will all experience a range of situations, some of which might be perceived as "good" and some as "bad" but in reality simply "are".

The Law of Polarity ensures that we experience the entire spectrum of experiences. So yes - even people who are perceived as "good" will experience "bad" things, but it is all relative. For example, a "bad" thing to one person might be "only" making \$100K in a year. But if another person were to make \$100K they might regard it as an extremely good thing. There are no absolutes, everything is relative and subject to polarity as well as individual experience and perception.

It is nevertheless and over-riding fact that everyone creates or more specifically attracts their own reality whatever it might be, "good", "bad" or "neutral", but in turn that reality is determined by the Inner-Self based upon the experiences He/She requires - it is only the Ego who perceives things otherwise as is the case with most things.

It is also true to say that more advanced Spirits who are nearing or have reached their final physical incarnation often "suffer" much more so than the "average" person. The reason for this is that they need these experiences as an aspect of evolution to add to the "whole" the Higher/Inner-Self, but at the same time are able to handle them. No one ever experiences anything that they are not able to handle, even if they believe they can't. But again, it is all relative to individual human perception of "good" and "bad". Many advanced or final incarnations are subjected to test, trials

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and situations that would drive a less advanced Spirit "crazy" or to even to suicide, but then again the less advanced Spirit is never, ever subjected to these situations, because they know what their entire incarnation will be before they are even born, and will only select an incarnation that is consistent with their own stage of advancement and within their own capabilities and ability to handle them.

I am not in any way "new age" but I can confirm that there is no such reality as "good" and "evil" except as an Ego generated human construct, there is only "experience".

"Good" and "evil" are human constructs created out of a lack of understanding of the true nature of the Universe. When we experience something it is neither "good" or "bad" it just "is".

It is important to remember that in terms of polarities there needs to be degrees of polarity in order to "experience". Without the existence of one degree of a polarity, e.g. "poverty" it would not be possible to experience wealth, another degree of the same scale of polarity, because there would be no reference point for "wealth". The same applies for example to "dark" and "light" - how can you experience "darkness" unless you have experienced "lightness". How can you experience "wet" unless you have been "dry", or indeed "damp" which is a degree of polarity in between the two.

Of course we do create our own realities at a fundamental level. However, humans are generally so Ego driven, obsessed with material things and I have to say often selfish, they focus on the things they are not experiencing but wish to experience, often because someone else is experiencing the same thing as a an aspect of their own

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individual experience, and the human emotion of "envy" becomes dominant, and they accordingly attract more of the same.

This is where their "mission" for this incarnation breaks down and needs to be experienced again in a future incarnation.

So next time you perceive something or someone as "good" or "evil", place it in these contexts and you will soon realise that these are only human constructs. The secret is not to allow Ego to make external judgements, but rather to focus on your own experiences that are required for your current incarnation.

I would like to conclude by saying that if anyone asks for help of their own freewill, then it is good to offer assistance providing it is non-judgemental.

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The Human Paradox

This week I would like to focus on a matter which is of extreme importance to all of us as global events unfold. Most humans are "programmed" from birth to conform to established "standards" that have been contrived by "society" over the decades, centuries and even millennia. Whether you realise it or not this not only shapes your entire incarnation, it also very often goes against the very reason you chose to incarnate this time around, and therefore, although all experience is valuable experience and is never wasted, it does mean that the knowledge and experiences that were not attained needs to be then acquired in a "future" incarnation relative to the concept of Earth "time" slowing down the personal evolution of those affected. There are many other profound effects of early "programming" ranging from detrimental to the outright insidious.

For those that are not aware of what the adjective "insidious" means, here is the dictionary definition for you:

Insidious: adj.

a) Working or spreading harmfully in a subtle or stealthy manner: insidious rumours - an insidious disease.

b) Intended to entrap - treacherous: insidious misinformation.

c) Beguiling but harmful - alluring: insidious pleasures.

The truth is - mankind, through its own self-inflicted and self-perpetuating "programming", together with programming from external influences, is not only for the

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most part travelling the wrong way along the intended path, but is being increasingly exposed to all manner of vulnerabilities and dangers of a type that most people are still currently not aware of.

I will not go into these in detail here at this time and in this issue of the newsletter, but here is a chapter from my book, *Our Ultimate Reality*, that provides some insight into the general situation that most people find themselves in today.

When we choose to incarnate into the physical world we do so in full knowledge of who our parents will be, what challenges in the next physical life we will be faced with, and the determination to realise, understand and to meet those challenges, thereby learning vital lessons, to evolve Spiritually and to achieve total joy while doing so. It is only in achieving these and other important objectives can we be fully aligned with The Source, our Creator, God.

We are all expressions of "God", expressed in all spheres of existence with Unconditional Love and natural, instinctive, powerful desire to evolve, ultimately back to God as a perfected aspect of God. This is indeed the absolute true meaning of all life of which we are all inseparable aspects. We are all, each and every one of us immortal, Spiritual, Divine Beings joyfully journeying along the path back to God Who first gave us the precious gift of Life.

Over the years however mankind has steadily, and increasingly turned its back away from The Source, our Creator, God, and towards an alternative existence involving gross materialism, dogma and indoctrination, thereby becoming the slave of mammon. Most people are influenced by such erroneous factors such as what is expected of them by those around them, what other people think in the game of conforming to society and the "way

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things are done", and above all by the trappings of material desire, vanity and of the individual Ego.

It is only when an individual realises these truths and has the courage, strength and determination, all of which will be fully supported by the Universe, to face up to them can that individual become truly free to fulfil his or her destiny with total joy, meaning and purpose, and to attract anything and everything that they can possibly desire into their lives.

In order to achieve this state of awareness it is necessary to consciously become an open channel through which the Universe, The Source, God can express in the physical world.

This means always being totally open to the Universe and acting accordingly in the same direction. Most people today unfortunately do exactly the opposite by always endeavouring to conform and live up to the expectations of others, the pursuit of material gain, and forcing things in a perceived direction by physical means. Instead of being an open channel, a source of expression of God and of their Higher-Self, they simply think about everything too much with a desire to physically "do" things in an attempt to force things the way they want them to go, which very often is totally contrary to the flow of the Universe. Quite simply they have failed to "let go and let God" and as a direct result people suffer, fail to reach their full joyous potential and fail to evolve, thereby ensuring yet another incarnation on Earth in order to return once again in order to fulfil everything that was failed to be fulfilled in the previous lifetime.

The vast majority of people incarnate on Earth today are within this cycle of birth, Earth life and transition back to the Astral worlds to review what has or has not been

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achieved before returning to Earth again in order to correct the counter-productive actions of the previous life, and of course to hopefully make progress towards the ultimate objective on the path back to The Source, The First Cause, God. It should be noted that contrary to perceived experience, due to the reality that "time" does not exist beyond the narrow confines of the physical Universe, all incarnations actually take place concurrently, i.e. simultaneously, but within all "time" zones of Earth's history.

Of course at the same time every single human without exception has to go through an evolutionary phase, often including hundreds of lives on Earth over the course of many thousands of years of Earth history. This is a natural and necessary aspect of individual evolution. Without many cycles of Earth life experience it will not be easily possible to acquire the necessary level of Spiritual evolution and Energy vibration to continue along the path back to God. However, this cycle of the Earth human race has been and is being protracted by many factors, including gross materialism, creed and dogma and the "human paradox".

Unfortunately, even in the 21st century, society is still operating a system that has been in operation for centuries, thereby trapping people from a very young age in a cycle that prevents happiness, fulfilment and evolution. From the first day a child is born into what should be a glorious, joyful and fulfilling existence they are indoctrinated into the trappings of the material world. A child is taught to focus on the five physical senses, to behave in a certain way that precludes maintaining their still strong connections with the inner worlds from where they so recently arrived, and they are taught to treasure material things including toys representing what their parents hope they will materially become later in Earth life.

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Later children are told by parents, relatives and teachers that they must go to school in order to get the "qualifications" required in order to get a "job" so that they may "work" for the next 40 years before retiring on a "pension", but only after the physical body, Mind and Spirit has often been traumatised to a high degree, and where they can live the remainder of their lives in the hope of surviving in a non-caring world for the most part.

From the moment of birth the Mind of most children is shaped by parents based upon their own perception of what life "is all about", and usually based upon their own current circumstances in terms of type of job, type of street and house to live in and many other factors, all based upon the situation and aspirations of parents, relatives and others. Many children are taught that it is wrong to aspire to a life that is outside of their "station in life" and they should focus on the lifestyle that their parents have always accepted.

The Mind of a child at both conscious and Subconscious levels is very impressionable, and it does not take many years of having the ideals of parents repeatedly conveyed for them for the Subconscious of the child to accept it as reality, and from that point onwards it will become the reality of the child just as it was for the parents.

