

The Our Ultimate Reality Newsletters

**The
Our Ultimate Reality
Newsletters**

Volume 5 - 2009

Adrian P. Cooper

Ultimate Reality Publishing

The Our Ultimate Reality Newsletters

Table Of Contents

15 March 2009. Spheres Of Mind	3
22 March 2009. Recognising The Divine Purpose In Our Children	9
The Divine Energy Of Spring.....	16
29 March 2009. The Blessings Of Organic Food	21
The Search for Truth	25
26 April 2009. The Truth About "Matter"	31
11 May 2009. No Time To Lose	37
07 June 2009. The Sun, Light, Life And Energy	56
14 June 2009. Faith And Quantum Mechanics	64
21 June 2009. The Source Of All Being	71
28 June 2009. Spheres Of The Mind.....	80
05 July 2009. The Quantum Waveform Of Energy	86
12 July 2009. The Science Of Money.....	94
19 July 2009. No Time To Lose	101
26 July 2009. The True Architect And Spiritual I	110
9 August 2009. The Eternal Moment Of Now	115
16 August 2009. What Is Really Real?	122
23 August 2009. The Newtonian Legacy.....	129
30 August 2009. Our Divine Corporeal Nature.....	140
6 September 2009. The True Meaning Of Faith.....	149
13 September 2009. Power Of Deep Relaxation	156
20 September 2009. Return To The Child Mind.....	161
4 October 2009. Now Is All That Is.....	167
11 October 2009. Mind Over Health.....	174
8 October 2009. The Conscious Paradox	180
25 October 2009. The Zen Mind	186
20 December 2009. Following Inner Guidance	195

The Our Ultimate Reality Newsletters

15 March 2009. Spheres Of Mind

Welcome to your newsletter. I do hope that you have enjoyed a wonderful, healthy and abundant week.

I would first like to extend a very warm welcome to all new members joining us since last week, of which there has been a particularly large number of you, due in, in no small part to the new PDF format of this newsletter, and PDF of The Reality Matrix, of which I have more to say later.

I would like to mention that during these transitional times, where everything and everyone has the potential to change during this 25,765 year window of opportunity, it is absolutely crucial that as many members of the human population become aware of the ongoing changes and their significance, and accordingly at the very least have the opportunity to participate.

Currently only a small fraction of the total population is anything like prepared, but it is never "too late" - the only "time", the only Moment that matters is Now, and this process is accelerating.

Every member of this newsletter has, and will increasingly gain all that is necessary to make the evolutionary leap. It is my absolute commitment and focus to do whatever I possibly can to orchestrate this, even though, as always, it is a matter of the freewill of every individual as to whether to participate and make the effort or not.

Of course before anyone can make that decision and commitment they must first be aware of the opportunity, potential and means by which it may be achieved.

I can only make these means available to the very best of my ability - which I promise I will always do for as long as possible - it is up to you however to help this process by making others aware as you have been made aware.

So if there are any loved ones, relatives, friends and so on who you care about, and would at least like to extend this opportunity to, then please make them aware that they may become aware themselves. They may choose to accept or reject the opportunity, but at least they have the choice.

Keep in Mind that if there is an Frequency Shift of Energy, then there will be a polarisation between the new evolution of human and the current evolution - homo sapien - which will manifest between different levels of living, just as Earth and the "afterlife", the Astral spheres, where everyone is just as "alive", is separated as different states of "Being" by Vibratory Frequency.

During the course of my books, newsletters, articles etc I often make reference to Mind in different contexts.

The Our Ultimate Reality Newsletters

I fully appreciate that this can be somewhat confusing at times, especially when so many people erroneously associate the organic brain with the Mind.

The organic brain possesses no intelligence, capacity for thought or consciousness whatsoever.

This week then we will take a brief but closer look at some of the main spheres of activity of Mind.

The entire "universe" in all spheres of life and reality is fundamentally **Mind**, which is Principle, and which may be considered, in the interests of comprehension, to manifest in the form of different spheres of activity, which in turn are entirely dependant upon the perspective and level of understanding and comprehension of the observer.

Although there is nothing "outside" of Mind, within the context of Mind there are various "qualities", the most important of which is Consciousness, and the major characteristics of which are Energy, Frequency and Vibration.

The harmonious activity of Mind is also regulated by an immutable set of Universal Principles.

We will however this week set aside Energy, Frequency and Vibration as well as the immutable Universal Principles that regulate the Whole, all of which we will further examine in later newsletters.

Today however I would like to address spheres of Mind that may help in understanding the Whole.

Source Mind.

Source Mind is the Supreme Intelligence, First Cause, Architect, Supreme Expression of All That Is.

Source Mind exists at the very epicentre of all Creation, the Whole, the All, at the very highest Vibratory frequency of Energy.

All in Existence - to the extent that the word "existence" may be used - is a projection of consciousness of The All.

You, I, everyone, every animal, every being and every "thing" is an integral aspect of Source Mind.

Our very experience is determined by the extent by which we Express Source Mind.

The more we can Realise and Consciously Express Source Mind, the more Influence we exert over our personal and individual Experience.

Universal Mind.

The Our Ultimate Reality Newsletters

Universal Mind may be considered to represent The Whole, All That is, the Entire Universe.

We must always be careful about using the word "Universe" lest it be confused with the three dimensional environment of "space-time" recognised by mainstream science.

Universal Mind is the "framework" in which All Life has "its" Being.

At the very epicentre of Universal Mind is Source Mind, characterised by the very highest Vibratory Frequency and Unconditional Love.

The further "away" from Source Mind, within the context of Universal Mind, the lower the Vibratory Frequency of Energy, until finally, on the outermost fringe, Vibratory Frequency slows to the point at which it achieves the potential to differentiate in to what people know as "matter".

We should note that "matter" has no true existence, but is rather a "conspiracy" between the five physical senses, organic brain, conscious Ego mind, and the very nature of the quantum field under the influence of observation, collectively giving rise to what I have chose to refer to as the "Experiential Loop".

Although I used the word "conspiracy", there is no "deliberate intention" involved. This environment is rather a "sandbox", a "container" or "self contained environment", the main purpose of which is to facilitate a safe learning environment, where occupants cannot cause havoc in the greater universe.

Superconscious Mind.

Superconscious Mind is that aspect of Personal and Individual Consciousness that is fully aware of the Consciousness of the Whole. Most people on Earth are not Superconscious, but may achieve Superconsciousness through Enlightenment.

Collective Mind.

Although most people on Earth identify with themselves as "thinking" and "being" separate, or "individual", at a "higher" or more specifically "inner" level the Human Mind behaves as, and is One.

Thus unity specific to the human Mind takes place at a range of closely related Vibratory Frequencies known as "the Mental Planes of the Human Mind".

Every aspect of Superconsciousness, in other words all Life within Universal Mind - which includes "inanimate" Life - rocks for example - and animate Life, has its own Causal Plane or Planes of Collective Being, each at a unique Vibratory Frequency.

The Our Ultimate Reality Newsletters

It is on this Collective level that humans "agree" on a Collective Experience which includes, but is not limited to neighbourhoods, districts, villages, towns, cities, countries and ultimately all human Experience on Earth.

If Human Mind Principle, which is independent of "time", collectively refused to acknowledge the existence of a particular city, then the city would not exist - there would be open, natural countryside instead.

It is the Collective Human Mind that subscribes to countless different concepts, a major one of which is religion for example, money is another, "work" is another.

Subconscious Mind

Subconscious Mind is a sphere of activity of the personal human Mind, being a sphere of activity of Mind as a Whole, and is actually erroneous to consider Subconscious Mind as an autonomous entity. We should rather think in terms of "Subconsciousness".

Even Subconsciousness is erroneous to the extent that it is an anomaly of Human Consciousness in and of itself. The native human state is Consciousness, full awareness in absolute terms. However, during the course of evolution more and more of native human consciousness has been rendered below, or "sub" conscious.

The greatest anomaly is that popular but erroneous self-improvement thinking is to "program" the Subconscious Mind as if it is a computer that will execute the program "for" its programmer.

Consciousness and Subconsciousness must be approached as One, as a symbiotic relationship.

The Subconscious Mind is immensely powerful, being fully Superconscious and Source Mind aware, but is nevertheless sublime and immutable within its sphere of activity.

It is the main function of the Subconscious Sphere of activity of the Mind to regulate all bodily functions such as breathing, blood flow, heart beat, digestion, temperature and many other vital functions, which it does so fully automatically.

It is also the sphere of responsibility of the Subconscious to accept "instructions" from the Conscious Sphere of activity of the Personal Mind, and to execute them without question and to perfection - which is what Subconsciousness always does.

It is not the responsibility of the Subconscious Mind to "decide" whether the Conscious Mind is "right", "wrong" or to consider the consequences in any way, but rather simply to immutably execute the instructions of the Conscious Mind.

The Our Ultimate Reality Newsletters

Such instructions from the Conscious Mind however are rarely, if ever "conscious" in nature with most people. "Instructions" are in the form of thoughts, feelings and emotions over which most people exert little or no control, instead simply reacting to what they perceive as "real" or "true" around them.

Humans currently little or no control, indeed awareness even over the this process, or ultimately control over their own Minds, which is why "situations" seem to happen "unexpectedly", over which it is perceived there is little or no control. Some even ascribe these "situations" to such notions as "luck", "chance", fortune, and other superstitions.

In order to progress, it is necessary to become aware, and subsequently take control of this process.

Conscious Mind

Conscious Mind, or Consciousness is the natural waking state of humans, though which they interact with what is perceived as their environment.

It is the Conscious Mind that subjectively experiences "life", and makes "decisions" bases upon those subjective perceptions.

I will not address this in depth here, because it is a subject which is both complex and extensive, and will be fully addressed in the forthcoming book, which you will be have full access to.

Suffice it to say that what most perceive as "reality", "life", "experience", is a "conspiracy" of the five physical senses, organic brain and ego Mind, which provides the expected experience, but beneath that, at the quantum level, only exists to the extent of that experience. This is what is refer to as the "Experiential Loop", which gives rise to a safe "container", a "sandbox" for the infant human Mind.

Another name for the human Mind is the "Ego" which is also equivalent to "Lucifer". Lucifer Mind originally "left" Source mind, "Christ Mind", to "descend" in to the first stages of Experiential Evolution - this was a choice, not a punishment.

It is the absolute objective, whether aware or not, of "Lucifer Mind" to reunite with "Christ Mind, and thus the cycle is complete.

Unconscious Mind

In concluding, I would like to mention what is often, and erroneously referred to as the "Unconscious Mind", most often seen in the context of hypnosis.

The Our Ultimate Reality Newsletters

"Unconsciousness" is not a sphere of Mind, it rather a state of awareness relative to the Conscious Mind. In broad terms, Conscious Mind may be aware or unaware, or if you prefer awake or asleep.

If something happens around you that you are not aware of, then you may be "unconscious" of the event. When you are asleep you are "unconscious", just as you may be as a result of a heavy blow over the head, or consuming a chemical of some kind.

"Unconsciousness" therefore possesses no intrinsic powers, but is rather "lack of awareness".

I hope you have enjoyed this brief tour of spheres of activity of Mind.

In future weeks we will examine some of these in much more depth.

The Our Ultimate Reality Newsletters

22 March 2009. Recognising The Divine Purpose In Our Children

Welcome to your newsletter,

I do hope you have enjoyed a wonderful, healthy and abundant week.

First of all I would as usual like to welcome all new members to this newsletter.

Once again there have been so many of you joining us in the last week.

As the Transition of the Ages inexorably progresses, more and more are becoming aware of the often profound changes happening around us and around the World.

There is also an ongoing polarisation between the forces of Light and darkness. But no one is ever excluded, no matter where currently aligned, and neither is it ever too late.

All I can do is to offer the opportunity to take the Path of Light, but the decision and commitment to walk the Path of Light can only be made on a Personal level. This is the true nature of the same Divine Freewill that every human being is blessed with.

But of course before a decision can be made by anyone, the opportunity must first be presented. Millions of people out there are ready to be freed from the prison they have created for themselves since birth, but are not even aware of the potential.

Just as someone showed you the way, either directly or indirectly, we all have the opportunity to awaken others to the glory of their full potential by showing them the path.

There is no obligation to do this, but a major Spiritual Principle that operates from Source outwards is Service to other and above all showing of the path. There are many Light Beings helping humanity through these transitional times - you may be sure of that.

However, there has been a quickening, and although it is never actually too late, there will come a time when, for practical purposes a person needs time to realise, take action and adjust - actions bound to Earth "time". In a very few short years it may well be too late.

I am not suggesting that Our Ultimate Reality is the only route, but it is nevertheless a route which I personally know to be true and which I share with you out of Service. If you ever feel that anything I am sharing is not your truth, then you must reject - never, ever accept anything from anyone unless you feel ready to accept it within.

Recognising the Divine Purpose in our Children

The Our Ultimate Reality Newsletters

A few weeks ago I had great pleasure in bringing you news of a truly remarkable young girl in every sense, with an exceptional ability for singing. Although her favourite genre is opera, she also sings from other genres of her choice - all absolutely beautifully - in fact in my view angelically.

Jackie is a Child of the Golden Age, one of a significant number of children who their Higher Selves have incarnated on Earth over the last decade or so, specifically to help to raise the consciousness of humanity, mostly through artistic abilities such as art, poetry and of course music song which can and do exert a very profound influence over human consciousness.

Ever since I first wrote to you about Jackie, she has, as I fully expected, continued to touch the Heart and Soul of thousands of people through her YouTube channel, and through her public performances, where she has left a profound impression on all who have met and heard her, both for her abilities, and as a person. There are even musicians with decades of experience saying that Jackie is already one of the very best singers they have ever heard.

Jackie recently auditioned for the USA World Showcase competition which offers a recording contract to the winner.

Jackie, as always, made a profound impression.

One of the judges, Bill Hinsche of the famous group The beach Boys, said at the end of his appraisal that Jackie and her voice and singing "just stopped me in my tracks".