Finally, often sooner rather than later, old-age and failing health finally takes its toll and the welcome release back to the non-physical worlds once again takes place. Once the transition to the Astral worlds has taken place during the process known erroneously as "death", the Soul will have every opportunity to reflect on what might have been for that most recent Earth life, what was not accomplished and why, thereby eventually resolving to return once again to

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Earth in order to achieve those same objectives the next time around.

The Soul will then know that for their entire stay on Earth, rather than conforming to the hopes, aspirations and expectations of others based upon their own reality, they, as powerful Spiritual beings with freewill could have created any reality at all consistent with the lessons to be learned on Earth during physical life, and that there is really nothing at all they cannot be, do or have.

Humanity is currently stuck in this paradox, a cycle of often what amounts to misery due to creating a reality that is not consistent with the true mission of the Soul, and it is not until this cycle is broken that everyone can find true joy, fulfilment and happiness, and above all true evolution along the path back to God, to Whom we all have the ultimate duty to return as perfected human beings made in the true Spiritual image of our Divine creator.

The current system of education and society originated three hundred or more years ago. It might well have worked back then but with society still enforcing these principles, supported by creed dogma and the indoctrination of parents, teachers and society generally, mankind has actually failed to progress as the Universe intends - people have failed to evolve with the joy and fulfilment of Spirit.

Children are told to go to school, study certain subjects, achieve certain qualifications, get a certain job, and then work in a certain office, factory or other place of work in order to earn the basic money required for material things in order to satisfy the material and personal demands of the Ego. The pressure to conform and go through this routine is usually so strong that most people quite simply cannot

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resist it, even if they knew the alternatives, the real reason they are here.

People might say that money is necessary even to acquire the basics of survival such as food, clothing and shelter. Yes of course this is true, but the fact is we are here to attract and enjoy unlimited wealth if desired, and not simply the very basics for survival in the Earth life system. There is a very big difference however between "wealth" and "money" and it is this distinction that has led so many people astray, continues to do so today, and will continue to do so until the Consciousness of mankind begins to understand and live by these realities and, most importantly each individual live their life accordingly.

The Universe has unlimited wealth, riches and abundance just waiting to be delivered to each and every person. Ask and you shall receive, every time, there are no exceptions to this. The Universe does not recognise favouritism, luck, chance or any other such very human notions often used as an excuse by people to blame their own lack of progress on "other" factors that are perceived to be outside of themselves, when in fact they are always an inseparable aspect of such a person.

Many people however simply do not know how to ask or to receive, and they therefore fail to achieve abundance, joy and happiness, instead becoming a slave to society, family and above all to themselves.

The vast majority of people in the world today are not taught how to attract unlimited wealth, but rather how to "make money". It is in the making of money that so much misery has been wrought upon all of mankind, with the gross materialism driven on by the Ego and self-interest resulting in the misery we see today, being the direct result

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of this desire to "make" ever more money for the benefit of vanity, the Ego and business profits, and to conform to the demands and expectations of family, friends and others.

Very few people achieve true fulfilment, and even those that do are very often not at all happy, fulfilled or joyous about their situation simply because they felt compelled to "make" their money at a very physical level, often attracting much misery in the process, both to themselves and to others. "Making money" is not the same as "attracting wealth", abundance and the resultant true emotional freedom, joy and fulfilment.

Only those who can fully understand how the Universe, The Source, God channels abundance through His/Her expressions within the physical world, through mankind, through each and every person, can and will achieve as much abundance as they can possibly desire, and most importantly with the true joy, happiness and emotional freedom that goes with it.

This means throwing off the shackles of society, the creed, dogma and indoctrination and the opinions and expectations of others in order to become a true channel for abundance. Those who can do this will answer those who may be critical by virtue of an extremely joyous, happy, fulfilling life on Earth, and one in which all desires are realised at will.

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

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of illicit means, or they might accuse them of being "lucky", "fortunate", or "in the right place at the right time" or of some other erroneous factor. The fact is these are mere excuses to the people making these observations, a way of justifying to themselves that it can never happen to them.

It is a very sad but true fact that many people still prefer to make use of their time in seeking to find fault with others rather than to celebrate their success and to be truly joyful that a fellow brother or sister human being has discovered true joy, happiness and fulfilment.

Unfortunately today many people instead look towards failure and revel in the failure of others, a really terrible indictment on humanity generally. The simple and powerful truth is that those who have achieved such levels of true fulfilment have done so by casting off the shackles of society and have become open channels by which God can express fully in the physical world, thereby being blessed with unlimited abundance, joy and happiness.

So the question is, how can anyone escape from the chains of modern society to which they are currently bound in order to realise their true potential? These questions and others will be fully dealt with in the next chapters of this book. Suffice it to say that every single person on the planet has the ability to attract unlimited abundance, all they have to do is understand that fact and have complete faith and gratitude while taking all of the necessary actions for what can seem like an extremely rapid, joyous and very real transition.

Before we progress however to achieving these levels of joy, happiness and fulfilment, let us take a look at some of the fundamental reasons that people fail to realize anything

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significant. One of the most powerful and truest expressions of all is quite simply Let go and let God. In China a philosopher known as Lao-tsu said the following.

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

These are very powerful words indeed, and once they are fully grasped will place you in a much better position to start attracting the abundance, joy and fulfilment that you truly desire. The fact is, mankind is currently so focussed in the material world that he is always "forcing" things by endeavouring to "do" things all the time. If a person desires something they automatically believe that a physical action is required in order to achieve it, thereby "forcing" things in their direction. Such force might well bring about the intended result, but nevertheless Universal laws are immutable, and the force of that cause will always have a corresponding effect - there are never any exceptions to this.

Whatever the person was forcing is not actually a "physical thing" it is in reality Energy, the very same Energy from which all things are made, and in forcing that Energy in a certain direction, a direction that might not have been the natural direction of that Energy, then a disharmony has occurred which the Universe will always balance. As we will see from the next chapters of this book, the entire Universe is Energy, vibration and Mind, and Energy is therefore guided by the Mind, not by the physical effort of "doing".

Many people in the world today operate with the belief that the only way to achieve anything is to take a physical

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action, often motivated by greed, fear, uncertainty and other negative, irrational and primitive human emotions. It is this desire to physically "do" something in order to force a perceived objective that often brings about the opposite effect. It is simply not possible to "do" anything against the flow of the perfection of the Universe and the immutable Laws in constant operation that are responsible for the perfect order of the Universe. People are therefore focussed on "doing" instead of simply "Being". In order to achieve anything it is first necessary to "be" rather than to "do". It is therefore always the "being" that precedes the "doing", there is not and cannot be any other way.

This is of course not to say that we should never "do" things. Quite the contrary in fact - action is often necessary, but the action must always be aligned completely with the flow of the Universe - you first must "be" and then you can "do". It is by being an open channel, always receptive to intuition, inspiration messages from inner sources that the necessary Energy arrives requiring an action that is in total alignment with that Energy.

In terms of receiving abundance you might for example have projected a desire for something in accordance with the Law of Attraction, and the realisation of that desire will sometimes include the requirement to take a physical action in a certain direction in order to align the Energy involved, and thereby allowing the object of your desire to manifest into your physical reality. Although we all create our own realities at all levels of the Universe, while we are focussed within the physical world in a physical body The Universe, The Source, God will make use of physical channels in order to bring anything that has been attracted into observable, tangible physical reality. But please note: in this case we first had the "being" before the "doing" became necessary. It was never necessary to decide on

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what you want and then to take immediate physical action to force it in your direction.

The next chapters of this book will describe the process of manifestation, and the attraction into your life anything you can possibly desire in much more depth. There is a process however that must be followed in order to attract true abundance, and most importantly with the complete joy, happiness and fulfilment that goes with it. You must first of all decide precisely what you desire. Part of this process is to think very deeply or better still to meditate on your desire in order to be absolutely sure that it will add to your life in a positive and fulfilling way. This step should never be hurried.

Once you have decided that you really do want that object of your desire, you need to turn your attention fully towards it, no longer as a desire but as if it is already a total reality in your life, experiencing all of the emotions associated with it.

You continue to do this while being totally open to messages, intuition and circumstances that will start to appear in alignment with your desire. When these arrive you must immediately recognize and take the appropriate actions according to the nature of the message. Please note that it is only at this stage that actions are sometimes required as a result of simply "being", and not as a result of attempting to force things in your direction.

The final step is in the receiving. It is very important indeed to be fully aligned with the vibrations of all Energy involved in order to be in total harmony with whatever it is you are receiving, which will be vibrating at the same configuration of Energy. It is worth noting that many people actually do attract at least abundance to themselves

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without realising it, by virtue of their thoughts and emotions which are always responded to by the Universe, however they simply do not know how to receive. This is analogous to a door whereby the person is on one side of the door in a closed room accompanied only by his or her desires, while everything they have ever desired is piled high on the outside of the door, never being able to open the door to "deliver" the desired to the person who attracted them. Ask and you shall receive, but only if you have the channels open to facilitate the receiving. It is necessary to understand how to receive that the door might be permanently open, or indeed not exist all providing for a free channel for abundance from the Universe, together with all of the freedom, fulfilment and absolute joy that accompanies it.

So therein is the true human paradox. Mankind is largely stuck in a "no pain, no gain" attitude of society, largely driven by materialism, vanity and the uncontrolled Ego, with a perception that in order to achieve anything worthwhile direct physical action must first be taken. This is brought about by the materialistic focus of people generally, largely as a direct result of conditioning from a very early age by a society who lost its way millennia before.

Children from birth are indoctrinated into this system by parents, relatives and teachers. Even though children will from birth instinctively know why they are here, what must be accomplished and how Divine laws operate with them in achieving their objectives, the assault of material indoctrination is so powerful, and from so many different human influences that the conscious Mind takes over and overwhelms the true knowledge and purpose, while ignoring the constant stream of inner messages and guidance from within.

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From that moment on the child becomes another slave of mammon, "working" in the physical world for material possessions, taking whatever direct physical actions are necessary to achieve the perceived objectives by forcing things in that direction. People not only spend their lives chasing ephemeral, physical, material things in order to satisfy the constant demands of the Ego, family and others, but they do so often not only to enhance their own lifestyle but rather to conform to the expectations of others, and very often quite simply because it is "the way that things are done". Other physical actions are motivated by greed, fear and uncertainty, all still very insidious characteristics of much of mankind today.

It is only when this human paradox can be set aside that mankind can once again fully align with The Source, The Divine, God, and once again become a true channel of the abundance, freedom and absolute joy that is the right of every single person as a true son or daughter of God, an expression of God made in the true Spiritual image of God.

Our Ultimate Reality provides all the information you need together with exercises that will enable you to break away from this programming by society, and allow you to live the life of your wishes, needs and desires while fulfilling your own true purpose.

14 November 2005
Seasonal Vibrations

By now those of us in the northern hemisphere are well into Fall or Autumn as it is known in some countries and preparing for the days of winter. It is most important for us all to keep in mind that although the winter months can appear to be "gloomy", especially due to the shorter nights, we do not let this affect our "vibration". It is no coincidence that many people become ill in the winter as well as failing to prosper in many other ways to the same extent as the during the warmer, lighter months.

As we know we are all pure Energy - conscious, intelligent Divine Energy that vibrates and which is affected by our thoughts. Your mood affects your vibration and your vibration affects your reality.

Always keep in mind: "You are what you vibrate".

If you allow yourself to feel "low" or "gloomy" or even "depressed" then your vibration will be correspondingly low, and you will always, without exception, attract things, circumstances and even people who correspond to your vibrations. I am sure many of you have heard the expression "misery loves company" - well that expression is an excellent observation and very true indeed.

During times of low vibration people are vulnerable to all manner of correspondingly low vibration influences in accordance with the Law of Attraction and another of the greatest Laws of the Universe, Cause and Effect. So what does this mean in practical terms? Well quite simply by keeping your "spirits high" in winter you will feel better, remain healthier and attract more positive things into your life including positive people.

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It is also vital keep your vibrations high for the benefit of those around you. If your vibrations are low your vibrations will affect the vibrations of those around you - your spouse or partner, your children and indeed anyone you come into close contact with.

Children might respond by misbehaving, your husband or wife might respond by being argumentative, your "friends" might seem unfriendly, and all because the your vibration has influenced everyone around you. So what you have created is a miserable reality for yourself. This is unfortunately why there are so many instances of mental illness and even suicide during the winter months. This is also why so many people turn to "false escapes" by abusing mind-altering substances such as alcohol. This is one of the worst possible things that anyone can do - alcohol and other mind-altering substances will actually considerably lower vibrations, thereby attracting even much misery which can become a self-perpetuating spiral as people abuse these substances even more in an attempt to "solve" their perceived problems, which, in reality, are a perfect reflection of their own thoughts, emotions and well-being.

Another aspect of the winter months we need to be aware of are all the typical illnesses that "float around". Colds, flu, virus infections and more. It is most important not to focus on these things. Whatever we focus on we attract into our reality whether it is at a conscious or Subconscious level. It is common at this time of the year to see people sneezing, coughing or complaining of feeling unwell. You can be sure these people will then become genuinely ill. Other people like the idea of taking time off "work" by getting a doctors certificate - these people bring illness upon themselves by thinking "ill thoughts". Most importantly everyone should be careful not to Subconsciously think negative affirmations. For example, if

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you see someone sneeze you might think you might start to feel unwell yourself. At this point is purely imaginary, but if you then affirm to yourself statements such as "I feel unwell", or "I think I am catching a cold" or "I have a cold coming on" and anything similar, these are affirmations which your Subconscious mind will happily accept and make a reality.

On the positive side people with families often feel very well around the time known as "Christmas". This is due to the getting into the "Christmas spirit" with all the festivities, entertainments and other activities with the family. Christmas is a particularly high vibration time, and people therefore feel happy and well and there reality is as always a perfect reflection of that.

Unfortunately, and conversely, there are many people in the world who are alone at this time of the year, knowing that everyone "out there" is enjoying themselves. This results in a very low vibration brought about by self-pity. This vibration can spiral into a very low vibration attracting mental illness and even suicide. This, paradoxically, is why the suicide rate is so high around the Christmas time of the year when many people are particularly happy.

So what can we do to get through the winter months in as near perfect state as possible? Here are some things that everyone can do:

1. Keep your "spirits up" - i.e. feel happy: Play your favourite music while you go about your activities. Perhaps burn your favourite incense - smell has a very powerful effect on emotions. Go out, enjoy and appreciate the beautiful countryside at this time of the year and take your kids if you have any so they can enjoy it too. And as often as possible repeat affirmations such as for example "I feel

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so happy today" or "this is such a beautiful time of the year" or "I am really enjoying life".

2. Keep well: when you see people who are unwell or think they are unwell, affirm to yourself how well you feel today and feel the gratitude for feeling so well. Do not be influenced if people around you are complaining about feeling unwell. Of course it is fine to assist these people in any way you can, but do so in a spirit of love and not from a negative vibration of hoping that you do not contract the same dis-ease.

3) Make someone happy: By virtue of the Law of Cause and Effect and Law of Attraction, whatever you give you will receive yourself. So make someone happy. It doesn't matter how you do this - whatever seems appropriate to you. It doesn't take much to make someone happy, just a small act of kindness, a smile, giving them a small gift - it doesn't matter. Make people happy and be happy.

Always keep in mind that "you are what you vibrate" and the effect to what you vibrate corresponds perfectly to your thoughts, emotions and gratitude - all aspects of being an immortal Spirit, an individual aspect of The All, The Source, of "God".

20 November 2005
Psychics and Mediums

This week we will take a look at an area which many people are clearly concerned about, confused about or have questions upon, and not without extremely good reason. I personally regard this as an extremely serious matter, and one which is getting worse by the day.

10 years ago psychics and mediums were relatively unheard of, the reason being that genuine psychics and mediums capable of providing a genuine service were and still are relatively few and far between. However, with the rise of the Internet we suddenly see countless thousands of "psychics" and "mediums" as well as those with sundry other "special abilities" appearing, all anxious to "tell your fortune" for "just" \$5 per minute or whatever, providing of course you commit to a minimum of 30 minutes or \$150 worth, and many of whom have given themselves mystical sounding names like "Psychic Sue" and often pictured in full fortune telling regalia, sometimes complete with head wear gypsy ear rings and crystal ball, sitting in front of their pack of "special" tarot cards.

I would like to make it absolutely clear that the reason for this sudden proliferation of "psychics/mediums" is not due to a sudden increase in people having high-level psychic abilities but rather due to those having high-level scam abilities. Now let me say that this does not apply by any means to all psychics and mediums, but probably the majority of those claiming to have these abilities nevertheless.

Genuine psychics, mediums and clairvoyants, including extremely talented ones do exist, but are being given a bad

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name the charlatans due to the fact that those who have been conned automatically then regard all "psychics" as fraudulent.

So why has this happened? Well for three main reasons:

- Because there are so many people who are financially desperate, wish know their future, find out about relationships, and those who are recently bereaved who believe these people have the answers to their issues. Some people even believe that a psychic can bring them money, happiness and relationships - the fact is they cannot.
- Because this is the perfect scam. No one can prove or disprove a psychic or medium is genuine or not, so there is no risk of being arrested, prosecuted, fined, imprisoned or other punishments, notwithstanding the fact that many of these people are criminals.
- Because the age of the Internet and premium rate telephone lines makes it easy for people to offer these "services".