You can see the short YouTube Video clip of some of her audition and judges comment here:

<http://www.youtube.com/watch?v=xohUtP4cMdk>

Jackie won her category in the auditions.

I can say that Jackie swept me off my feet as well the first time I heard her sing, and still does today every time she records a new song. She is going from strength to strength.

The sheer power and beauty of Jackie's voice comes from deep within - from who she really is at an inner level, and Who she is manifesting through song in this World.

Aside from her singing voice, the circumstances of Jackie's recognition is highly reminiscent of many other children who I have become aware of, and who are here at this time for the same purpose - many have yet to be recognised.

This is Jackie's story:

The Our Ultimate Reality Newsletters

"Although only a third grader, she has a long list of interests which includes reading, writing books, poetry, lyrics and mini plays, designing and sewing clothes, pillows and purses for friends and family, taekwondo, voice study and competitive singing. She is also a member of Pittsburgh's professional Children's Festival Chorus as well as a soloist.

In 2005, Jackie's mom dragged both Jackie and her brother to see the musical film "Phantom of the Opera". While only ages seven and five respectively, she and her brother were so mesmerized by the characters and the music that they didn't move or make a peep through the nearly two hour movie. In January, 2008, mom bought the newly released "Phantom of the Opera" DVD. It was watched so often it had to be replaced in a short time. Jackie would absentmindedly start singing songs from the movie around the house until, after a while, her mother noticed that Jackie sounded pretty good. Mom found out about a local talent contest that was going to begin in March of 2008 and asked Jackie what she thought about it. Jackie was enthusiastic.

At the tender age of seven, Jackie sang her little heart out through first rounds and semi-finals, singing "Think of Me" and winning "audience choice" both times. For the finals, she sang "Wishing You Were Somehow Here Again" beating out 183 other contestants for the first-runner-up spot! As the youngest contestant in the competition, Jackie lost to the judge's choice of a 20 year old opera singer. That final round performance is still on YouTube today and was further confirmation to Jackie's parents that she has singing talent.

They found her a vocal coach specializing in coaching kids in July of 2008. Since then, she has volunteered at nursing homes singing Christmas carols to the elderly. She has also traveled to Las Vegas to compete and win first place in the 8-18 age category of The USA World Showcase Talent Competition".

I hope this provides you with a valuable insight of a girl, who, only 8 years old and only been singing at all like this for a year, and her just phenomenal voice.

This story is also extremely typical of other children who have experienced a meteoric rise to recognition. But for every child who is recognised, there are a hundred or thousand who are not. Jackie's recognition is directly due to the recognition and Love of her parents, whose main objective now is to support Jackie in every possible way.

When I first brought news of Jackie to you, I received several messages from people who basically stated that all I was doing is "promoting a girl who craves fame, fortune and idolatry, the name most mentioned in this context being Britney Spears". Please note that I have no comment on Britney Spears other than to say that I admire the way she is overcoming her recent, very public issues, and pulling her life back together.

Well let me assure you that I **know** - not think - **know** - that this is not the case with Jackie. If I thought, even for a single moment that this was the case, and Jackie is only

The Our Ultimate Reality Newsletters

seeking fame and fortune, you would not be reading about it here - of that I absolutely assure you. I know why Jackie is here, and fame and fortune have nothing whatever to do with it - quite the contrary in fact.

Jackie knows about the YouTube channel set up by her parents to showcase her songs, and of the numerous messages of admiration on YouTube Jackie is receiving, but, while she feels grateful, she is not in the slightest bit interested in the "fame" and "recognition" side at all. If her mother reads out a particularly glowing comment, Jackie will typically reply with "oh, that's nice", and leave it at that to go off and play with a friend or siblings.

So how does Jackie see herself?

She says that she is here to sing for God, and to make people happy.

And I can say that this is absolutely true and that she is fulfilling this purpose Now.

It should be clear to anyone that to sing as Jackie does - without music or studio - after just one year - far, far beyond the range of what might be expected as "normal", with no previous formal coaching until very recently or previous experience - is of Divine Providence, not simply of a "wannabee" girl who craves to be a "star", and then goes and gets lots of "singing lessons" and so on.

Jackie only desires to touch the heart and Soul of as many people as possible, and to make them happy - nothing else. And she has made an exceptional start.

No formal "training" can ever hope to surpass the ability arising out of pure Divine Spirit manifesting through a human - and this applies to everyone in all things.

I rarely ask for much of my valued newsletter readers, but on this occasion I would like to ask for you to help me to help Jackie to fulfil her purpose and destiny here.

I have no doubt that Jackie needs to record her voice in the form of song in order to achieve her dream of touching the Heart and Soul of millions around the World.

Trust me - there is much more to Jackie than simply her voice from God.

Thank you.

I would again like to remind you that there are thousands of other children like Jackie around the world just waiting to be recognised and who wish only to fulfil their mission for humanity.

You may call them "indigo's", "Crystals", "Rainbows" and so on if you wish, but always remember that they are here for one purpose - to help humanity through the Transition, through the medium of the arts.

The Our Ultimate Reality Newsletters

Here is a young 5 years of age Japanese girl pianist that recently came to my attention:

http://www.youtube.com/watch?v=bl_xx82oTO8

Keeping in Mind that this girl is just 5 years of age, with very small hands and fingers, the way she plays this piece is quite simply incredible - by any standards.

Jackie, this 5 years of age girl and many others all bypass the Conscious Mind allowing their Inner Self and Divine abilities to shine through.

Here is this girl at the age of 6:

http://www.youtube.com/watch?v=gZdTl943n48&feature=channel_page

And age 7:

<http://www.youtube.com/watch?v=ZTr78OCmiXg>

I suggest you listen to and watch the whole piece and see how she relates to her music as she progresses through the different tempos, played entirely without sheet music.

Also keep in Mind that this is her own interpretation of this piece, played as she feels it.

And finally to show you that these Golden Age Children are not only manifesting through music, I would like to introduce you to a young lady named Akiane:

http://www.akiane.com/akiane_life.htm

And this is her gallery to date:

http://www.akiane.com/akiane_art.htm

This is one of her early paintings with an interesting lesson attached - which she knew beforehand:

http://www.akiane.com/paintings/age_07/age07_03.htm

This is what Akiane said of this painting:

***..When I was seven we lived by a lake
and a neighbor gave us a strawberry red kitten.
We called him Charlie.
He was the best cat anyone could have, smart, cuddly and cute.
But after a month
because of my father's and my baby brother's severe allergies
we had to find another home for our kitty.
I was very sad and I wrote a good-bye letter for him***

The Our Ultimate Reality Newsletters

*hoping to find a good family for him.
Soon I painted two kittens,
so both I and Charlie would feel better.
My wish did come true...
A little later I saw Charlie playing with a white and gray striped kitty
on a neighbor's porch...*

-- Akiane

Do you see - she "painted her wishes" for her beloved kitty, and thus brought the painting in to realisation and experience. This is a very high level ability.

This is a more recent painting of Akiane:

http://www.akiane.com/paintings/age_12/age12_08.htm

And this is what she says of the painting:

"This is the painting about inspiration. When we are inspired, we soar, yet we are focused. That is why inspiration seems so heavenly.

The young man is each of us at our greatest inspiration: a poet, a writer, a musician, an artist, a doctor, a scientist, an engineer, or a businessman. He might be a lawyer, a detective, a chef, a speaker, a farmer, an architect, or anyone who is unafraid to imagine, create and to persevere.

I painted the clouds to depict the challenges, and struggles in our decisions. The light in the clouds symbolizes enlightenment. I tried to depict effort through the man's posture and action. Inspiration is just the start, but it is our effort that brings the inspiration to the finish line."

If you ever doubted my word about these Children, after reading this I hope your doubts will be dispelled completely.

All these abilities that these children share comes to us from a very high level.

There may even be such a child in your own family, just waiting to be recognised and realised.

I know, from messages received, that there are thousands of you who have young daughters in your family of this age group, and resent me "singling out" these particular children, but aside from their abilities they all share one thing in common - devoted parents who recognised the abilities of their children from a young age, and then completely re-organised their family life around their child. This happens because the Higher Self of a Child always chooses parents who are most likely to facilitate their

The Our Ultimate Reality Newsletters

reason for being here. very often the parents, or one parent quite often, are Spiritually advanced themselves, and came "ahead" to be the parents and facilitators.

If you have children, do you recognise their special abilities as the parents of these children do?

I have three children of my own - all with different abilities and I always make it an absolute priority to meet their needs - as well as yours.

I would like to suggest that you look at your children, not just as beautiful Beings - expressions of the Divine - of God - but for what they are bringing to humanity.

Every child has the potential to take their place, especially over the next few years.

You may have noted that the children I featured are girls. This is because artistic abilities seem to be manifesting mostly through girls. Boys here for this purpose are making their impression through poetry, literature and certain non-mainstream sciences, as well as through the media - particularly audio and video.

Our children are the Light Bearers for the next Evolution of the human race that will soon be upon us, and accordingly all have their part to play - all equally valuable in the context of the Whole.

Such boys in particular, even from the age of 2 years, show exceptional intelligence and ability to observe, learn through experience and make complex deductions. The best friend of my eldest son in kindergarten, at age 4, would write complex quadratic equations and differential calculus - all of which was checked as correct - on the kindergarten blackboards, while most of the class was learning to shape a letter or number.

All of these children, boys or girls, are instantly recognisable through their incredible Energy field which transcends space. In the majority of cases it is apparent in their eyes often blue in colour, that show great depth, understanding and wisdom beyond their years.

If you are touched by the children whose abilities I have brought to your attention today, please do look at your own children with different eyes, and instead of only seeing a child, see the glorious Divine Being they surely are, made "in the image of God", Who has Chosen You to be their parent at this time for a reason.

If you have a Child with such apparent abilities, and not sure what to do, please let me know and I promise you that I will do everything within my power to help should that be your desire, and in particular the desire of the Child him or her Self.

I recognised Jackie long before this latest audition. It is my greatest Joy to be of Service in recognising more such amazing children, and in every other possible way.

The Our Ultimate Reality Newsletters

The Divine Energy Of Spring

Well, as the saying goes - in my part of the World at least - Spring has sprung.

I truly Love this time of the year, the onset of Spring, for so many reasons.

I love being out in the countryside observing the profound changes, as Life in all its Divine abundance and diversity awakens from the slumber of winter, charged by Energy from the Sun, pursuing a new cycle within the Eternal and Divine cycle of Life.

Spring is the evidence of new beginning, new hopes, a new Expression of Divine Love.

During the long, cold, dark nights and short, cool days of Winter, all Life continues but exists mostly as potential just waiting to be realised - even though it may not be apparent.

if you have the opportunity to walk in woods near your home, or in nature unspoilt by human hands, then I recommend that you do so, soak up the Energy, and simply merge your consciousness with the glories of nature around you - after all, it is part of you.

Spring is also such a wonderful metaphor for the human condition generally.

When "life" seems at its darkest, often with no apparent "hope", all you ever need to know, beyond doubt, that just beneath the surface of what you believe to be your "life" , your "reality", your "experience", are an abundance of vibrant shoots, just waiting to push their way to the surface, sprout, flourish and blossom, it only you will allow.

Many people destroy or block the growth of these shoots through negative feelings and emotions including fear, worry, dread and other such "toxic" emotions, when all they ever need do is to scan the landscape, knowing that just below the surface are latent glories, just waiting to be realised, through Faith, Optimism and Joy.

These new life shoots can then sprout, grow and flourish in ways you cannot even imagine.

But yet this Transition of the Seasons is symbolic of an even greater event - the Transition of the Ages.

Over the last 125,000 years or so, humanity has been under the influence of a great "cycle of cycles", each element to which - each season - is around 25,765 years in length.

There are many cultures on this planet, both ancient and modern, who record the passage of "ages" in different ways, one of the best known of which is the Ancient

The Our Ultimate Reality Newsletters

Mayans and their many different calendars, which track cycles of Energy - Ages - of different durations.

The Hindu culture - note I use the word "culture" because that is what it is - not a religion - chart these cycles or "ages" as "Yuga's".

Even an instrument as inherently complex as the Chinese I-Ching encapsulates cycles of Energy, one of which points precisely to 21 December 2012 - fully independently of all other sources predicting the 2012 event.

Humanity has experienced several "seasons" of Energy over the last 125,000 years, also corresponding to the four Universal Elements - Fire, Water, Air and Earth, and the Quintessence of the Whole - Ether, Universal Life Energy - in Eastern Mysticism - the Akasha.

Modern humans have now experienced 4 such cycles of Energy in the most recent "Great Cycle", now emerging from a Winter Cycle of darkness of Soul, coldness of Heart, and suspension of Growth - Evolution.

The glorious truth is that a New Spring is dawning for humanity, signifying both the beginning and continuity of a new Evolution of Human Being for all those who choose and prepare to participate. Choosing is most crucial, but must be followed by intent and above all action.

There has long been predicted - not "prophesied" - "prophecy", "fortune telling" and other such superstitions have no basis in fact in and of themselves - a great "battle" between the forces of dark and Light at the end of this Age. This battle has been continuing for quite some time, although it may not be obvious to most involved in the dramas of the material world.

The forces of the long night of darkness have sought to exert control in many insidious ways, broadly through orthodox religions, money supply and popular media over the last few decades, their primary objective being to prevent this new Spring of Life from arriving.

However, as with the annual cycles, there is no way that anything can prevent a new season from dawning when the moment finally - always inexorably arriving with Divine, Immutable certainty, sweeping aside all resistance in its path.

And so it is Now as we enter a new Spring for humanity.

The Light is shining ever Brighter, and piercing the Conscious veils of more and more humans as it does so.

The dark forces have already lost. They lost from the start - but never knew it - until now.

The Our Ultimate Reality Newsletters

They may be desperate and engage in desperate measures to cling on to their power, but it is totally futile.

Over the next few short years the Light will shine ever Brighter, illuminating all those people who have the potential and choose to be illuminated and thus Enlightened.

But remember - it is always darkest before the dawn -if you know that you will have the power to prevail.