Unfortunately many people using these services end up much worse off before both mentally and financially. The charlatan psychic or medium is often trained to extract information from their clients and use that as a basis for the "reading". This "industry" is now so big that it there are entire businesses appearing on the Internet which are operated by con-men who are employing out of work actors to take telephone calls and provide a very convincing "reading".

Also be extremely wary of psychics who ask leading questions, seeking information from you they can use as a basis for extracting further information on a question and

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answer type basis, or who provide broad, generic type answers of the sort that could easily apply to almost anyone. Such a question and answer session might proceed as follows:

Psychic: I sense someone in your life called John. Do you know someone called John?

Client: Yes I do.

Psychic: Is he a friend or perhaps someone you work with?

Client: Well actually he is a cousin

Psychic: Yes I was feeling that was the case because you are clearly quite close

Psychic: I sense a grandparent who has recently passed on. Do you have a grandparent who has recently passed on?

Note: Most people have grandparents who have passed on.

Client: Well my grandmother passed on about 5 years ago.

Psychic: Yes, the connection is becoming stronger now. It is your grandmother coming through

Psychic: I sense that your grandmother would like you to sort out your relationships

Client: Relationships with who?

Psychic: Your relationships generally, especially with other family members

Client: Oh, I see.

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And so the session continues with the psychic asking ever more searching questions during which time they build an impression of the life and circumstances of the client which is then used as a basis for a convincing psychic reading. Such a reading of course is totally fake. This is nothing more than a cleverly executed con trick perpetrated on innocent, vulnerable and often desperate people.

The "psychics" are also taught to use tricks to cause people to return for another reading - at \$5 per minute of course. The main trick is to state that something important will happen by a certain date in the near future. When the event does not happen the by then distraught "client" then phones the "psychic" at another \$5 per minute to find out why, and they are then given some plausible sounding reason as well as another date - and so the client is "hooked" and can eventually spend thousands of dollars for useless information as well as being so misled that the life of the client can go in the wrong direction completely, ultimately being very damaging.

And please be absolutely clear on this next truth - absolutely no one can tell you the "future". Why? Because there is no future - these are all illusions, there is no past there is only Now. As we know, we all create our own reality in the present moment of Now, so even if you were told the "future" it is only relative to Now and the "future" will change with your very next thought. People have claimed that they have been told the future - in reality what has happened is that they have Subconsciously accepted what they have been told and from that moment their thoughts have been in the same direction, and they have then created that "future" for themselves - i.e. the "future" was self-fulfilling. Unfortunately that "future" is very often not the "future" that a person would wish for, and the

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tragedy is they could just as easily have created an alternative "future" for themselves - a happy future.

My book, Our Ultimate Reality, has three entire chapters on these extremely important subjects, describing in detail what true psychics are, how to recognise them, and how to deal with them.

So what do you do if you feel you must avail yourself of the services of a "psychic"?

The short answer to that is that there is usually nothing a psychic can tell you that you cannot discover for yourself. The truth is always within, whether from your Higher-Self, the "Akashic Record" or a "deceased" relative, from inner sources that will never let you down and always has your best interests to heart. By discovering the answers to your questions yourself you will know beyond doubt that it is accurate and genuine, and you have been genuinely guided in the right direction according to your own true path. Inner guidance is always available at all times. In addition, anyone at all can make contact with deceased relatives and know beyond any doubt that the contact was real, thus bringing immense relief, joy and satisfaction at finding the truth. Again, all of this is fully encompassed in Our Ultimate Reality.

But what do you do if you still feel that you must contact a "psychic" or a "medium"? The first thing you must do is to ask yourself why. Why do you feel the need to trust a person you have never met before when the true answers are available to you from within? Before you do anything else I suggest that you spend at least a week meditating on this and then find the strength and the resolve to find these answers for yourself from within.

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Alright, you have decided to avail yourself of the services of a "psychic" so what do you do next? Let me say straightaway that without question genuine psychics and mediums do exist and are often very talented. The "trick" is to find such a person.

First of all it is not at all unreasonable for a psychic to charge for their services although many of the very best and most genuine psychics actually do not. One characteristic of a genuine psychic is the desire to be of selfless service to other people without any thought whatsoever of reward. This also applies to genuine healers and other Spiritual people whose main objective is to be of service to humanity.

Those psychics that do charge a nominal amount for their services will charge by the "sitting" and never by the minute. Again, charges will vary but a typical charge should be no more than \$50 for a sitting of long enough duration to be of great value to the client. In most cases the charge will be a lot less or often free. It should be pointed out that if a psychic does provide their services for free, you should offer a donation for their services any way in just such an amount that you feel is appropriate.

Never be taken in by the clothing in which a psychic dresses. Many psychics, in particular when appearing on Web pages are seen to be wearing all manner of mystical looking clothing, often including such things as a head scarf of the sort worn by "fortune tellers". Genuine psychics never feel the need to impress or mislead in this way, always preferring to dress normally.

Again, never be taken in by fancy sounding names or titles often beginning with the word "psychic" followed by an

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often false, sometimes glamorous or mystical sounding name.

Most really talented and genuine psychics will not even have, or indeed desire a presence on the Internet. They are so well-known and respected that people will travel very considerable distances for a sitting, often even to another country.

Another indication of a genuine psychic is their temperament and overall personality. Genuine psychics are very usually very sensitive people, and would never, ever seem to be in a rush, frustrated, or even become annoyed at the questions of their client. Never be afraid to challenge a psychic directly on any answer or information received. If their character or attitude changes as a result, then terminate the session there and then and do not continue.

If you must consult a psychic without recommendation, which again is extremely inadvisable, the first few questions should be addressed at the psychic in order to establish their credibility, experience and abilities. As them the following as a minimum:

1. Where did you receive your formal training as psychic?
2. How many years have you been providing psychic services?
3. In what environment have most of your readings been carried out?
4. Are you prepared to offer 30 minutes without charge in order that I can establish the accuracy of your readings by asking you simple questions?

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5. Can you provide the names and full contact details for at least 10 clients?

These are all totally reasonable questions, and ones that should be asked first. Now let us look at the sort of answers you should receive:

1. Even naturally gifted psychics require training from other experienced psychics in order to maximize their own potential, as well as for the benefit of the client. This can be a long and ongoing process. If a psychic says they have not received such training then leave them alone.
2. As with all things a psychic requires time and real experience in order to develop their abilities to a high degree. A good length of experience would be at least 10 years.
3. Most genuine psychics will be familiar with and utilise traditional psychic "sittings". These will typically take place in the home of a psychic or sitter, or in another recognised environment such as a Spiritualist church. If any psychic only has experience with Internet, telephone, email or other distance methods, then leave them well alone. First hand psychic sitting experience with the client present is crucial.

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4. Any genuine psychic should be prepared to provide 30 minutes of their time free of charge in order for you to fully satisfy yourself they are genuine. Despite what any psychic might claim to the contrary, 10 minutes, 15 minutes even 20 minutes is not sufficient time to determine the authenticity of a psychic.
5. Obtaining genuine, reachable and verifiable references from satisfied client is an absolute must before accepting any consultation with any psychic. Always obtain at least ten such references and always follow up by contacting each reference personally, and asking them for the basis of their testimonials for the psychic. Only if all of the references prove to be totally authentic, and the answers to the questions you ask are satisfactory, and above all the references appear to be genuine should you proceed with the consultation with the psychic.

Once you have found your psychic it is extremely important for you to know how to interact with the psychic for your maximum benefit while allowing the psychic to be able to function efficiently.

Never get involved in chatty sort of conversations with the psychic. If you do this you will provide the psychic with plenty of information they can use to make the information they provide seem impressive. Always therefore be totally polite, friendly but above all detached.

Never volunteer information. Answer the questions put forward by the psychic as briefly as possible without elaborating on them. That isn't to say that you should withhold information, because the psychic needs to

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establish and maintain a link, but rather only provide the exact information requested and no more.

If this is a one to one local psychic reading as it should be ideally, observe the body language of the psychic to see if they seem comfortable with the session. Look into their eyes and see if they are looking at you. If they look down or look away, they are almost certainly not comfortable with what they are telling you. If they do not seem comfortable then the psychic connections are probably not there, and the sitting will provide no useful purpose. Observing body language is also a very good indication as to whether the psychic is genuine. The psychic should appear to be totally relaxed, friendly and above all focussed at all times.

Should you decide on a "distance sitting" such as telephone, Internet messenger or email, and all of the above advice has been heeded to the extent possible, then here is what you can expect in terms of accuracy.

All mediums have to establish a psychic connection with you at the Energy level of the human Mind in order to provide any sort of reading at all. One to one local sittings are by far the best for this, but the connection can be established during distance sittings, because "distance" is purely a physical Earth characteristic that does not exist on the Mind Energy level a true psychic reading takes place. Generally speaking, the more interactive a sitting is, the better the connection can be potentially established.

Telephone sittings can result in a decent psychic connection. However, especially in the case of the premium rate psychic services the psychic is often unprepared for the telephone call and therefore the sitting. The psychic might typically be going about their daily activities when the

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phone rings with a client expecting a psychic reading. In these cases an effective psychic reading might be difficult at best. The psychic will be more focussed on what they were doing before the phone rang, particularly if it was something important to them, and will not be able to focus on making and maintaining the connection with the client. The only telephone readings that can be effective therefore are those that have been mutually arranged beforehand, and where both the psychic and the client are fully prepared. Never make use of any psychic service that requires simply phoning a premium rate, or indeed any number, and the psychic will be available immediately.

Email is another electronic medium used for psychic services. Email does not even require the psychic and the client to be actively connected, being a passive medium, so establishing any sort of meaningful connection by email must be regarded as doubtful at best. However, it is quite possible over a length of time and with many email exchanges for psychic to establish a good connection with the client, and to provide a meaningful reading. This will take time however, and will involve multiple email messages. The same rules always apply however as for all psychic readings, and in particular the need to avoid providing the psychic with any information that can be used to contrive answers.

One medium that does have real potential for psychic readings are the electronic "instant messenger" services so popular these days on the Internet. Instant messenger, or messaging services have the benefit of the direct connection between the psychic and the client. More importantly usually it is necessary to plan such a psychic reading session in advance so both the psychic and the client are prepared. Most importantly of all however messenger services are written or more specifically typed.

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The physical action of typing, like writing, strongly focuses thoughts in the Mind, and which focus assists considerably in the psychic connection and reading session, for the same reasons as physically writing affirmations or anything else intended to influence inner energies, the Subconscious Mind or Higher-Self is very effective.

So if a distance consultation is crucial, and all other guidelines as detailed here have been observed, an electronic messenger consultation is a very realistic option.

The more advanced, and potentially accurate methods of psychic reading such as Tarot, the I-Ching and Numerology should always be in the presence of proven experts in these areas, with many years experience supported by a large number of verifiable references.

In conclusion, always completely follow the guidelines set out in this newsletter and in particular in Our Ultimate Reality, and above all always follow your inner guidance at all times. Your Higher-Self will never, ever, ever let you down and that is a fact that should be kept in Mind at all times. If you are unsure about consulting a particular psychic, or indeed any psychic, and in particular if you receive feelings, messages or intuition from within, then under no circumstances proceed against your inner guidance, however desperate you might feel. The consequences of trusting and accepting the words of a charlatan psychic can be very damaging indeed for many reasons, including psychological, financial and material, and is quite simply not worth the risk however desperate you believe you might be for guidance or information.

Your very best source of guidance comes from within. Our Ultimate Reality details how to obtain these answers without ever having to rely on a psychic or anyone else. If

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it is contact with people who have passed on to the Astral worlds you are seeking, again, you have abilities to meet this person or people within the Astral worlds, and to return with indisputable, first hand proof of the meeting.

It is never necessary to rely on the word or abilities of others.

As an immortal Spiritual being, made in the true Spiritual image of God, there is nothing at all that we cannot be, do or have, or information, advice or guidance that you do not have direct access to whenever you need it.

27 November 2005 – Fundamentals for The Law of Attraction

27 November 2005 Fundamentals for The Law of Attraction

I feel really privileged and happy every day as I receive messages from people who have purchased Our Ultimate Reality and are now seeing a great and positive change in their life, as well as hearing about the "things" that they have been able to attract that previously they might never have thought possible. These not only include the obvious material things, and situations such as new employment, but also to attract other life of the type which can bring great joy.

I am delighted to share with you, with the full permission of the person who sent it to me, the following recent success with The Law of Attraction:

"Anyways, after reading some of your news letters on the law of attraction I attempted to manifest myself a dog I had been wanting for some time. I had been wanting a basenji dog for awhile, but they are very hard to find and can cost around \$700. So I started to imagine I already had one and imagined the feelings and emotions of having a Basenji pup. I would say affirmations out loud, meditate at night and sort of hypnotise myself into believing I already had one. I did this for roughly two weeks. I had called a rescue shelter in my city just for a long-shot, of course they said they had no Basenji pups, in fact the woman on the phone had never even heard of one. A week later I was starting to lose hope but out of the blue a lot of strange coincidences started to happen VERY frequently, things like I would think a thought and then the same thing would be depicted on TV seconds later, thinking a name before I read it on the Internet seconds later. And then one morning I got the mail and a magazine had come and on the back a woman was walking a Basenji. (this is very unusual because they are

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considered wild dogs and are very rare to come across). That morning I was in the best mood, and I shortly received a call from the woman at the shelter I had called a week ago. She said " you wouldn't believe this but we just got a 8 week old basenji/dingo mix pup. It's so weird you called, we've never had a Basenji or any Basenji mixes before". I was shocked at this. The odds of a mix between two rare and completely wild dogs ending up in a local animal rescue shelter. So I went and picked the puppy up and she is perfect. Even better than a pure basenji because the dingo gives her a mellow temperament. And now she's sitting on my lap, it was so weird. And she only cost me \$65 instead of \$650. Even the fact that the woman remembered me and called me back. So that's my story, just wanted to thank you. I can't believe how well it works" --- Ian Grazier.

I would like to thank Ian very much for wanting to share this success with everyone. Like many other messages I receive it shows how your life can be changed joyfully by applying the Law of Attraction in the right way.

I also receive messages from people who are asking exactly what they need to do to be sure of this process working for them. First of all let me emphasise the fact that this is not some sort of "hit and miss" situation where only the fortunate few succeed, the Universe knows no favourites - we are all absolutely equal and have exactly the same God given powers. Indeed as you know we are God and God is us, and therefore God expresses and creates through us in order to expand. The Law of Attraction works with scientific precision and there are never any exceptions to this.

Let us now look at the main fundamentals for successfully applying The Law of Attraction.

27 November 2005 – Fundamentals for The Law of Attraction

1. Knowing what you really want: This is perhaps surprisingly one of the areas where many people struggle. If you do not know what you really want, then you cannot hope to realise it in your life. Some people have a vague idea of what they want, but very often this is simply because it seems like a good idea at the time on impulse, or very often they see others with the same thing and wish to copy them, often out of jealousy. Knowing what you really, really do want and why is the first fundamental for success.

2. Desire: It is not sufficient to merely "want" something - it needs to be a burning desire. If you do not desire it to that extent then you really do not want it. Usually this is the Ego talking at a conscious level, but your "inner being" does not really desire it. You cannot manifest anything without true desire from within.

3. Belief, Faith and Expectation: In order for the Law of Attraction to work for you, you must believe that it will work, and have total faith in the process. Without this belief and faith it will not work. This is why "faith healing" works. When people visit a place such as Lourdes and are healed, it is not because Lourdes has any tangible healing properties in its waters, but rather over time people have come to associate Lourdes with healing, and go there expecting to be healed with complete belief and faith.

4. Emotion: It is not sufficient to mechanically go through the manifestation process. You have to apply the emotions. This means becoming totally involved with your manifestation process and above all feeling all the emotions involved with already having the object of your desires. If you cannot raise that level of emotion during the attraction process, then you do not really want it plain and simple.

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5. Gratitude: It is extremely important to always feel the gratitude during this process. This is not because The Universe or "God" likes to "hear" gratitude in the same way as dogmatic religions seem to believe God enjoys being "worshipped", "praised" etc., the Universe, God is not a person, does not have an Ego, and in any case as we actually are God ourselves, it does seem somewhat counter-intuitive to "praise" ourselves. The Universe benefits by expansion and evolution each time we succeed in attracting things into our experiential reality, and the Universe does not accordingly need to thank His/Her self. I should mention that the Universe, like ourselves is androgynous. "Male" and "female" genderisation are merely physical world conveniences. The religious perception of "God" being male is simply an Ego driven, bigoted perception out of historical ignorance and prejudice of the male perception of the "female" which still unfortunately exists today in the dogmatic, orthodox religions. So what is the role of "gratitude". When we feel genuinely grateful for something, it emphasises the fact that we already have it in our possession, and we feel grateful for the way it is positively enriching our lives, which in turn bringing about expansion at a Universal level.