Know though, beyond all doubt - the winter of the dark forces are in their death throes as the Spring of Glory shines ever brighter over humanity, Earth and all life on Earth.

On a more visible and immediate note, the Energy of Spring has the potential to physically influence people in a very profound way. This is particularly true in the higher latitudes, where we experience long, dark winters followed by the onset of Spring.

Over the dark winter months, with short days, whatever sunlight there is generally low in the sky.

This is one major reason why there is a much greater incidence of symptom of depression, anxiety, even psychosis among the population in winter, characterised by the so called "Seasonal Affective Disorder" or "SAD".

Many people also complain of "lack of Energy" or feeling "run down" as well as a lack of enthusiasm and motivation generally - even for activities they usually enjoy.

There are in fact very specific seasonality related reasons for this, all, not surprisingly, related to Sunlight.

First of all, the Sun is not only the most powerful source of heat and light energy, but also of Energy encompassing a far greater spectrum, much of which is invisible and undetectable through the five physical senses or scientific instrumentation.

Other aspects of the Sun's Energy in the form of photons of light, which are both visible and measurable, can have a significant, even considerable effect at a physical, or more specifically neurological level.

The Sun is a vast and immensely powerful Energy source, radiating a whole spectrum of Energy, the higher frequencies of which can be directly "absorbed", "assimilated" and transferred to both the physical and Energy body systems.

Although much human Energy is derived from food in most people, the body also makes use of native Energy in the form of Universal Life Energy - of which there is an infinite supply - and very high - un-measurable - frequencies of Energy transmitted by the Sun.

The Our Ultimate Reality Newsletters

As an aside, deriving Energy for the physical body from food - although natural, and what the body is designed for, is extremely inefficient, and, in and of itself, requires considerable Energy for the actual digestion process.

It is quite possible for the human body to be maintained entirely by non-physical Energy sources. Attempting this without the necessary degree of Spiritual Evolution and therefore vibration is however extremely inadvisable and potentially fatal.

During the Spring, as the Sun rises higher in the sky and become more intense, the human body absorbs and process increasingly more. This applies to cloudy days or even inside the home, because the Energy we are referring to has a very high frequency, and therefore, like radio waves, can pass through most material surfaces.

Also it is not the physical body that absorbs ambient Energy to any great degree, but rather the Energy Body itself which then transforms the Energy into a form that the physical body can use.

The overall effect is that from Spring, through Summer and early Autumn the physical body, and therefore the brain and all other "vital systems" feel much more invigorated, and able to process more physical and brain activity accordingly.

Another very important aspect of Sunlight is the effect on the level and behaviour of neurotransmitters in the brain, most notably Serotonin and Melatonin and also Dopamine.

These neurotransmitters, which are crucial to healthy brain functioning, are very carefully balanced in the brain to regulate moods, sleep and general brain oriented performance.

A deficiency of Serotonin can result in a whole range of adverse issues such as anxiety, fatigue, depression, obsessions and/or compulsions, bulimia, panic attacks and much more.

Melatonin imbalances can greatly influence sleep and waking states.

From a dietary perspective, Serotonin is the most important of the two, since Melatonin is metabolised in the body to Melatonin.

Serotonin is an essential amino acid meaning that the human body cannot create Serotonin directly, instead it relies on an adequate supply of its precursor - Tryptophan which is then metabolised via an intermediate compound, 5-Hydroxytryptophan, or 5HTP to Serotonin.

A diet containing an adequate supply of Tryptophan is there very important to the health of brain functioning. Foods containing good levels of dietary Tryptophan include,

The Our Ultimate Reality Newsletters

chocolate, oats, bananas, durians, mangoes, dried dates, sesame, chickpeas, sunflower seeds, pumpkin seeds, spirulina, and peanuts.

However, an extremely important part of this processes is an adequate supply of sunlight. Photons of light entering the brain acts as a catalyst to the metabolism and synthesis of Tryptophan to Serotonin and therefore also Melatonin.

So what does this mean in terms of optimum physical and brain health?

From early Spring there is nothing better than a walk in nature as often as possible. A local wood or forest is ideal, a beach is good, by a river or stream - in fact anywhere in the unspoilt countryside.

You feel much closer to nature, and therefore our true nature - a human is inseparable from both surroundings and All that Is.

Appreciating all life and its Divine cycles will bring a higher level of both understanding, Oneness and above all Love for All Life and its intrinsic glories and Perfection.

In addition, the exercise, fresh air, and Energy absorbed from the Sun will exert a profoundly positive effect to your health and well-being at every level.

The Our Ultimate Reality Newsletters

29 March 2009. The Blessings Of Organic Food

Welcome to your newsletter.

I do hope that you have enjoyed a wonderful week.

I continue to receive messages from people who are aware or becoming aware of the great changes taking place, and do not know "what to believe" in order to prepare for the great changes ahead, and the best possible outcome.

My response is very simple.

You should never "believe" anything at all. You should either "know" or "not know".

Everyone recognises the Truth for what it is. The Truth is part of and within everyone to the extent you have the potential to realise it according to your own personal Evolution.

In these newsletters, my books, websites, forums and other resources, I share only that which I personally know to be True beyond doubt.

If this Truth resonates with you then you may accept and be guided accordingly.

If this Truth does not resonate with you then you should always reject it. Accepting anything other than the Truth may only confuse you or even detract you from your path.

All those ready to face the great changes, that are now just around the corner - we have no dates - should be preparing Now - indeed must be preparing now.

If you are reading this newsletter, then, at some level you are aware of the changes taking place at an ever increasing rate, and the pressing need to participate. Recognition is a very important step that most in the world have still yet to take.

So take from these newsletters only that which resonates with you, with an open Mind.

As mentioned many times before, there are millions of who have the potential to realise the Truth and change their lives accordingly in preparation for the Great Transition, but yet are still totally trapped within a 2000 year old or more human system of control, which is tightening its grip by the day.

Before anyone can make any choice towards realising their true nature and destiny, they must become aware of the potential and possibilities. It is here you offer and extend your own Services to others.

The Our Ultimate Reality Newsletters

I know many are reluctant for fear of what "others might think", but really all you need do is to forward this newsletter to anyone you feel might be interested with a short note such as for example "I received this link today - what do you think about it?".

You do not need to reveal your own views - I know many are still reluctant to do that - but simply giving a person the choice is a great Service. It is very often not immediately apparent who may not simply be receptive, but have been seeking for a very long time and will be most grateful, even relieved and excited to receive this information.

This week it has emerged that new laws are being "fast-tracked" through the US Senate and Congress, the effect of which will make the commercial growing of all "organic", i.e. naturally grown, uncontaminated, unmodified, pure food a criminal offence.

If President Obama signs this in to law, growing and selling organic food will be illegal.

I will not dwell too much on this law and the dark forces behind it lest we give them more power. If anyone wishes to read more of the detail, then here is a reference:

<http://www.voteronpaul.com/newsDetail.php?Food-Safety-Modernization-Act-HR-875-Criminalization-of-Organic-Farms-222>

Please note that I am not endorsing Ron Paul, although he is one of the very few voices of reason and freedom in US government, rather this page is an excellent overview.

So what is behind this new, hastily contrived, and clearly dangerous new law?

Well it seems that millions of people have been "daring" to exercise their Freewill for themselves and children to eat naturally and healthily, by purchasing fresh, naturally grown, uncontaminated plant based produce, sales of which are now rapidly approaching and soon overtaking the contaminated, toxic and adulterated offerings.

The "chemical companies" are therefore losing money fast on falling sales of the chemicals, poisons and toxins vegetable products have been "treated" with for decades.

This bill seems to be sponsored by the major "chemical companies" who, in all probability, either "own" or "buy" the senators and congress men and women who will be expected to vote for these bills. There is to be no debate before the final vote.

What action can you take?

If you feel inclined, you could contact your local representatives in the houses, but I suspect that so few people know what is going on that it might not make too much difference - if any at all. This is one of those "stealth bills" no one is supposed to notice.

Now many may well ask, justifiably, where President Obama fits in to all of this.

The Our Ultimate Reality Newsletters

From a presidential perspective it is his duty to sign in to Law the bills created by the legislators. He can veto a bill, but would require a very good reason for doing so.

However, it transpires that the Obama family is turning over a patch of the White House lawn to the growing of organic vegetables for their own kitchen, involving local school children and raising awareness of the great benefits of organic at foods the same time:

<http://news.bbc.co.uk/2/hi/americas/7954573.stm>

This is in my view a very sincere and genuine act, not politically motivated, and simply serves to highlight the absurd dichotomy of interests prevailing at this time.

So what does this apparent enigma tell us:

Well it suggests to me that the Obama family fully recognises the value, necessity and right to ingest fresh, uncontaminated food for themselves and children, and, knowing that these anti-organic farming bills are on the way, decided to take pre-emptive action.

So what does this mean for those of you living in the USA?

Well quite simply if these bills pass, it means that all farmers will be forced by law, to expose all foods to a wide and increasing concoction of synthetic chemicals. There are many covert reasons for this which I will not go in to here, and in any case are moot.

The bill also ensures that all imported food must be similarly chemically adulterated.

Here is an excellent website containing a variety of information about organic foods:

<http://www.ers.usda.gov/Briefing/Organic/>

Please note that the overview in the above is the reason these bills are being passed.

My advice is simple.

Consider growing your own fresh vegetable foods. There are numerous ways you can do this, even if your current garden does not readily facilitate it.

This is another excellent site: <http://www.gardenorganic.org.uk/>

In addition to growing your own produce, you may also consider organising community farming projects which should be outside of the new laws providing they are not for profit. All that is needed is decent size piece of land that can be used, purchased or rented, enabling families to share the wonderful experience, joy and health of growing food. This would have great social value, as well as a valuable experience for children.

The Our Ultimate Reality Newsletters

When I was young, living in the UK, my parents rented what its known as an "allotment" from the local council, a good sized patch of ground on a large area divided in to such patches, upon which people grew their own produce. Each allotment had its own shed to store tools, shelter from the rain, and of course to "brew" a cup of iconic English tea.

I was given my own patch of land on the allotment and spent a lot of time there growing my own foods such as Sweet Corn, as well as fruit bushes.

They were very happy and valuable days which I remember very fondly. There is no better food than home grown, natural, fresh produce straight from the soil.

Even without garden or other ground, much can be done to grow highly nutritious foods.

One of the very best food sources are "sprouted beans" of various types. Here is a Wikipedia entry, but again there is plenty of information available from a Google search:

<http://en.wikipedia.org/wiki/Sprouting>

The nutritional value of sprouted beans, pulses and other seeds is absolutely exceptional, in fact it is very likely possible to live healthily entirely on these alone. Due to the speed at which these sprout, a constant supply of such food is easy to maintain.

if you have a dark room or semi-dark room, it is also very simple and enjoyable to grow your own mushrooms and other species of fungi - again very valuable foods indeed.

Another extremely valuable, easy and fast to grow food source is Wheat grass:

<http://en.wikipedia.org/wiki/Wheatgrass>

This is the food eaten extensively by elephants and other very large animals to attain their large size, weight and very long lives as well as huge Energy reserves. Wheat grass cannot be digested directly by the human digestive system, and so is juiced first.

Juicing is an excellent practice for a wide range of fruits and vegetables, but ensure that you obtain a "worm drive" or "auger" type juicer. The juicers that look like a blender or food processor are not really up to this task if nutrition is the objective, destroying much of the plants nutritional value, and they cannot juice Wheat Grass and other such foods.

Always keep in Mind though that eating is always for nutrition first, taste second.

So my message today is not to allow the dark forces to destroy your health and that of your family. Empower yourself while discovering an extremely rewarding and valuable activity, with profound lessons for children, in growing your own fresh, natural food.

The Our Ultimate Reality Newsletters

The Search for Truth

Of all human activities, the "search for Truth" is probably the most important, profound, but yet the most enigmatic of all.

Every human Spirit "left" Source Mind and will ultimately return to Source Mind during the Divine and Perfect process of Evolution through Experience, during which the search for the Truth of Who we are, why we are here and where we are going is a central focus.

Billions currently approach Truth through religion, others through science, yet more through esoteric and other groups of which "New Age" is a current favourite.

But may Truth be found and realised within these paradigms?

No is the short but honest answer. Elements of Truth may be present, if they are recognised for what they are, but not the absolute Truth.

Humans in general can only comprehend the Truth at a level corresponding to their current level of Evolution - which it is and must be - and therefore ability to comprehend anything greater than current experience and grasp of the Truth.

Most importantly however know this.

Each and everyone one of us is already complete, fully inclusive, encompassing All That Is.

There is nothing "outside" of us in any way.

Spiritual Evolution therefore is but a measure of ability to connect with, and realise the Truth as well as to Express from and through The All, anything we wish to Experience.

Everything I share with you, without exception, I know, beyond all doubt to be the Truth. But you must still realise that Truth for yourself before you can or should accept it.

Everyone recognises the Truth intuitively, but many refuse to accept their own inner guidance simply because it goes against a lifetime of programming - especially religion.

The only way to realise the Truth is to set aside that programming, and open your Mind and Spirit, without preconceived ideas, beliefs, prejudices etc, to connect deeply within.

I broke my programming at the age of 8 years, rejected religion and all other human constructs, doctrines and control systems, and thus aligned myself with my Inner Being and Source, which is where I have been aligned ever since and now share with you.

The Our Ultimate Reality Newsletters

This week I am going to conclude your newsletter not with my own words, but, for a change, with those of the 12 years of age girl I introduced you to last week - Akiane.

Akiane was never programmed. Her parents recognised who she is and why she is here from an early age, at least from her first drawing aged 3 year.

I would like you to know that every Child of the Universe has this potential - it is you, the parent, who decides whether the latent potential of your children is realised or not. This is particularly true between birth and 7 years.

This is what Akiane says about the Search for Truth accompanying her painting:

http://www.akiane.com/paintings/age_12/age12_09.htm

Search for Truth

“Search for Truth” is a painting about humanity’s search for the origin, destiny, and meaning of life.