All of these 5 factors are crucially important in the attraction process - i.e. when applying the Law of Attraction. Where most people initially struggle it is by mechanically going through the processes without the addition of these 5 important ingredients. In the case of Ian and his manifestation of his dog, he was clearly totally involved with the process. He knew exactly the breed of dog he wanted, he had a deep desire to own that breed of dog, notwithstanding the fact they are very rare, he had the belief and faith in the process with full expectation of receiving, his genuine desire to have this dog resulted in the corresponding level of emotion, and finally he was always

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deeply grateful to the Universe for bringing him his companion.

It is extremely important to know that by applying the Law of Attraction processed as set out in Our Ultimate Reality according to these 5 factors, there is absolutely nothing that you cannot be, do or have. You cannot possibly "out-think" the Universe in terms of scale. When you look at the magnificence of the Universe, and of nature generally, it should be clear that whatever you desire is modest by comparison. Above all never, ever feel guilty for wishing for anything - whatever you attract adds to the diversity, experience and expansion of the Universe, and it is never, ever at the expense of anyone else.

The Law of Attraction is very real and immutable - you too can have absolutely anything at all that you wish for, need or desire.

4 December 2005

Psychic Powers and Clairvoyance

After the newsletter on the subject of "psychics" and the considerable risks involved in paying upwards of \$5 per minute to speak with people purporting to be psychics when in fact they are charlatans including out of work actors who are trained to pose as "psychics", I received many messages asking what the alternatives are including whether it is possible to develop your own psychic powers.

There are several issues to this. First and foremost, everyone, without exception already has "psychic powers". There are many ancient races in the world, still relatively untouched by materialism, who retain very high levels of psychic powers of all types, including telepathy. Many animals, and in particular cats have high psychic abilities including clairvoyance. Cats in particular are able to sense forthcoming natural disasters. There is a town in the far East that is particularly prone to earthquakes. In this town there is a person who monitors the missing pets section of the local newspaper. If he sees an increase in the number of missing cats he knows there will be an earthquake within a few days. The cats of course are safe and have moved out of range of the earthquake. Cats are also clairvoyant and can see people in the Etheric body including people who have passed on and people in Out of Body states.

As many of you already know, we are all one. We all aspects of, connected by and share the same infinite conscious, intelligent Energy that is the true Universe. We are therefore all everywhere within The Source and within each other, and it is through this common "thread" that connects us all that we can communicate.

4 December 2005 – Psychic Powers and Clairvoyance

Long ago, before the steep descent into materialism, selfishness and Egocentricity, mankind had these same psychic abilities. Clairvoyance is associated with the "third eye" or "brow chakra" which has its physical counterpart in the form of the pineal gland in the brain. The pineal gland, many tens thousands of years ago was the size of a golf ball. Today, in most people it has atrophied to the size of a pea. As the saying goes - "use it or lose it".

The good news is that everyone can regain these ancient psychic powers to some extent at least. Remote viewing, extra-sensory perception and clairvoyance including clairsentience and clairaudience are all forms of psychic abilities. To contact the "deceased" does not require the "services" of a psychic or medium, anyone can do this by achieving the alpha brainwave state, which Abyss will enable you to do for example, or by a particular type of meditation as detailed in our Ultimate Reality known as "afterlife exploration". Answers to your every question are available from within from your Higher-Self, more correctly known as the "Inner-Self - you only need to be able to ask the question and be in the receptive state to receive the answer. The Higher-Self is always in close contact with our conscious mind - it is simple a case of being constantly receptive to the messages from the Higher-Self, recognising them for what they are, and above all acting upon them without question. The Higher-Self is always correct. No one should ever have the need to rely on or risk the services of another person and run the high risk of misleading, even damaging results.

In future issues of this newsletter we will take a much closer look at these "God-given" abilities and how to achieve them.

4 December 2005

The Treatment of Animals by Humans

This is a subject that I receive many messages on, and I believe now is the time to address these issues. I have refrained from doing so previously lest I appear to be "preaching" to those who enjoy eating animal flesh, or view some creatures as "vermin" or plant-life as "weeds" - but we cannot turn our back on these issues.

The treatment of animals by humans is a complex issue. First and foremost humans that deliberately mistreat animals are committing a crime against the Universe. All animals are here on their own evolutionary path, and in fact might well in future incarnations actually become humans, and they have every right to live their physical lives without unnatural interference from humans. It is extremely wrong therefore when humans go on these so called "culling" rampages, often using all sort of excuses in order to justify a mass slaughter for purely commercial, sporting or selfish purposes driven by Egocentricity, selfishness and in particular greed. We see this horrific treatment by humans of all sorts of animals such as seals, whales, kangaroos and much more.

Often these killing sprees are justified by the killers on the basis that these "wild" animals are interfering with "domesticated" animals, crops etc.. This is why humans have invented such words as "vermin", "pests" or "weeds" in the case of wild plant life. Even destroying a spiders web is the same as someone turning up to a home with a bulldozer, and levelling that home to the ground. These creatures, these beings of the Universe that share our homes are not being vindictive, they do not think like humans in those terms, they are simply living their own lives on their own path of evolution.

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The truth is these creatures have been here in their natural habitats long before humans ever arrived. I recently read for example of 4 million kangaroos being slaughtered, or "culled" because they compete on the land with domestic cattle. The fact is kangaroos have been there for tens of millions of years, long before the first humans and the first cattle ever arrived, and it is rightfully their own environment. The reality is if they have successfully regulated their own species for many millions of years, they most certainly do not need to man to make the decision and actions for them - man is simply interfering with nature and therefore the Universe. Of course man has in the past also done exactly the same thing to other humans while taking over their natural land such as is the case with the native American Indians, the Mayans, the Aborigines and many other ancient and often very Spiritual races. Such men are driven by greed, Egotism and a lust for blood for which they will immutably pay the price.

Every human chooses their own life circumstances before incarnating in order to best learn the lessons we need to learn in the process of personal evolution. We all know who our parents will be, where we will be born, and what sort of life and in particular challenges we will face. Even people who are murdered in all manner of horrific circumstances, or die of terrible diseases or meet with horrible accidents know how they will die before they arrive in this world, and have willingly selected that particular life for that particular experience. Contracting cancer for example is a common experience which is a very true test of character, determination and the ability to overcome adversity, and is therefore a great learning curve in the course of evolution.

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As for animals, this is less well understood. Animals are most certainly not "dumb" as most people think. In the Astral worlds animals can communicate by telepathy with humans, and in fact when humans are reunited with pets upon passing on they can communicate with each other. It may well be therefore that animals also choose the circumstances of their own life and death.

We are not our body and this equally applies to animals as well plant life. It is therefore incorrect to look at an animal and judge it by its body size, the physical size of its brain and whether it can talk, speak or do math. Animals, like us, are Spirit - equal aspects of the great Spirit who have simply chosen that particular body to incarnate with in the process of their own evolution.

The one thing we must always keep in mind is that we are all one - whether we are, animal, vegetable, mineral we are all integral aspects of The Source, The First Cause of God, and when any human hurts any other form of life he equally hurts himself.

And finally, if man thinks it is so superior over perceived "lower" forms of life he or she should keep this in mind. There are beings in existence Who are so evolved that by comparison we would seem like a single celled organism dwelling in a pool of slime - much "higher" than humans perceive themselves to be over animal life. But yet these advanced beings would never, ever view or treat humans in the same way that humans treat animals on Earth. Such highly evolved beings assist humans in their own evolution just as humans in turn should be assisting animals with their own evolution. Cattle, chickens, pigs and other animals are not here on Earth in order to become "fast food" to gratify the human sense of taste - they are here on their own evolutionary path, which path should be free

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from unnatural interference from humans who believe they have dominion over the physical planet Earth, when in fact they do not. Only The Source, The First Cause, "God" has that distinction.

Humans were never "designed" to eat meat otherwise we would have teeth like carnivorous animals. It is something that fairly recent human beings have evolved into over the last few hundreds of thousands of years. This is one reason we are seeing such human conditions as obesity, diabetes, heart problems and countless other "modern" ailments. You will never, ever see an animal in its natural habitat suffering from any of these conditions. Children from a young age are being fed "junk" food, and obese children always become obese adults with all of the resultant medical issues. Humans were "designed" primarily as "gatherers", harvesters of the infinite bounty that The Source has provided for us in His/Her infinite wisdom.

All life, without any exception is equal, and equal aspect of the The All, and should be treated as such with the greatest love, honour and respect.

11 December 2005
Good and "evil", The Soul and
Higher Self

I recently received the following question, and thought that my response would be of interest to everyone. It is quite a simple question, but the final answer is very important to understand.

This is the question:

When you die in the physical, does your soul straight away "pick" a new life and do you "go" into it straight away?