It is a story of how we look for the truth and how we treat others as they also try to discover it.

With so many scientific achievements we know so little of where we came from and where we are going. But we know even less of the most important discovery of all – Love. Only Love can accept our differences as we journey through life. And only Love can allow space for our growth.

The astronaut here represents many of us searching for truth in a controlling way. Although we are still searching, we are convinced that we have already discovered the truth and that everyone should believe it only our way. And believe it at any cost.

Just like this man, we stand on a strange little planet trying to possess it.

Like a giant we trample on the flowers reaching for light that represent meek and gentle souls ruled by the ignorant, the cunning, the powerful, the prideful, or the aggressive.

Sadly, most of the tiny planet is already trampled.

Through his stiff and cumbersome space suit the astronaut is not able to touch and smell the blossoms and is able to view them only through his shatter-proof mask.

The Our Ultimate Reality Newsletters

He presumes the air here is toxic and void of life. So he fears to remove his suit and get contaminated. Yet despite his great knowledge he has not figured out that if flowers bloom, then he too would be able to breathe safely.

Even though he dwarfs the planet of flowers, he himself gets dwarfed by a grand space of galaxies and mysteries, which I portrayed through many reality designs including two sets of DNA where divine and human lives interact continuously.

I believe everyone should have an opportunity to search for truth their own way. Humility, peace, child-like enthusiasm, acceptance, and sincerity is the true infinity engine!

And this is the poem that Akiane, aged 12, so beautifully wrote:

Reflections for “Search for Truth”

*Not to allow anyone to the light
or to force someone to the light
is dictatorship!*

*So much time is spent on belief.
So little time is spent on love!*

*During a race
where everyone holds their own truth,
the finish line is a surprise.*

*The pride never leads,
never submits,
and never leaves.*

*Indifference
is a quarantined difference.*

*We cannot teach a flower
how to grow.
We can only learn from it.*

*Before pride waves a white flag,
it waves all other colors.*

*True passions
do not deprive love.*

The Our Ultimate Reality Newsletters

*A message from a flower:
"Do not pick me.
I want to live."*

*No insensitive pursuit
has a true purpose.*

*Logic of impression
has no confidence
in confronting the opposites.*

*Pride creates its own time
to waste.*

*Consuming the dream,
but not sharing it,
the truth still withers.*

*Impatience is patient with arrogance
that hides presents in the wounds it inflicts.*

*According to your script,
everyone plays your life
until you cover the whole stage.*

*Dominations take over
misunderstandings.*

*How can we chase freedom,
if we are never allowed to run?*

Prejudice is prideful.

*Restless like a horizon
we weaken each other with strife.*

*Digging ditches
evaporates all absolutes.*

*Those that expose themselves
as knowing the truth,
lose the battle of innocence and humility
and eventually pull a trigger at the universe.*

*Wisdom chooses the unknown
to be its reason.*

The Our Ultimate Reality Newsletters

*If you keep your love in a frame,
it will take you an eternity
to cool off from yourself.*

*Without truth we are without vows.
Without the vows we are without protection.*

*Purpose of life
is patience of loving existence*

*A thriving heart breaks
while being fixed.*

*Pride releases shallow apology –
not repentance.*

*Iron hearts get eventually pulled back
to the magnet soul.*

*We have countless laws that try forcing love
to change unbreakable promises.*

*Even though no one moves forward,
truth is perverted to bypass time.*

*Attending spotlight in a mask
one crinkles audience like paper.*

*It is never possible
for real self-centeredness to sacrifice.
The selfishness has high self-esteem,
but no self-control,
and it knows its worth
only through controlling others.*

*Most problems surface
because of tyranny.*

*Each time I balance myself,
there is someone ready to change me.
But to be allowed
to change on our own is to breathe.*

*Those things
that do not understand beauty
disconnect us from the truth.*

The Our Ultimate Reality Newsletters

***Before you dim a lantern
spend the life as a moth.***

These are the words of a 12 years of age girl, but an advanced, Eternal, Divine Spirit.

These same words reside within your own children as they reside within you also, waiting to be discovered and realised.

But first you must completely dispose of your existing programming, see your life, reality and Universe through fresh eyes, not dimmed by human instruments of darkness that exist only to keep you imprisoned in the dark where you may be most easily controlled.

Always remember - we can always take a light, a candle for example, in to a dark room, and no matter how dark the room the light will always illuminate it. It is impossible however to take darkness in to a room of Light and make it darker.

The Our Ultimate Reality Newsletters

26 April 2009. The Truth About "Matter"

Welcome to your newsletter. I do hope you have enjoyed a wonderful week.

Many of you are sensing or at least beginning to sense by now the great changes that are occurring in the World today at all levels. Many know others who are commenting on the changes, wondering exactly what is happening and what actions can be taken.

The truth though is this - it is absolutely critical not to focus on the dramas of the "outside world", whatever form they take. Whatever we focus on we attract even more.

The only places to focus instead to focus are within, on the most positive wishes and dreams, and above all without fears, worries or any thoughts of a negative nature.

The physical world, indeed the physical Universe, as with the Astral worlds, the "afterlife", are of the collective making of humanity. They do not exist except in the Mind, and have no basis in fact except to the extent everyone believes that have.

In this weeks newsletter we will take a look at this apparent paradox in more detail by taking a brief look at the true nature of what people regard as "matter".

In general terms, we should only focus on the bigger picture, on our own experience and that of our family, of the forthcoming transition, and above all sharing this knowledge with others that they may have the opportunity to make the same choices.

So please do share this newsletter with everyone you know, thereby at least offering the same opportunity that you and your family have been provided with in the past, that they may decide for themselves and make their own choices out of Divine Freewill.

"Matter" not only forms the basis of the apparent "solidity" or "tangibility" of your surroundings, your physical world, your experience, but of the mainstream sciences, including, but not limited to chemistry, biology and the materially based sciences.

Even physics, whether conventional or theoretical, has its basis within the context of a three dimensional, material framework - the Newtonian Universe.

So the first question we must ask then is what is the "matter" that you have come to accept as "solid" and "real" and therefore the basis of your existence, or experience?

This is actually an extremely relevant question.

Every "thing" that people believe to be "solid" and "real", and indeed the basis of their very existence and experience is made of what we are told is "solid" matter.

Your home seems to be "solid", your car seems to be "solid", even your body and the bodies of those around you seem to be "solid" enough.

The Our Ultimate Reality Newsletters

The question of "matter" and "solidity" is also extremely relevant from the perspective of "creating" your "reality", since your experience is entirely with reference to material "things", the perception being that in order to influence these material things in the desired direction, "matter" itself, which is deemed to be "solid" must also be influenced.

Now look around you for a minute.

What do you "see" or think you "see"?

Your PC, desk, chairs, walls, door, even your drink and food - indeed everything around you seems to be "solid" or "tangible" in some way. After all you can see it, touch it, hear it, and in the case of your food you can even taste and smell it, and therefore surely it must be "real" - but is really real?

In order to begin to arrive at answers to these questions we must ask further questions.

What is "matter"?

What is "matter" made of?

"Molecules and atoms" you may reply.

But what are "molecules" and "atoms" made of?

If you know much about physics you may reply "sub-atomic particles".

You may even go on to mention protons, neutrons, electrons, quarks, leptons and so on - the "particles" so far observed by science.

But if we view down in to the nature of matter, of any "solid object" far enough, we finally see that in reality, what you believed to be solid "matter" or material, is actually more like the Russian "Nested Doll" also known as the "Matryoshka" or "Babushka" Doll.

A Matryoshka Doll is a hollow figurine that contains within it several and progressively smaller figurines. So if you open the outer "figurine" you will find a smaller version inside, and so on down through the various layers of dolls until reaching the innermost doll.

Usually there are a total of seven such dolls in a nested arrangement.

Now the number 7 is actually very significant in the greater scheme of things and may be regarded as a "Divine" number - to the extent that "numbers" are applicable in a universal context.

Now let us look at a specific example of this.
Take a look at the desk upon which your PC sits.

The Our Ultimate Reality Newsletters

What is it "made" of?

"Wood" you might say.

Let us now assume that you have an extremely powerful microscope that you can place upon the surface of the desk and you look in to the lens.

What do you see now?

First you will see the "grain" of the wood, but as you progressively increase the magnification you would begin to see the cells of the wood, keeping in mind that "wood" is an "organic material" just like your own body.

As you continue to increase the magnification further you would see the sub-cellular structure such as the nucleus of the individual cells.

Increase the magnification still further and you begin to see the atomic structure of the molecule.

Continue to increase magnification still further and the nucleus of the atom comes in to view together with its subatomic components or "particles", protons, neutrons and electrons, all "orbiting" the atom as planets orbit the Sun.

Continuing to increase magnification still further, to drill further down beyond the primary subatomic nucleus level, we find even more basic particles known as a "quarks" associated with the protons.

In the case of a proton you may notice associated quarks - one of which moves in an "upward" direction, and the remaining two moving in a "downwards" direction.

Now you may wonder what holds the atom together. After all, with all this spinning and orbiting going on, these subatomic particles could simply "spin-off" somewhere.

If you return to our super-high powered microscope and increase the magnification even further, then we see that there is a sort of a subatomic "superglue" present, keeping all the subatomic elements of the atom "glued" in place within the nucleus. These are appropriately called "gluons".

If you now continue to increase magnification still further, suddenly you notice that there is nothing left but empty space.

Actually the "space" is not "empty" at all - nowhere in the Universe - in All Existence - is "empty", in absolute terms, what appears to be "space" is "filled" by a seamless continuum of what we may refer to in absolute terms as "Energy".

A Quanta of Energy may be considered to be the most fundamental and discreet "unit" of Energy of which All is ultimately comprised.

The Our Ultimate Reality Newsletters

So what then does this tell us about the nature of what you think of as a "desk".

Quite simply that the "desk" has no "solid" or "tangible" or even "real" basis in fact.

The desk instead is 99.99....% comprised of "nothingness", "glued" together, under certain circumstances - conscious observation - but only in a transient form, and only at the equivalent "level" or perspective which it is being "observed" or "experienced".

So what does this imply about the nature of "matter" generally if the desk is not as "real" as you first believed it to be?

Surely then nothing you regard as "matter" and therefore "reality" is really as real as you first believed it to be.

But herein is the first paradox.

The desk actually has no basis in fact except to the extent that you believe it has.

It is only your "belief" that the desk is "real", that it "exists", and that it is where you "expect" it to be that actually causes it to appear "real".

If you did not believe the desk to be "real" then the desk would not and could not appear to you as "real", tangible or "solid" in any way.

How can this be?

Quantum Mechanics has conclusively proven, beyond all doubt, that "matter" does not exist, "space" does not exist, "time" does not exist, "mass" does not exist and "gravity" does not exist.

The native state of the Universe is a continuous Waveform of Energy - Universal Life Energy - known as the "Quantum Field".

The Quantum Field originates from Source Mind, at the highest level of vibration, radiating outwards, vibratory frequency slowing as it does so, until finally attaining a vibratory frequency of such a low rate, that it gains the potential to appear to differentiate in to what people think of as "matter".

But does Energy really differentiate in to "matter"?

In a word - no.

The entire Quantum Field, Energy, in all Spheres of The All, exists only as "Quantum Potential", an infinite superposition of Energy of infinite possibility, that does not become Experiential in some way unless a certain condition is satisfied.

What then is this condition?

The Our Ultimate Reality Newsletters

This condition is "observation".

How does this process work?

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

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

As the computer programming community saying goes "garbage in, garbage out". So the data sent for the attention of Subconscious Mind, which is infinitely intelligent but can only act upon what it receives or perceives, is "scrambled", along with any necessary output processes such as "speech", motion, recognition and so on.

The "Mind" is still intact as is consciousness and intelligence, but as with a computer - if a circuit board or memory module, or other component becomes faulty, the data being output cannot be relied upon or may even present a totally erroneous output resulting in confusion, disorientation, dissociation etc as for example happens under the influence of alcohol, hallucinogenic, psychoactive or other "mind altering" substances.

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

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

Ultimately however it is the Conscious Sphere of Mind - the Ego - which both determines and accepts the nature of its own experience, so it is in fact a self-perpetuating illusion, the nature of which becomes more interesting as we will see later.

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

The Our Ultimate Reality Newsletters

"Mentally disabled" people are not actually "mentally disabled" at all - they are "brain disabled". Such people experience perfectly "normal" dreams as everyone else, simply because dreams originate within the sphere of the Subconscious Mind and experienced by the Conscious Mind, not at some notional point in the organic brain.

The same applies to all physical or mental disabilities. Once a person is freed from the organic shell of a body, they are freed from all restrictions, except to the extent that their Mind still believes that they are subject to them - this is usually quite transient.

Lengthening or slowing of brainwave activity, as takes place during deep relaxation, day dreaming, meditation, trance and sleep, facilitates an expansion of consciousness and awareness, beyond the narrow confines imposed by waking brainwave activity. This is also the basis of what are known as "mystical", metaphysical, or even "occult" abilities, even though these abilities are completely natural and latently available to everyone. Most at this time remain unaware of these latent abilities, unlike our ancient ancestors, native tribes, and of course dedicated practitioners.

Moving on with the process of perceiving experience - the composite image from the organic brain is presented to the Subconscious Sphere of Mind, which then applies a set of learned filters based upon the lifetime of acquired beliefs, expectations, intentions and all those other learned and programmed feelings, beliefs, thoughts, prejudices, expectations, reinforced by the emotions, from the Sphere of the Conscious Mind - this is a continual process - before "forwarding" it to the Conscious Mind as the completed image, with all expected beliefs, biases, expectations reflected and fully "factored in", which the Conscious Mind, the Ego, happily accepts as "experience" in that moment.

We have been discussing "objects" within the context of "space-time" - the physical Universe of matter and associated particles.

However, as we will later discuss, "space-time" itself does not even exist, and therefore the entire space-time paradigm of the material or "particle" based sciences cannot possibly and indeed does not exist in absolute terms.

The native state of The All, The Whole, Universal Mind is in the form of Waves of Energy of Infinite Potential.