And this is my response:

It is not your Soul Who controls these things - it is your Higher-Self. Your Higher-Self is the accumulated result of all of your lives, and is therefore who you **really** are. At the conclusion of your final incarnation, your Higher-Self becomes your "new" Spiritual Self, complete with the accumulated wisdom, knowledge and experience of all physical and Astral lives. This is the means by which we evolve further inwards on the path to ultimate perfection. All incarnations actually take place simultaneously but in different time zones relative to the concept of Earth time - you are reading this in fact simply because I am writing it in a time zone in which you and I are both currently focussed. Sometimes it happens that two incarnations take place in the same time zone, in which case it is quite possible to meet yourself, your "Soul mate".

In the course of this group of incarnations, of which there may be a thousand or more, in order to satisfy the Law of Polarity and in order to achieve balance, some Earth

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incarnations for any particular "Self" might be what are considered in Earth terms to be very "evil" and some very "noble", for example it is very possible for Hitler and Mother Theresa to be exactly the same Spirit. That is not to say they were of course, this is simply an example of how such apparent "extremes" as perceived from a physical human perspective exist and are required. Therefore, contrary to the belief of many, an extremely "evil" person can evolve at the same rate as an extremely "good" person, because that person at the level of the Higher-Self will have elements of both and everything in between comprising the whole. On Earth, without "evil" we would have no concept of "good" and without "good" there is no concept of "evil", so there is no "good" and "evil", only experience.

This is one reason why some dogmatic religions have invented the concept of "heaven" and hell". Although these are merely human constructs, they were contrived to control the congregations as identifying "hell" as a place where you would dance with the devil and burn in "hades" for all eternity, and if you are a "good" person who goes to church every week, says your prayers of worship, sings your songs of "praise", confess your "sins" and "embrace Jesus as your saviour, you get your ticket to heaven, and get to fly around with the angels in paradise and have dinner with "God" while being entertained by "choirs of angels" floating around on fluffy white clouds playing their harps.

Although is of course totally contrived, it has proven, due to the human fear factor, to be a very effective control mechanism over the centuries, even if the religions involved have taken fear to an extreme level by means of the brutal killing and torture of countless millions of people over the centuries. Only when religions people pass on from the physical body do they see there is no "heaven" or

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"hell", but unfortunately by then so many are so religiously indoctrinated that they become stuck in a lower Astral "belief system territory" until eventually rescued or realise the truth.

But yet even this is just experience. Just as some of incarnations are stuck in these belief system territories, others have made it back to the Higher-Self, and eventually every Soul will make it back to the Higher-Self thus contributing to the vast pool of experience required to transcend the physical phase of eternal life.

To answer the further question, your individual "Soul", or "Ego" will only experience a single life in and of itself. This is because the "Soul" or "Astral body" is an actually an inner extension of your physical body but at a much higher rate of vibration of Energy, and is not until each individual incarnation has finally shed his/her Astral body by satiating all earthly desires in the Astral worlds where anyone can have anything they wish for instantly and evolved back to the Higher-Self does it become one with the Higher-Self. This is analogous to the person working in the chocolate factory. They are told they can eat as much chocolate as they want. The managers know of course that the employees will very quickly become physically sick of having all the chocolate they can eat, and stop eating it, their desire for it fully satiated.

Each Higher-Self is in turn a "node" of an even "Higher-Higher-Self", and so it is until we evolve back to the "Ultimate-Highest-Self", The Source, The First Cause, God. So God ultimately gains the ultimate experience of all Higher-Selves, and is, as in the name of my book "Our Ultimate Reality" and why we are **all** ultimately God, and as such no harm can ever come to us. We are all immortal,

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eternal, Divine aspects of **The All**, and **nothing** can **ever** take that reality away from us.

During this process it is important to discover and know beyond doubt that the physical world is not reality, the Astral world is not reality,, we are truly Spiritual beings existing beyond all human concepts of form, and therefore there is absolutely no need to fear "evil", perceived "negative" things and of course the biggest fear of all - "death".

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**Astral Projection, Out of Body
Experience and Lucid Dreaming**

I receive numerous messages asking about all of these abilities and in particular the differences between them.

Astral Projection: Astral Projection is more of a form of meditation than the Out of Body Experience. Robert Monroe referred to Astral Projection as "phasing" and this is in fact an excellent description. When we Astral project, we are expanding our consciousness and focus beyond the narrow confines of the physical world to one of our infinite number of inner Astral bodies. It is important to understand that we are not projecting "too the Astral plane" and nothing is being projected away from your physical body in absolute terms. All that is really happening is that your Mind, rather than vibrating at an Energy which tunes it into the corresponding Energy level of the physical world is increasing its energy or energetic frequency to the same Energy frequency as an Astral plane.

This is the same as tuning into your favourite TV channel. All of the thousand of TV channels that are available are all concurrently available, but it is not until you take an action, e.g. pressing a button on your remote to tune into a channel can you actually experience it. Using this analogy, the Astral planes are your TV stations and you are your own tuner. So with Astral projection, by means of an effective method, you push the "buttons" in your Mind to enable you to tune into a different channel. The channel when you switched on your "set" before starting an Astral projection process was your physical channel, and you then select your Astral channel thereby tuning into that new realm. The entire time however you, the "tuner" has not moved, all you

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have done is to tune into a different channel that always existed at a higher "frequency" in order to experience it.

Out of Body Experience: The erroneously termed Out of Body Experience is erroneous because again, as with Astral Projection, we never actually leave our physical body completely. This can only occur at the time of physical death when the Astral matrix, mystically known as the "silver cord" severs completely.

While we are still physically "alive" we always have that "umbilical cord", the Astral matrix connecting our physical body with the Astral body, just as the Astral body always has the "Mental matrix" the "purple chord" connecting the Mental body, the Spirit body to the Astral body. In Astral projection and Out of Body Experiences therefore you are "projecting" your "Astra-Mental" body.

The main difference between Our of Body Experience and Astral Projection is that the former is a slower, "denser" process. With the Out of Body Experience the projection of consciousness is slower resulting in a shift of consciousness to a much lower vibrational level of the universal continuum of vibration and Energy. As this focus is much closer to the physical world it seems as if you are actually observing the physical world and hence it is often erroneously referred to as the "real-time zone". This is totally erroneous because the projection is still into an Energy level that is part of the Astral, but a much lower frequency, higher density version of it.

However, this level is so close to the physical world that it almost overlaps it and therefore, due to the high density of the Energy at these levels the Energy is a reflection of the actual physical world. However, those who project very soon discover that, as in the Astral, thoughts will have a

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dramatic effect on the locale. So unless you have total control over your thoughts, which is extremely important for all forms of projection, you will begin to create an alternative locale and thus experience a "reality shift". This is not an actual change in reality, because there is only one reality, "our Ultimate Reality", but rather, as a creator, you are creating an alternative "experience" for yourself. This is why you have to be extremely careful not to think or worry about "evil beings", because if you do that will be your experience. Of course these beings will not be real, but they will nevertheless seem real, and if you react with the emotion of fear, which is a powerful emotion, you will only exacerbate the situation and experience even more perceived "evil". Thought control is therefore extremely important. When you can control your thoughts you will find that anything is possible.

At these levels you can travel to any Astral aspect of the physical Universe to observe. Providing you control your thoughts, and maintain an air of mild curiosity you can maintain complete control. You can visit anyone, anywhere and accurately observe and verify everything with the people concerned. However, again, it is crucial that you maintain control over your thoughts, otherwise you will "see" what you expect to see rather than the actual circumstances prevailing. This is a real example of how we all create our own reality by thought. The power of the mind is infinite. For visiting people or places in the physical world, Mental Projection is a more stable method, but the Mental frequency of Energy does not assimilate the five senses as with the physical and Astral bodies. With Mental projection you can "see" and "hear" by "decoding" the Energy vibrations of the locale, and by telepathic induction, but you cannot experience smell, taste or touch.

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An Out of Body Experience can be easily "converted" to an Astral projection, it is again just a matter of adjusting your "tuner" to a higher vibrational level. This is again accomplished by means of the power of thought. This can be done in many ways including focussing on a person residing in the Astral, e.g. a "deceased" relative and imagining you are already in their presence, or by focussing on an Astral locale you are familiar with and can therefore imagine, or by consciously raising your vibrations either by means of a focussed mental effort, or by means of a mental command such as "now I travel inwards". It is extremely important to know and understand that the physical world is the extreme outermost aspect of the Universe, the "shell" or "epidermis", as the great quantum physicist David Bohm called it "frozen light", and which only accounts for a tiny fraction, maybe 0.01% of the entire, but always expanding Universe, and that all travel is therefore inwards.