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

What humans, and therefore science regards as "matter" is nothing more or less than the way in which the extremely limited human Conscious Mind interprets the "data" presented through the crude mediation of the five physical senses which make it seem "real".

Only Energy as Waves is Native and Real, Energy as Particles is collapsed, and unreal, therefore nothing that is unreal can be true.

The Our Ultimate Reality Newsletters

11 May 2009. No Time To Lose

Welcome to your newsletter. I do hope you have enjoyed a wonderful week.

All too many people it seems connect their moods with the weather, feeling miserable if it is cloudy and wet, and happy if the Sun shines and it is pleasantly warm.

While this is understandable, it is also completely relative to expectations, and not to what the "elements" happen to be doing outside.

If you live in a climate where it is sunny and hot most of the time you may regard a few days of wet weather as miserable. Yet if you live in the far northern hemisphere you may regard a few days of sunshine and warm weather as almost miraculous.

Where I live for example the weather is still more like winter, but we are nearer Summer. Between July and September we may see three consecutive days of Sun where the temperature might reach as high as 20 degrees Celsius. Adults here "endure" 9 months of cool, cloudy, wet and windy weather in the hope of 3 months of better weather.

Yet the children here play happily in all weathers. They do not see sun, rain or wind, only boundless joy, wonder and opportunity - from which adults can learn much.

To be miserable or resentful about any experience is to reject life itself, and your experience will always reflect that in your health, abundance, relationships and more.

The Sun, the Central Sun always shines brightly within, and as long as we discover and embrace that Source of all Energy within, the Sun will always shine in our lives without.

So we should always be grateful for everything, and celebrate life - whatever the five physical senses say to the contrary.

I would like to extend a very warm welcome to all new members of this newsletter. I do Last Thursday was my birthday, where I would generally be considered to be "53 years old".

Of course birthdays, especially as the "years pass", generally attract well meaning comments such as "another year older" and so on, which set me thinking about the nature of "time" generally, especially as so many people live their lives by the clock and the calendar.

It is the concept and acknowledgment of time in fact that gives rise to the phenomena known as "aging", which in turn is reinforced by "birthdays".

Right from birth the very process of physical aging is constantly being reinforced by "birthdays", where a child is presented with a cake with another candle, symbolising

The Our Ultimate Reality Newsletters

being another "year old", children are taken to see aging relatives and notice how "old" they look, a child is told that they are allowed to do certain things and certain ages and so on. So from birth the concept of time and aging is firmly reinforced.

The concept of aging is further reinforced by a relentless procession of "vanity products" on TV and elsewhere, promising to make you look and feel younger in some way.

As we have discussed before, it is a fact that every cell in our body is renewed every few years at the most, usually in days, weeks or months, so how can aging occur at all?

The short answer is that the Subconscious Mind will always "model" the body on the latest "blueprint", which in turn is modelled by ongoing thoughts, feelings and attitudes.

So today I thought it would be a good idea to place "time" in to a proper perspective.

Now the role of "time" must be considered to be of relevance, in that the very nature of "time" is, according to contemporary thinking, intimately linked with the three dimensions of "space" and therefore of "matter" itself.

For the last few hundred years at least, humans have attempted attempt to reduce the concept of "time" to an objective experience by arbitrarily introducing methods of "time" measurement based upon the relationships between the Earth, the Moon and the Sun.

The "history" of "time measurement" can actually be traced back thousands of years whereby the passage of time, as well as larger units of "time" such as the "seasons" by measuring the relative position of the Sun to fixed positions on Earth.

One of the simplest devices to measure the "passage of time" - actually to measure the passage of the Sun across the sky - is the "sundial".

Many ancient civilisations developed much more complex stone built structures, not only to measure the passage of time at a micro level - minutes, hours, days etc, but also at increasing levels on a macro scale - months, seasons and so on through the construction of large stone circles, positioned in accordance with Sun, Moon, Stars and other cosmic entities. Stonehenge is such an structure.

There has, over the course of the last 5000 years or so, been many ancient civilisations - some known, some not yet known - who have made use of stone structures of varying levels of complexity, which typically include observation points of even full observatories, enabling them to not only measure cycles of "time" as experienced n Earth, but also cosmic cycles, some of which have the potential to influence Earth in various ways.

All "cycles" are fundamentally Energy structures which have the potential to exert an energetic influence over Earth in some way.

The Our Ultimate Reality Newsletters

Setting aside the "lost civilisations", the attainments of which, in the absence of any tangible evidence so far remain only matter of speculation, and as such cannot be included, by far the greatest known civilisation relating to the measurement of cosmic cycles ranging from the micro to macro levels are the Classic or Ancient Maya civilisation of Central America.

This is the same civilisation which is most infamously associated with the 21 December 2012 date representing "the end of the Mayan Calendar".

In the interests of completeness we should note that this iconic date - 21 December 2012 - does not represent the "end of the Mayan Calendar" or the "end" of anything else, and neither is it "the" Mayan Calendar.

The "calendar" in question is in fact the Mayan "Long Count Calendar", which is only one in a whole series of calendars, or more specifically "calendrical systems", measures a cycle of around, but not precisely 25,800 years, based upon the relationship between Earth, and therefore Sun and Solar system, with the centre of our Galaxy.

This is not simply some academic exercise on the part of the Mayan civilisation - the true nature and history of which extends far beyond that which most people realise from the archaeological remains and records to the extent they were not destroyed by the church, but rather a very serious measurement of a cycle of Energy which has the potential, and always is, highly transformative.

The Classic Maya were the most brilliant and advanced cosmologists that ever lived. They predicted cosmological events at levels ranging from Earth time, solar system, and galactic with such extreme accuracy that is not even possible today with the benefit of all the most advanced scientific "equipment" in the world.

Yes the Classic Maya did not even have "metal". Everything they achieved they did so using stone to build the structures forming the basis of their sciences.

Getting back to the central subject of "time", the Maya did not share the obsession of "modern" humans with "time keeping". Mayan chronology was the measurement and prediction of cycles of Energy that had the inherent potential to influence them in some way, either immediately or at some point in the future, as, for example, 21 December 2012.

Of course, although the Mayan Civilisation is alive and well, the Maya responsible for these great calendrical systems would never survive to see the outcome of "2012", and they knew they wouldn't. They knew, from the measurement of a cycle of Energy, that their own epoch would end long "before" that iconic date, but their legacy would live on.

The Classic Maya never, ever made "prophecies", only "scientific predictions" of which 21 December 2012 is a pivotal example.

The Our Ultimate Reality Newsletters

In "modern" times the infatuation of people with "time", which is in reality is no more than a "concept", has wrought all manner of confusion and misery upon humanity, equalled only by the illusion of "separation".

If "time" is so important to humanity, to the point where most people "live their lives" by it, surely it would be helpful to know what "time" is - or is not.

The basis of "time" as subscribed to by most humans is a construct arbitrarily derived from the relationship of a "place" on planet Earth in relation to the observed positions of Sun and Moon.

But is this treatment of "time" realistic?

Is "time" really a mechanical, fixed process?

Most importantly, is "time" a constant?

This is a crucial question, because if we accept the fact that there are only one "set" of immutable Universal Principles regulating All That Is, then for "time" to be Principle it must also be a constant, which exerts the same influence irrespective of where it is experienced, observed or measured.

Consider this scenario then.

If you were to place yourself in a room without windows, clocks or other mechanical means, with a fixed level of ambient lighting, and no mechanical means of measuring "time" - what happens to your perception of "time"?

Very quickly you have no idea what "minute" or "hour" it was. Soon you would lose track of what "day" it was followed by loss of orientation with the concept of "weeks" or "months", and eventually even years.

You could take a guess of course, but you would invariably be wrong due to lack of reference points. As your isolation progresses, any best guesses" about "time", "date", "year" would become increasingly flawed to the point of becoming meaningless.

This proves that once we remove all human mechanical reference points, "time" itself immediately becomes totally meaningless.

I would go as far as to suggest that even if the best scientists in the world were placed in the enclosed room, of fixed ambient characteristics, with access to any scientific instruments of their choosing, except for computers, clocks and other means of measuring "time", then these scientists would not be able to objectively define or quantify time as a constant or Principle.

The Our Ultimate Reality Newsletters

Neurotransmitters in the brain that regulate sleep and waking cycles - melatonin, serotonin for example - would reset, resulting in a loss of all orientation with the previous concept of "time".

Without a reference to "time" some may become disoriented or even distressed, and perhaps, in some cases ultimately psychotic.

Let us consider the human concept of "time" in its proper perspective.

Again, "time" is a human construct, for the purposes of convenience, that makes use of arbitrary reference points in the sky - notable Sun and Moon taken together with the rotation of the Earth.

Now how then would "time" look if, instead of living on Earth we lived on say Jupiter instead - assuming, for the purposes of this illustration, that Jupiter could support human life.

Jupiter is many times the size and mass of Earth, with a completely different speed of rotation, distance from the Sun, numerous "moons" and so on.

How would your clocks and calendars, if constructed in the same way as those on Earth, appear then?

Well clearly they would be unrecognisable different.

Due to the speed of rotation of Jupiter vis a vis Earth, a "day" on Earth which is considered to be 24 "hours" in duration, would, notwithstanding the much greater circumference of Jupiter, is only 9.9 hours.

But sure an "hour" is, in and of itself, a construct of Earth humans, so who is to say that an Earth Gregorian hour is more of a "standard" than a Jovian hour?

But what about a "year" on Jupiter.

Well Jupiter takes the equivalent of nearly 12 Earth years to orbit the Sun, so one Jupiter year is equal to 12 Earth years.

But again - that observation is based on the presumption that the "Earth" year is the basis of the definition of a "year".

It should be readily apparent then that the measurement of "time" on Earth is completely different to the measurement of "time" on Jupiter, and accordingly clocks and calendars designed for one, would be completely almost completely useless for the other.

So is "time" correct on Earth?

The Our Ultimate Reality Newsletters

Or is "time" correct on Jupiter?

Or none of the above?

Well clearly it is none of the above.

"Time", as measured mechanically, can never be "correct", in other words a constant, a Principle, because no matter where in the physical Universe it is measured in accordance with human constructs, it will always be different to greater or lesser degrees.

So now we must consider the "experience" of "time".

We have already discussed how being isolated in an enclosed, constant environment influences the experience of "time, but how about other influences based upon experience itself?

What happens to your perception of "time" if you are really enjoying yourself, engaged in an activity you are really passionate about?

Time is said to "fly by".

Conversely, if you are engaged in a really mundane or boring activity, or something you dislike doing and wish you were not doing, what happens to your experience of "time" then?

It seems to "drag on forever".

The reason humans feel "tired" at "night" and "awake" during the day, is not due to the relative positions of the hands on your clock, but rather because Conscious sphere of Mind activity has convinced Subconscious sphere of Mind activity that "time" is in fact "real", and henceforth shall be "measured in a certain way", based upon the observation of clocks of various types, and with reference to photons of Energy entering the eyes as "light", or absence of photons as a lack of "light".

Subconsciousness then reproduces those expectations by programming the biorhythms of the organic body through the manipulation of amino acids, neurotransmitters in the brain such as melatonin, serotonin and dopamine, which in turn provides the conscious experience of "wakefulness", "sleepiness" and mental alertness.

These are also related to "brainwave" frequencies as we will discuss later.

So clearly, the only possible conclusion is that the very nature of time is always inexorably linked.

The Our Ultimate Reality Newsletters

1. The way "time" is experienced in accordance with the perceived nature of the current situation - e.g. enjoyable, boring, tedious etc.
2. The way you have programmed your Subconscious Mind to process the experience of time using many different fixed and experiential reference points. e.g. You may always find work "tedious" and therefore "5:00pm cannot come fast enough".
3. The way time is measured using arbitrary reference points.

Since experience itself varies infinitely not only within the context of one person, but all people, then "time" cannot possibly be "fixed" or quantifiable in any way, because there can never be a single point of reference.

"Time" therefore is a qualitative not a quantitative experience.

If we then look at "time" dispassionately, we can clearly see that:

Time cannot be a constant.

Time can never be objective.

Time cannot be, and is not Principle.

In short, "time" is exclusively a subjective experience.

So what are the further ramifications on this relative to your previous concept of "time".

If "time" and "space" really are connected, and "time" is subjective, then "space", matter, "things" must be also subjective.

So you must never concern yourself with being "delayed" because, in truth, looked at dispassionately, there is really "no time to lose".

But again, as with matter, and as we will later discuss, "space-time" in and of itself does not even exist in anything other than a transient form under the influence of an observer - actually Mind.

The entire physical Universe is simple Energy Waveforms transiently collapsed into the transient, illusory, temporality and locality of a particle based environment.

If "space-time" does not exist, and therefore the physical Newtonian Universe does not exist, "time" cannot exist by itself and neither can space.

As discussed before, and as we will discuss in more depth later, "Space-time" is Native Universal Energy collapsed from Wave to particles, which is in a transient state, and therefore not "real".

The Our Ultimate Reality Newsletters

Only Energy as Waves is Native and Real, Energy as Particles is collapsed, and unreal, therefore nothing that is unreal can be true.

As Werner Heisenberg said - "Atoms are not things, they are only tendencies". And of course he was and is absolutely correct.

As "space" and "time" and therefore "matter" do not have any objective or fundamental basis in fact, there can be no "laws" or "rules" or equations that regulate matter. Matter is an illusion.

The Our Ultimate Reality Newsletters

17 May 2009. The Biggest Apple

Welcome to your newsletter, I do hope you have enjoyed a wonderful, abundant and healthy week.

From time to time we should remind ourselves that whatever we experience today is the direct result of our previous thoughts, feelings and emotions, although of course in reality there is only Now.

Once we fully accept that truth, and that no other person or people - again erroneous because we are all one, and everyone we encounter is an aspect and reflection of ourselves.

Providing our thoughts are consistent with our wishes, and we accept every experience as a an opportunity to learn, and every person as a mirror image of ourselves, then we have the basis upon which we can enjoy total control over our own experience.

I would like to welcome all new members to this newsletter. New members number well in to the thousands during this last week alone, and it is truly wonderful to see so many people awakening to the true nature of what we call "life" and taking the first crucial steps towards total empowerment and the freedom and joy it brings.

The very greatest Service you can offer here on Earth - and this is confirmed consistently from the Beings of Light within, is to show people the true path and reason for being here, which, during these transitional times have never been more profound.

So please forward this newsletter to all those you Love and are about, and if you really wish to achieve something very special for yourself, forward this newsletter to all those who you think you do not Love or Care about - they are still part of and a reflection of you.

I rarely mention my book these days, but it is a great source of joy that I receive numerous messages each week from people who regard my book as their definitive guide for their life and reason for being here, and tell me how life changing it is. Details of my book for yourself or as a gift to others can be found on this page:

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

One of the most used but yet misunderstood words in the context of defining the nature of "reality" is the "Universe".

When most people think of the Universe think in terms of the 3 dimensional Newtonian Universe of matter, with its stars, planets, moons and other cosmic matter.

The Our Ultimate Reality Newsletters

In fact the entire basis of mainstream science is closely related and connected to this perception of the Universe.

In reality however, the Newtonian Universe of matter actually represents just a tiny fraction of the Universe as a whole.

To those still thinking in terms of the observable, physical Universe, it is often difficult to conceptualise anything greater or indeed different.

A familiar metaphor that I have often applied is that of an Apple.

Why an Apple?

The humble Apple is a truly excellent and very familiar metaphor for describing the nature or more specifically structure of the Universe as a whole, beyond the enclosed and restricted three dimensions plus time framework of mainstream Newtonian science.

If we let the Apple represent the entire, complete "Universe" of "All that Is" - "All in Creation", "All in Existence" if you prefer - then this then is what we may observe:

At the very "Core" of the Apple is Source Mind, First Cause, Supreme Intelligence, Prime Expression - in terms of Quantum Mechanics, Prime Observer - the Only True Objective Reality.

All Experience commencing with the so called physical Universe up to, and immediately before the highest vibration of Source is subjective. The ultimate purpose of all Life is to reunite with Source at which Moment the Subjective Personality gives way to the Ultimate Objective, All Encompassing Reality.

This is the process described in my book Our Ultimate Reality, Life, the Universe and Destiny of Mankind.

Now let us further consider our Apple metaphor in the context of the Greater Universe - The Whole - All That Is.

An Apple is characterised first and foremost by a smooth, shiny, waxy outer "skin" which differentiates from another fruit, say an Orange.

If we pierce the skin of the Apple, its tough but very thin outer membrane, we find the flesh of the Apple, characterised by a continuum of tasty white organic matter.

If we continue to progress deeper and deeper in to the flesh of the Apple, which represents the majority, we eventually reach the Core of the Apple where we find its seeds.

So how then does this metaphor translate and relate to the Universe as a Whole?

The Our Ultimate Reality Newsletters

At the very centre of the Apple then is the Core.

The Core of the Apple represents Source Mind, First Cause, Prime Expression, Prime Observer, where may be found the seeds and therefore the origin of All Life in the Universe as a Whole.

The Core of the Apple may therefore be regarded as the Core and the Source, a Source and origin of All Life, the Supreme Guiding Intelligence from which All is Expressed.

Again, the Core of the Apple is characterised by the very highest possible Vibratory Frequency of Energy.

Moving outwards, the flesh of the Apple is analogous to the vast majority of "All Creation" within the Universe as a Whole - the 99.99999%.... of the Universal Energy Spectrum "between" the core and the skin.

Let the flesh of the Apple then represent the Infinite Continuum of Energy, the fundamental characteristic of which is Vibration, as measured by Frequency.

I would like to note however that the Native State of Energy is a Continuous Waveform of Infinite Possibility, which, under the influence of Observation first become Probability, and finally Experience, which, in the context of the physical Universe, is the local, temporal collapsing of the Unified Quantum Waveform in to Particles. As soon as Observation, either Personal or Collective is withdrawn, the Quantum Field becomes Unified once again in to a Waveform.

Since the Native and therefore only sustainable State of the Universe is as a Waveform, then what appears to be the Physical Universe actually has no basis in fact - it is not real.

So when we talk about the skin of the Apple, we are talking about that lowest vibration of the Universe which uniquely has the potential but not the certainty to differentiate in to what humans call matter, but which is reality does not exist.

The entire Universe exists then only as an infinite superposition of possibilities, until such moment that a consciousness causes an observation at some level. The Suns, Stars, Planets and other cosmic bodies are the result of, and perpetuated by High Level sustained observation by much "Higher" beings.

A Galaxy for example may be the Observation by a Highly Evolved Being.

Your local experience is the result of your own temporal observations fuelled by thoughts, feelings and emotions and other Mind potential.

This is of course empowering, because once you know that you can "Observe" your wishes, needs and desires in to your Experience, then all things are possible.

The Our Ultimate Reality Newsletters

The Observer is not the "eyes" but the Subconscious Mind. It is always the task of the Subconscious Mind to ensure that your Experience matches your Expectations.

Getting back to the flesh, the majority of the Apple, here may be found the region analogous to the Infinitely diverse Spheres of Life, Mind, Consciousness and Being, far beyond the reach of normal conscious human perception or comprehension, and certainly far beyond the scope of detection of any scientific instruments.

Mainstream Science has no basis. There is only One "instrument" capable of exploring this Infinite, Unified, Continuum of Energy Waveform - Mind. Every human is thus equipped.

It is within this continuum of Energy Frequency between the skin and the core, that the Universe "proper" continues, with infinite diversity, but all intimately connected as One, and with the same ultimate objective and reason for Being - to reunite with the Core.

The extremely diverse and infinite nature of this "inner flesh" of the Universe is beyond the scope of a single chapter of this book, but suffice it to say that these are Spheres of Glory, Bliss and Harmony beyond the remotest comprehension of the Conscious Earthly Human Mind. However, Every Higher Self knows, and Whose objective it is to complete the "Earth phase" of Its Evolution through as few personalities, incarnations as possible, and to progress along the path of inner Evolution - through the flesh of our Universal Apple.

From an Energy perspective, as we travel from the skin of the Apple to the Core, Vibratory Frequency progressively increases, as does "resolution" of Energy under the Observation of Mind, along with the realisable potential for powers, abilities and experiences, again, way beyond the current comprehension of humans focused on Earth.

Now of particular interest to you on Earth is the skin of this Big Apple, because it represents the "skin of the universe" - the three dimensional Newtonian Universe of three dimensions of matter plus time - where most humans believe they "live, experience and die".

In the context of both the Apple and the Universe as a Whole, this outer skin, this membrane, this apparent "solid", "material", "tangible" environment that people know and believe they experience in the context of their own experience as Earth, this skin has special properties of interest, from both the perspective of mainstream science and Quantum Mechanics.

From the perspective of mainstream science, and indeed of all humans "living on Earth", the skin of the Apple, the material Universe, is recognised and experienced in the context of its apparently "solid objects", which are deemed to be composed of "atoms", "molecules" and "compounds" giving rise to "matter", which of course is equally deemed also to apply to the entire "physical Universe".

The Our Ultimate Reality Newsletters

So how then, from a quantum perspective did the potential for this "special" or even apparently "anomalous" outer level of the Whole Universe happen?

Well to understand this we need to take a look at what "happened" "in the beginning".

Now let me say right away that "beginning" is, in and of itself an erroneous concept, simply because "beginning" is an entirely erroneous duality, "time" based concept.

In fact there is no "time" anywhere in the Universe, in any Sphere of life or reality, except to the extent that it is subjectively experienced, and so accordingly there "was" no "beginning" and there "will be" no "end".

The Whole Universe is Eternal relative to Source Mind, an Eternal Expression of Source Mind, again without "beginning" or "end". This also applies to the physical Newtonian Universe, notwithstanding the best efforts of science to identify, measure and chronologically pinpoint the so called "big bang".

Now we have that clear what was this "special" circumstance that gave rise to the physical Universe?

As Energy "radiates" "outwards" or "away" from its Source, the Vibratory Frequency of the Energy progressively slows, along with its potential resolution and responsiveness to Mind Principle, the Observer, until finally Energy attains the Potential, but not necessarily the actuality, to "differentiate" in to what you know as "matter", giving rise not only to this planet Earth, but the entire "material" three dimensional physical Universe.

The great Quantum Physicist David Bohm shared with us a wonderful, appropriate and highly perceptive metaphor for the Quantum State characterised by the material Universe - "Frozen Light".

The "Light" Bohm was referring to with his metaphor was not the "light" generally associated with "illumination" from the Sun, "daylight", electrical bulbs, tubes, LED's and so on, in other words not "photons of light" per se, but the Great, All Inclusive Universal Light, the Divine Light originating from the Central Sun, the very Fabric of The All, Through and in Which The All has Its Collective Being.

We may regard this Light as Quanta as opposed to photons.

So as this Energy, this Light, characterised by Infinite Potential, slowed to a certain Vibratory Frequency, it attained the potential, but again not the actuality to differentiate in to what people know and think of as "matter".

Note again, because this is crucial, that "potential" does not necessarily imply "realisation", and that the "realisation" or "experience" of "matter" is subject to a whole set of "conditions" which we will discuss in depth in later newsletters or books.

The Our Ultimate Reality Newsletters

However, we may regard the three dimensional universe plus any subjective experience of "time" as a "special circumstance". As such, special though it may be, it still nevertheless Coalesced and acquires its Potential under the Expression of Supreme Intelligence, First Cause, Prime Observer, and is accordingly as part of the "great scheme of things".

Many have no doubt read about or heard mystics in particular refer to different "planes" of life, as for example the "Astral Planes", and indeed I sometimes use the word "planes" myself in the interests of the understanding, because it is often more intuitive to think in terms of "distinct levels" rather than One Continuous Whole.

Let the Earth, and entire three dimensional Universe represent the "skin" of our "Cosmic Apple".

What lies just beneath the skin?

Just beneath the skin are the vibratory frequencies of Energy that also encompass spheres of human consciousness.

Although, for many, the first experience of these inner frequencies will be subsequent to the change known as "death", they are also readily accessible by humans, still "living" or "focused" on Earth, through an expansion and re-focusing of point of consciousness, known mystically as "Out of Body Experiences", Astral Projection. and Meditation. In addition we may include the "dream state" experienced by most people during normal sleep, and also Near death Experiences which are similar to Out of Body Experiences.

Just beneath the "skin" of the "Universal Apple" lies the "Etheric" vibratory frequency of Energy, mystically known as the "Etheric Plane". The "Etheric" is a transitional, intermediate frequency that lies between the physical "plane" and Astral Planes" vibratory frequencies, and is also known as the "afterlife".

It is "within" the Etheric that the human "Etheric" or "Energy" "body" is permanently "located", and which provided a crucial Energy "interface" between the Earth vibratory frequency and Astral vibratory frequency of the Universal Energy Continuum.

The human "Etheric" or "Energy" body acts in the capacity of a "step down transformer" system, integral to which is an Energy "grid", throughout which are located Energy "sub-stations", the major ones of which are mystically known as the "Chakras".

The Etheric vibratory frequency, or "plane", is the realm of recently "deceased" human beings in a transient and transitory condition, often known as "ghosts". Out of Body and Near Death Experiences also take place or at least commence at this group of frequencies.

Beyond the Etheric we find the so called "Astral Planes", consisting broadly of an Energy spectrum of vibratory frequencies containing the countless - and to all intents

The Our Ultimate Reality Newsletters

and purposes infinite - manifestations of the "Afterlife", where the vast majority of humans transition after the change known as "death", in accordance with the vibratory frequency of the Energy and Astral bodies, which in turn is proportional to the level of Spiritual Evolution, character, beliefs and many other factors of the person.

If Enlightenment is achieved within the context of a physical body, the person will transition almost directly to the Inner Spiritual Spheres of Life, where the great adventure and Evolution continues with the next chapter. This is the ultimate objective of every person on Earth, the only difference between people is the extent to which they know, realise and pursue Enlightenment.

It is in the Astral where most are reunited with "pre-deceased" relatives, friends, acquaintances and so on, as well as potentially numerous personalities of themselves.

The Astral is still, relative to the Big Apple, literally located "just under the skin", the difference, within the overall context of the Apple as a whole, being microscopic.

In the context of the Universe as a Whole, the entire Apple, humans are still at an extremely embryonic phase of Evolution with Everything ahead. Earth is first year of Kindergarten, but everyone must graduate before they may progress to second year of Kindergarten and then Primary School - still much education and experience ahead.

Now, before continuing, again let me once again stress again that in utilising numbers, limits, and even words such as "the", "beginning" and even "level" are. in and of themselves, fundamentally flawed, because ultimately we are referring Only to a Seamless Continuum of The Infinite where there is only Now.

These words will however suffice in the interests of understanding, and in the complete absence of more appropriate language to describe the true nature of Reality as a Whole.

Most mainstream science, even today, denies the existence of these higher levels of vibratory frequencies of Energy, simply because they can neither be measured, substantiated or otherwise quantified by the physical instruments upon which their entire paradigm rests.

Over the last few decades however, Quantum Physics and related Sciences has made, and continues to make huge strides forward.

I am firmly of the view that mainstream science is now as far from Quantum Science as mainstream science is from Spiritual Reality.

In fact the Quantum Sciences and Spiritual Sciences differ very little, except in approach and concepts, both of which are equally valid. Quantum Science is the new Spiritual Science and are both merging rapidly, as mainstream science becomes increasingly fringed, with much more in common with orthodox religion.

The Our Ultimate Reality Newsletters

As previously mentioned, David Bohm is a great pioneer in bridging Quantum and Spiritual Sciences.

Bohm's thesis on "Wholeness and the Implicate Order" remains a practical conceptual Universal model, taking into account Spheres of Energy, Vibration and Potential far beyond the confines of the Newtonian model of the physical Universe. Indeed Bohm also takes into account Consciousness which, with Mind, is Principle, and without which nothing could or would exist.