At the very centre of the Universe is The Source, The First Cause, God, from which we and everything originated. We therefore all exist as "thoughts" or "ideas" or "images" in the infinite mind of God, but we are more than that - we are aspects of the Divine who have been given the gift of individuality and freewill. We are all aspects of God, but with the incalculably precious gift of individuality, individual consciousness that makes us who we "are". We will never, ever, lose that awareness of "being". The Out of Body Experience and indeed Astral Projection are vitally important in verifying these truths for yourself, and which is why my book, *Our Ultimate Reality*, dedicates so much to these important matters.

Lucid Dreaming: Every night during sleep we move out of phase with our physical body in order that our Energy body can replenish Energy from the Universe by interacting with it, and so we wake up the following morning feeling

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refreshed. Most people are in the mind asleep, body asleep state during this time and therefore have no conscious recollection the following morning.

Out of Body Experiences are a state of "mind awake, body asleep" so that we can take conscious control over the projection process. With Lucid Dreaming the unconscious mind "does its own thing". This often involves Astral travels, but the unconscious mind will ensure that your recollection will be subsumed deep within your Subconscious mind beyond your capacity to recall. No experience is lost however, every experience is valuable at some level whether you are aware of it or not. Very often your Subconscious Mind does not take you without yourself. When you dream therefore you have projected and are experiencing a level of the Astral world that corresponds to your own personal "psyche" or "Ego". Here your Mind has great fun creating all sorts of scenarios out of the malleable Astral fabric that you experience as dreams. There is always a point to dreams however.

Often the Subconscious mind uses these scenarios to "play out" situations that were on your mind during physical waking. This is why it is **extremely** important to go to sleep with only positive thoughts. If you go to sleep worrying about something, for example a lack of money and how you are going to pay your bills, then the Subconscious mind will not only accept this and turn it into a "nightmare", but worse, your Subconscious mind will accept it as a fact and bring it into your reality, so you will experience an even greater lack of money or whatever it is you are worried about. Again, we all create our own reality at all levels, and this can either be the greatest truth which we can use to attract all of our wishes, or it can become your worst nightmare, the choice is **always** yours so choose wisely.

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Lucid Dreams are where we become aware during a dream and can take full control over it. When this happens your conscious mind assumes control over the dream rather than your Subconscious mind, and you have the ability to create any scenario you wish to "play in". Importantly however, you can also convert a Lucid Dream into a full Out of Body Experience or Astral Projection. In the case of an Out of Body Experience you can will yourself back to your body where you will often wake up in a state of catalepsy which is paralysis, at which point you will yourself away from your body to assume full control over the Out of Body Experience. If you wish to experience Astral Projection, you simply will yourself to a higher/inner vibrational level, imagine you are in the presence of a "deceased" relative, imagine you are within a known Astral Locale, for example Astral Pulse Island, and you will find yourself there instantly.

18 December 2005

Is "Asceticism" a Spiritual Virtue ?

This is one question that arises time and again, due, in no small measure to the vast amount of misinformation on this subject.

Let us first get this straight once and for all - **self-denial of any sort is not inherently a Spiritual virtue** in absolute terms. -However, many Spiritual people might **choose** to live this way for reasons of their own individual advancement.

This myth has arisen over many thousands of years, where asceticism - the condition or practice of self-denial has been commonly practiced. It is thought for example that the Buddha practiced asceticism for some years before seeking another path to enlightenment.

Now that we have that clear let us take a look at why self-denial is not Spiritual.

The entire Universe in all spheres, no only the observable three dimensional Newtonian Universe of "modern" science, is in a constant, perpetual, infinite state of expansion. The Universe never, ever contracts in any sphere of reality.

The Universal Mind, "God", The Macrocosm, expands through experience of the individual Mind, The Microcosm, which includes all human beings. As integral aspects of God, we **are** also God, and it is as expressions of God, The Universe, that we collectively evolve on both individual and Universal levels. As we as individuals evolve, the Universe as a whole, including humans as individuals evolve correspondingly. Without this collective,

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symbiotic process of evolution there could only be stagnation or contraction. The Universe, The Source, God is perfection, nothing is more perfect than God, and therefore the Universe can only ever seek to express, expand and fulfil and accordingly so must we as humans.

Now, as expressions of the Universe we must at all times endeavour to be in tune with the Universe otherwise there is disharmony. Disharmony will not only affect the individual, it will also affect the Whole, so disharmony due to lack of expansion is not a good thing at all.

So what does all mean at the individual, human level? Well quite simply we must expand, fulfil and therefore evolve - this is why we are all here at this stage of our evolution and it is a process that continues infinitely on the path back to The Source, The First Cause, God from whence we first arrived on our individual path to the perfection that is God.

Ergo, it is the duty of every single one of us to expand, be happy, fulfilled and wealthy in body, Soul and Spirit, which is Mind. To expand is to be in the flow of the Universe, a process known in the Far East as the "Tao", to contract is to go against the flow of the Universe, and going against the flow of anything is never a wise thing to do. Have you ever swam in upstream in a raging river for example, or against the strong tides of the sea, or even walked up a downward travelling escalator or moving walkway?

Anyone who is not fulfilled is doing exactly these things, and this is why such people are often tired, weary and depressed with their lack of progress, which in turn affects their thoughts, which in turn creates more of the same unwanted reality.

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"This is all very well" I hear people say, "but my state of mind is a reflection of my life.". Well let me dispel that myth right now: your life is actually a reflection of your state of Mind.

Simply put - change your Mind and you will change your Life.

You can start this process right now by doing these simple things:

- 1. Think only expansive thoughts:** It is most important to always, always, always be mindful of your thoughts in the present moment. Most people have no control over their own thought processes and as a consequence attract equally random life circumstances.

Make a habit of observing your every thought. If your thought is "expansive", for example happy, healthy, wealthy, then encourage it by bringing it to the front of your thoughts.

If on the other hand your thought is contractive, for example sad, unwell or dwelling on lack, then not only should you immediately cease to entertain those thoughts, you must also immediately dispel such negative thoughts and transmute those thoughts into their polar opposite equivalent, e.g. happy, healthy, wealthy.

Contrary to popular belief, this is the basis of alchemy and the sorcerers stone. Alchemy is not just about the transmutation of base metals into gold in physical terms, but rather the transmutation of base, mundane, contractive thoughts into the Gold

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of precious, Divine, expansive thoughts. This is the true symbolic meaning of the alchemical process of the transmutation of base metals into Gold of which the sorcerers stone is allegorical.

2. **Know what you want and attract it into your life.** Not much need to be said about this. This is the process of utilising **The Law of Attraction** to attract into your life everything you wish for, need and desire. This process is fully set out in my book,
3. **Let go and Let God.** This is extremely important, and again, is the fundamental basis of Our Ultimate Reality. Notwithstanding your mission as detailed above, you absolutely must know in every quanta of your Being that **you are God**. We are not a physical body with a brain, a "mind", we are rather Mind, Spirit with a the very temporary physical shell we **chose** through which to experience a physical reality. Whatever you think of your current physical shell, your temporary physical body, the fact is you chose it before incarnating here on Earth, and now it is your duty to make maximum use of it for your own evolution, and to contribute to the maximum to the Whole.

As an inseparable aspect of God we are at once immortal, infinite and Divine, just as God is at once and always omnipotent, omniscient and omnipresent in our lives. Once we realise this we know, beyond any doubt, that notwithstanding our physical experiences, however tough they might seem from time to time, no real harm can ever, ever, ever come to us - it is simply not possible.

We live as pure individuated fields of Energy, an integrated aspect of the same Quanta, the same conscious, intelligent,

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living Energy of which we are at once a part and individuated.

Although we are individuated as Spirit, we are always a part of the whole - there is never any separation. We are who we are due to our unique Energy composition, our unique Energy field. In some mystical circles is discussed in terms of the "Tetragrammaton", which is composed of the four Universal elements, Fire, Air, Water and Earth as well as the quintessence of these four - Spirit - also known in the East as the "Akasha". It is this unique Energy field that is responsible for the Aura for example.

Once you know beyond any question the truth of this reality, your life will change forever. Once you know, beyond any doubt, that whatever happens to you is simply experience that goes towards your own development and the development of the Universe, The Whole, God, and that no real harm can ever come to you, you will be free.

Never fight against the flow of the Universe - just like the raging river you will lose - every time. Do not endeavour to out-think the Universe, or make the mistake of thinking that the Universe is broken and that you are here to repair it. The Universe always exists in a state of the very Highest, Divine Perfection, and simply cannot be improved upon. Any thoughts that the Universe is imperfect are coming from the Ego, the conscious, questioning Mind that controls your normal awareness.

Trust God to express and evolve through you and you will evolve proportionately:

Let go and Let God.

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