Without becoming too deeply involved in our Apple metaphor, beyond the scope of this newsletter, suffice it to say for now that it is the absolute destiny of all humans to commence the Great, Divine Journey at the skin of the Apple - analogous to Earth or other physical planet - as multiple incarnations of the Higher Self, and then, as the complete Higher Self - the Spiritual "I" - to Evolve through the seamless continuum of the "flesh" of the Apple at increasing vibratory frequencies, resolutions and realisable potential - until finally, through the process of Perfection and Evolution through Experience, made possible through the Divine Freewill with which every human is blessed, the Core of the Apple from Whence we "came" in the "beginning" is ultimately attained, and with it the potential to Reunite, or "Re-Merge" with Source Mind.

The Our Ultimate Reality Newsletters

24 May 2009. Quantum Spoon Bending

Welcome to your newsletter, I do hope you have enjoyed a wonderful, abundant and healthy week.

I would like to thank everyone for your most kind words following our newsletter of last week on "The Biggest Apple".

Many of you forwarded the newsletter to family, friends and loved ones who subsequently joined us here - I extend a very warm welcome.

Many ask me how they may be of Service to others - Service to Others before Service to Self being a fundamental Principle of Spiritual Evolution and Enlightenment. It is not necessary to devote your life in Service, or take anything out of the ordinary.

Simply showing another the Path, showing them the Light, is, in and of itself Service anyone can provide, and which can and does make a difference.

For each person you show the path, they in turn can then show many others the path, so your Service becomes exponential, and this is how Enlightenment can propagate throughout the World in readiness for the great Transition.

Again, to all of you reading this newsletter for the first time I welcome you with and invite you to join us every week by entering your details in the form on any page of our website: <http://ourultimatereality.com>

For those wishing to discover more about the nature of Life and the Universe I wrote my book, Our Ultimate Reality as a comprehensive guide for that very purpose:

This week I have a particularly busy weekend with my family, so I will be making this newsletter shorter than of late, but hopefully no less interesting and valuable.

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

Now I am sure that the title of this article will raise a few eyebrows, after all, surely "spoon bending" belongs on the stage and has nothing to do with Spiritual Evolution or Enlightenment?

Well actually spoon bending, as well as other Metaphysical abilities such as Telekinesis are extremely relevant, because they are abilities that anyone can learn but which also provide first hand experience of the same Universal principles that govern our Life and Experience itself.

Now when most people think of spoon bending they think of those who appear to concentrate for a while and then, all of a sudden, physically bend the spoon handle around several times - even the spoon bowl itself.

The Our Ultimate Reality Newsletters

Of course the sceptics would be quick to point out that physical contact and force was used, which is true, but I would challenge anyone to take a real spoon and twist it around half a dozen times, or bend the bowl of the spoon double on itself using pure strength alone. If you believe you can then I suggest that you go and try it right away.

Of course the whole accusation of trickery breaks down when we see a 7 year old child bending loops and tying knots in a thick iron bar with ease, having great fun doing it. A child knows no limitations, because they have not yet been programmed with limitations by those around them. A child is simply making use of natural abilities with joy.

Of course spoons can be bent without applying any pressure at all - it is all a matter of faith, belief and knowing.

Spoon bending is excellent proof of how the true nature of every "thing" around you, that you regard as "solid" or "real" in some way - your experience through the mediation of the five physical senses - can be "bent" or "shaped" in any way you wish, so that your experience reflects it.

To investigate this further, we need to take a very close look at the structure of the spoon, which could of course be any apparently "solid" object, going deeper and deeper until we can "drill" down in to the structure of the spoon no further.

First then we look at the surface of the spoon and note that it is composed of shiny metal.

Magnifying still further, we begin to see the atoms of the metal.

Magnifying still further we see beyond nucleus of the atom.

Magnifying still further still we see electrons orbiting the nucleus of the atom.

Magnifying still further to look inside the nucleus we see protons and neutrons.

Magnifying still further we see protons and neutrons include up and down quarks.

Magnifying still further we see that the quarks are held in place by gluons.

But when we achieve maximum magnification we see - absolutely nothing - space.

So when we look at the spoon enough, we see the atoms which the object appears to be made of comprises nothing but empty space.

In fact, as we will see next, none of the above atomic particles has any tangible form of existence anyway - so matter, and therefore all material science, is really meaningless.

The Our Ultimate Reality Newsletters

What we have just observed through progressive magnification is only observed through the very process of observation itself, otherwise it would not exist at all.

Now the reason why most people fail to bend a spoon, is exactly the same reason that most people fail in consciously creating their own experience - they believe the spoon is real, solid, and therefore cannot be bent in opposition to the laws of "physics".

However - even this is considering the "spoon" as a "spoon" comprised of particles. But here is where most people "trying" to bend a spoon will fail. In "trying" you are "trying" to "bend" the spoon at a particle level.

Since at a particle level the spoon is subject to the "laws" of the physical universe, it will be difficult to bend it. Some people succeed by transiently changing the structure of the spoon enough using visualisation to manually bend the spoon, but still this completely misses the point which is this.

The Native state of the "spoon" is quantum potential in Energy Waveform. When you "observe" a spoon the waveform "collapses" in to a temporal, local event - experience of the spoon at which point it becomes subject to physical laws. However, using the power of the Mind we can change what the spoon looks like at the Waveform level, thereby collapsing the waveform in to a bent or bending spoon, instead of a fixed spoon. It is absolutely fundamental, in all of these abilities, to "function" at the waveform level, not the particle level, because at that level you are subject to particle laws.

A further consideration is other observers. If others are watching the spoon bend, it is necessary for their sphere of Mind activity to be synchronised with yours, in order to share the alternate waveform collapsing in to the bent or bending spoon.

The Our Ultimate Reality Newsletters

07 June 2009. The Sun, Light, Life And Energy

Welcome to your newsletter, I do hope you have enjoyed a wonderful, abundant and healthy week.

I would first of all like to extend a very warm welcome to all new members to this newsletter - this week you number well in to the thousands once again.

Many new members have joined us as a direct result of existing members forwarding last week's newsletter to family, friends, co-workers and others, who subsequently decided to join us to receive the newsletter every week.

It is a fact that the vast majority of people interested in these subjects never actually publicly say so through fear of what others may think, but nevertheless are often really hungry for knowledge such as this.

We are all here to serve others before self - I realise most do not recognise that fact yet - and a very simple way to do this is simply by sharing this newsletter. Simply forward the email message with the link to this newsletter, or send them the link directly, and ask something like "I received this today from a friend - what do you think?".

There is no need to go in to detail or explain yourself - simply give them the same opportunity that you perhaps once had yourself.

As the transition of the ages continues, we are rapidly reaching that crucial pivot point where those who wish or should be on the path, should be on the path. It is never too late, but really it is best not to delay at this point in the process.

If you have received this newsletter from someone else and wish to receive it every Sunday, then you may join for yourself simply by adding your name and email address to the form on the top of any page on our site:

<http://ourultimatereality.com>

And you will also receive 7 free chapters to by book.

For anyone seeking comprehensive knowledge on the meaning of Life, my best selling book, **Our Ultimate Reality, Life, the Universe and Destiny of Mankind** will provide just that as you will see from the reviews on the Amazon.com site:

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

I am often asked if there are any other books that I would recommend.

Well there is only one other book that impresses me so much that I can highly recommend that everyone, a book that has been out of print for many decades but

The Our Ultimate Reality Newsletters

impressed me so much that I personally re-published it as a paperback to ensure that everyone can benefit, and that is **Science of Being in Twenty Seven Lessons**:

<http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>

In last weeks newsletter I briefly mentioned that the small island where I am blessed to live was experiencing some extraordinary weather.

Temperature reached 25 degrees Celsius last Tuesday which was almost unprecedented. In fact it was way too hot for most people to function normally. Here 20 degrees Celsius is considered hot, and just about the level where residents here start to slow down and feel the effects - it does not happen very often.

By Friday the weather was heading back to normal, and in Saturday the weather was back to normal for early Summer - I realise Summer has not formally started yet - of 11 degrees, strong wind, rain and cloud.

This last week however has been absolutely fascinating for me a study of just how much the weather can and does profoundly affect human mood, performance and well-being on a very large scale.

This week therefore I have decided to move away from our usual Spiritual, Metaphysics and Quantum discussions to take a look at the crucial importance of that entity most people take for granted, but which exerts a tremendous influence over Life - the Sun.

Where I live, which I assume is typical to a greater or lesser typical of many locations, many people spend 8 months of the year tolerating "miserable" weather, to look forward to perhaps three or four months of better weather.

During those 8 months the people here really do look miserable for the most part - I assume they feel that way as well.

This last week however, when the Sun shone, it was warm, and we saw clear blue cloudless sky, virtually everyone I saw seemed so happy - almost as if a great weight had been lifted from their shoulders.

This week everyone is back to "normal".

It has been abundantly obvious to me that there are factors here worthy of deeper investigation - specifically why the Sun, that yellow disk in the sky, can influence so many people so profoundly in such a short time.

These are actually very worthwhile questions, because in most parts of the world millions of people collectively, during the months of Winter, experience an ailment with the appropriate acronym "SAD" - "Seasonal Affective Disorder"

Now it became immediately apparent to me that this is not and cannot be a coincidence.

The Our Ultimate Reality Newsletters

But how and why?

Well there are two separate reasons for this.

1. Biological: The influence on the human brain
2. Metaphysical: Energy

Let us now take a look at these in depth.

Biological influences on the human brain.

The Sun is crucially important for the efficient functioning of the human system at all levels - physically, mentally and therefore psychologically.

A major source of influence over the human feeling of well-being are the Neurotransmitters in the brain, the major ones of which are Serotonin, Melatonin and Dopamine.

I personally believe that imbalances of these are the root of many "disorders" including "chronic fatigue syndrome".

To understand this better we need to take a closer look at the biochemistry and neurochemistry involved in these processes.

Serotonin is metabolised in the body from a naturally occurring substance called Tryptophan, which is an amino acid.

Crucially, Tryptophan is known as an "essential amino acid" which means that it is not produced by the human body directly. Tryptophan is rather a precursor found in various foods in the diet.

Since Tryptophan is metabolised - converted - to Serotonin, it is clear therefore that a diet deficient in Tryptophan will result in a body, or more specifically brain that is deficient in Serotonin. This can be the origin of a wide range of neurological "disorders".

It does not end there however.

Serotonin is further metabolised to a brain neurotransmitter known as "Melatonin", which is crucial for regulating sleep.

It follows therefore that a diet deficient in Tryptophan can have profound effects on levels of both Serotonin and Melatonin, with sometimes devastating consequences.

The other major neurotransmitter that needs to be present and regulated in the brain is Dopamine,

The Our Ultimate Reality Newsletters

Like Serotonin, Dopamine cannot be made directly in the human body. Dopamine is rather metabolised from an amino acid called "Tyrosine" which is ingested as part of the human diet.

Before proceeding, let us review the effects of a deficiency of any of these neurotransmitters:

Lack of Serotonin:

- Anxiety
- Panic attacks
- Obsessions and compulsions
- Repetitive thought processes
- Emotional responses such as anger and aggression
- Insomnia
- Depression
- Chronic fatigue

Lack of Melatonin:

- Insomnia
- Depression
- Premature ageing
- Anxiety
- Irritability
- Lack of immunity against diseases

Lack of Dopamine:

- Feeling "low"
- Depression
- Lack of motivation
- Lack of enthusiasm
- Lack of concentration
- Unable to think clearly
- Confusion
- Tendency to additions, e.g. tobacco, alcohol and mood enhancing prescription drugs
- Weight gain
- Chronic fatigue
- Alzheimers

The above are just a few of the main symptoms of brain neurotransmitter deficiency.

The Our Ultimate Reality Newsletters

Now I am sure it must be obvious that in order to minimise exposure to these symptoms, it is absolutely crucial to ensure that your diet contains an adequate supply of the essential amino acids Tryptophan and Tyrosine.

I should point out that drugs prescribed by doctors which are supposed to help fight the symptoms listed above are generally "uptake inhibitors".

SSRI is an acronym for "Serotonin Selective Reuptake Inhibitor" which are designed to maintain the levels of Serotonin in the brain by blocking the natural recycling or "reuptake" processes.

Likewise drugs exist to prevent the reuptake of Dopamine.

I would very strongly advise against taking any such drug, an example of which is Prozac. These drugs have not been proven to be effective, but have been shown to cause all sorts of other unwanted effects such as Tinnitus - persistent ringing in the ear.

SSRI's and DRRI's can seriously mess up brain chemistry - which is finely balanced - generally, causing more harm than good.

So what is the solution.

Well first of all ensure a diet that has adequate natural supplies of these brain neurotransmitter amino acid precursors.

Natural sources of Tryptophan include many varieties of nut, brown rice and many vegetables. You can find definitive lists of Tryptophan rich food on the web.

I personally recommend high quality, unprocessed brown rice as an excellent source of many crucial amino acids and other nutrients.

If you enjoy rice I suggest either using brown rice alone, or mixing brown rice with white rice - which has much less nutritional value.

Lysine, the precursor of Dopamine also exists in many natural foods, in particular corn and Avocado's.

I suggest you carry out your own research relative to your own diet and that of your family.

This is a hugely important matter. Brain neurotransmitters are crucial for both physical and mental health, and are fundamentally dependant on diet.

Now what of "dietary supplements".

The Our Ultimate Reality Newsletters

I personally do not have a position on dietary supplements one way or the other, except to the extent I know that natural sources are always best, together with the power of the Mind.

If you do choose to take natural supplements, always ensure that they are from a reputable supplier, and above all contain only all natural products.

There is an excellent dietary supplement for boosting Serotonin levels, which has actually been proven in clinical trials to be more effective for treating depression than Prozac, without any of the risks of Prozac.

The supplement I refer to is called "5-HTP" which is short for 5-Hydroxy Tryptophan.

5-HTP is a in intermediate compound between Tryptophan and Serotonin. When the body metabolises Tryptophan which is a natural process, 5-HTP is produced which in turn is metabolised to Serotonin.

Taking 5-HTP therefore is one step closer to Serotonin than Tryptophan, and has the additional benefit of being processed more easily in the form of a dietary supplement.

The only natural source of 5-HTP extract is the plant *Griffonia simplicifoli*, which is a climbing shrub that grows in Central and West Africa.

I am particularly happy about this, because, as readers who have followed my newsletters for some time will know, I only eat, and encourage others to eat, natural, harvestable plant based foods, such as nuts, seeds, berries etc that do not harm the plant itself. This in fact is the natural and original human food source along with roots and other vegetation.

All meat and dairy based products are alien and toxic to the human body, even though, over the millennia, humans have become tolerant to them notwithstanding the fact the damage is still being done as we see from escalating obesity, diabetes, heart disease, liver disease and much more.

If you feel you would benefit from 5-HTP then go ahead, but my advice is to take a long, hard look at your diet in the meantime, ensuring that your diet and that of your family includes a good supply of essential amino acids, notably Tryptophan and Tyrosine and your brain and the brains of your family will be sure to have available the neurotransmitters required for optimum brain functioning.

The Our Ultimate Reality Newsletters

Influence of Sun and Light over Well-Being

Neurotransmitters alone however are not the whole picture - crucial though they are.

Regulation, processing and application of neurotransmitters are regulated by photons of Light entering the brain through the physical eyes.

This for example is how sleep patterns are regulated by the brain.

As fewer photons of Light enters the eyes, the brain - always under the absolute control of the Subconscious Mind - metabolises Serotonin - which regulates waking brain function - in to Melatonin which regulates sleep patterns.

In addition, the higher the levels of photon activity entering the brain, the more Tryptophan is metabolised in to Serotonin, and the more the effect on the brain giving rise to mood enhancement.

Photons of Light entering the visual cortex of the brain also contribute to the metabolic conversion of Lysine in to Dopamine.

Dopamine is a "CNS" - "Central Nervous System Stimulant" - which profoundly influences feelings of happiness, well-being, and even euphoria.

Many recreational "substances" are either Dopamine antagonists or reuptake inhibitors, boosting Dopamine levels, stimulating the central nervous system, thereby creating feelings of euphoria and other "highs".

Many ancient culture also use natural substances to create these euphoric states without understanding the physiological or neurological process taking place, but in fact they are mostly based upon Dopamine elevation with the resultant central nervous system stimulation.

It is clear then that Light entering the visual cortex is a crucial regulator of brain neurotransmitters.

I personally believe, from my own research and observations, that even if neurotransmitter levels are normal in the brain, without sufficient Light entering the visual cortex there will be insufficient metabolism, and therefore CNS stimulation.

There is a well known disease that you may have heard of or even experienced known as "SAD" which is an appropriate acronym for "Seasonal Affective Disorder".

SAD mostly affects millions of people in the Winter months, where they feel depressed, "low", lacking Energy and motivation and more.

During the Winter of course the Sun is not only lower in the sky and less intense, it also only appears for a few hours per day - depending on how far North or South you live.

The Our Ultimate Reality Newsletters

And of course weather is often much more cloudy in the Winter so the Sun never appears for sometimes days at a time.

There is no doubt to me that SAD is a direct result of the position of the Sun relative to the location of the person experiencing SAD in the winter months.

People who remain in the home are usually more prone to SAD than people who spend more time outside for this reason.

During the Winter of course, when it is cold and the weather is adverse, people will spend much more time indoors anyway.

Many studies have also shown that SAD is much more prevalent in Scandinavian countries due to their more Northern latitude.

An exception seems to be Iceland, which incidentally is an amazing country to visit, and one I would recommend visiting. Research has shown that this exception could well be due to the fact that Icelandic people eat a large amount of fish in their diet of the type rich in Tryptophan's and Vitamin D.

I should mention at this point that in order for Neurotransmitters to be metabolised, regulated and balanced efficiently, an optimum level of vitamins are also required, in particular B Vitamins - B6 and B12 being particularly crucial - and Vitamin D.

The Our Ultimate Reality Newsletters

14 June 2009. Faith And Quantum Mechanics

Welcome to your newsletter, I do hope you have enjoyed a wonderful week.

Here the weather is once again proving to be kind, with mostly sunshine and deep blue skies. Temperatures are around 14 degrees, but everyone is happy and making the most of it which is the main thing. I hope for everyone here it is the prelude for a wonderful Summer.

People here sometimes envy those who live in parts of the World, for example South California, Florida, Southern Europe where the Sun shines most days and it is warm, but I tell these people that having something to look forward to is a wonderful thing in life generally, and helps us to appreciate it that much more when it arrives.

Let me say that I have visited Southern California, Florida and Southern Europe and enjoyed a wonderful time amongst wonderful people - the weather is unimportant at this level - only people matter.

One of the biggest difficulties people encounter generally when "creating", or more accurately "expressing" your experience, is the inherent Belief and in particular Faith required to actually make it happen.

Humans generally have been programmed from birth by the "life is hard" syndrome, and that "nothing comes easy" or without lots of "hard work" and "money". and even "luck".

These erroneous ideas are reinforced by resultant life experience, supported by the controlling and manipulating dark forces behind them, who wish only keep humanity enslaved by any possible means.

As those of you have been reading this newsletter for any amount of time, we all have Total, Absolute Control over your own Experience in Every Moment.

The main driving force behind this process is Faith. Not the blind faith evangelised by the church, but true Faith in every respect.

In fact this is the Faith that the person who came to be known as Jesus taught, but religion subsequently completely misunderstood, and/or distorted to their own ends.

So how then does Faith as well as Belief and Expectation relate to Quantum Physics?

To answer this question we need to review again how we actually create, or more correctly Express our Personal Experience.

The Our Ultimate Reality Newsletters

1. The five physical senses - sight, hearing, smell, taste and touch - continuously send data in the form of millions of tiny "packets" of electrical charges, collectively "sensory inputs" representing an impression of your immediate surroundings, every second to your organic brain.

Note: The organic brain is not the Mind and neither is the organic brain the so called "seat of consciousness" - an erroneous idea in and of itself. The organic brain is best likened to an immensely powerful "supercomputer", but which still relies completely upon its programmer and systems analyst - the Subconscious Sphere of activity of the Mind - most often considered to be the "Subconscious Mind".

2. The organic brain continuously collates and assembles the stream of sensory inputs received from the sensory organs from which it compiles a composite image or impression as a "best guess scenario". This composite "image", which actually encompasses all available sensory information, is then sent as a stream of data to the Subconscious sphere of Mind Principle - Subconsciousness - "Subconscious Mind".

Note: This is an entirely mechanical, programmed process with no inherent intelligence applied or present, in and of itself.

3. Subconscious sphere of Mind - Subconsciousness - then applies a wide range of learned "filters", acquired over the duration of the physical life experience to that point, based upon ongoing ideas, feelings, emotions, fears, self esteem, prejudices, beliefs and belief systems, religions, expectations of family, friends, society, perceptions on "money" and sense of security, concerns for family and much, much more, all received from the Conscious Sphere of Mind Principle - generally considered to be the Conscious Mind - during the ongoing experience which it recognises as "life".

Note: The Subconscious Mind Principle is sublime, and simply accepts these messages from the Conscious Sphere of Mind activity as "preferences" without question, as your own preferred "self-image", your "ideal self" - how you "see yourself".

The Subconscious Mind then applies these "preferences" to the composite image it has received from the organic brain, and then forwards it to the Conscious Mind. Conscious Mind duly accepts the image without question as your own particular impression of your current "experience" in that moment. Keep in Mind that this is a continuous process.

This impression or image is always accepted by the Conscious Mind as "real" because the Subconscious Mind has already processed the image to ensure that it is in exact alignment with how you already perceive your own situation and "life experience", and therefore there are no contradictions, and you have no reason to Consciously doubt it.

So the "Subconscious Mind" is simply and only showing you only that which you already expect to see based upon your own perceptions, positive, negative or neutral of your own personal experience.

The Our Ultimate Reality Newsletters

Subconscious Mind is always "humouring" you, but not because it makes any sort of decision to do so. The Subconscious Sphere of Mind activity is sublime, and only ensures that the wishes, rational or not, of the Conscious Mind, the Ego, are satisfied.

Note: It is erroneous to speak in terms of "Conscious Mind" or "Subconscious Mind" because they are both spheres of activity of the One Ultimate and Only Mind, of which humans are but one sphere of activity. We should always therefore refer to these as Consciousness and Subconsciousness. However, in the interests of familiarity of terms, I will continue to use both as appropriate. There is also Superconsciousness.

Now the important point to note at this stage is that your personal experience is constantly being shaped only by your Conscious observations, experiences and associated thought processes, feelings and emotions, simply reacting to, and engaging in, what you sincerely believe to be your "real" experience, your "life" but with little or no control, or even remote awareness of this process.

It is a very common human trait to focus much more upon the "negative" aspects of their own perceived experience, with all the corresponding worries, fears and negative expectations arising, which are being constantly received by, and impressed upon the sublime Subconscious Mind, thereby reinforced by feelings, moods and emotions.

So again, Subconscious Mind is dutifully and immutably ensuring that your own unique perception of your own unique experience accurately reflects your own perception of your experience and expectations, thereby perpetually satisfying your own learned and programmed self-reinforcing perceptions, prejudices and beliefs.

If these beliefs are negative in nature, because they are self-enforcing, they can spiral out of any "control" that may have existed, very quickly being perceived as a "hopeless situation", as so very often happens.

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

Nothing can exist "outside" of "The All", or not within the context of The All.

Every human, no matter what "picture" the physical senses, organic brain and conscious Mind conspire to present, is an inseparable aspect of All that Is, concurrently existing wherever The All Exists - and there is "nowhere" The All does not exist otherwise The All could not be The All, encompassing The All, so it is completely erroneous to think in terms of "attracting" something from "somewhere" "outside" of you when in fact there is no "outside" of you - you are already The All, and therefore whole.

The Our Ultimate Reality Newsletters

Duality and separation are simply illusions arising from the activity of physical senses, organic brain - again which has no inherent intelligence or consciousness - and the conscious sphere of activity of Mind, but which has absolutely no basis in fact.

But still nevertheless the Conscious Mind "sees" or more correctly "perceives" and believes itself to be a "separate" "person", known as the Ego. This indeed is where many of the issues facing humanity today originate at this moment, and is accordingly the origin and cause of most misery, suffering and human conflict in the World.

Now we must take a closer look at what is actually happening at a Quantum level.

From a recent newsletter you will no doubt remember that what most people regard as "matter" is in reality several levels of increasingly smaller "particles", culminating in 99% nothingness, or rather pure Energy.

The native state of the Universe, even the physical Universe is a Quantum Field in the form of a Wave of Infinite Possibilities, where nothing is ever a Reality. Source Mind is the only Ultimate Reality.

Universal Energy fundamentally exists therefore as an Infinite Superposition of Quantum Waveform where All is Possible but nothing is Actual until it is observed after which it returns to the Quantum Superposition of Possibilities once again.

When we "observe" something, that is to say "focus our Mind" upon it, in that moment the Quantum Waveform "collapses" at a temporal, local level, in to "particles", which take the form of atomic structure from which the illusion of matter is perceived through a holographic tunnel originating in the brain, and perceived by the Conscious Mind via the Subconscious Mind.

Now knowing and understand this is immediately massively empowering.

It should be clear then that in any moment, we can "collapse" the Quantum Waveform of the Unified Field into any local, temporal Experience of our choosing.

So why do people generally maintain the status quo in their lives?

Well simply because they react to their current Experience, instead of proactively Expressing an alternative Experience in that Temporal Moment.

In other words for most people Experience is a conditioned and programmed response.

However, even those who are aware that Experience originates from Mind, 99.999% still fail to use these truths to their advantage.

The Our Ultimate Reality Newsletters

I would just like to mention the "Law of Attraction" as popularised by the movie "The Secret" is very misleading at best. There is nothing "outside" of us, we are already integral to Universal Mind, All that Is, and accordingly encompass All that Is.

Since nothing exists outside of us clearly nothing can be "attracted" to us, and there can be no "law" that regulates it.

The Secret is based on books written nearly 100 years ago, most of which broadly follow the same ideas of each other at the time.

We must move on from this flawed thinking.

So - we now know that we can potentially Express any Experience we can Imagine in any Moment.

But is it that simple? If so, why is it that no one ever seems to be able to achieve it?

The answer is that everyone has that potential, but in reality most people are so programmed to believe they are a "victim of circumstance" that they simply cannot "change their Mind" that easily, and even then they need the justification to do so.

Where then does Faith come in to the equation?

Well quite simply, Faith is the most powerful force that we can exert over our Experience.

When we "collapse" the Quantum Waveform, we do so not as ourselves, but as Source Mind Who we are expressing.

So the more Power of Source Mind we can Express, the more powerful and immediate is the effect, and this is really what Expressing our Experience is all about.

The person known as Jesus taught these truths extensively, but of course the inner meaning was totally lost to the church who turned it in to something completely different for their own purposes.

For example:

John 14:10: ***The Father that dwelleth in me, he doeth the works.***

The "Father" is of course Source Mind being expressed through us all.

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

The Our Ultimate Reality Newsletters

Now these are very important teachings. First we must accept that we have no inherent power as a person, simply because we do not even exist as a "person".

We only exist as an aspect of the Whole and Expression of Source from which The Whole derives its Power.

Secondly - In order to Express that Power we need Faith. The more Faith, the more power we can bring to bear on our Experience.

So what then is True Faith as opposed to the blind faith of the Christianity?

The answer lies in a book of the New Testament which has its basis in the Old Testament:

Hebrews 11.1: *Now faith is the substance of things hoped for, the evidence of things not seen.*

And this is indeed a very accurate description.

This passage tells us that rather than rely on what your five physical senses are telling you is true, we should disregard that completely to focus on the "things" we hope for but for which there is no evidence as yet - i.e. they are unseen.

The more true Faith we can invoke therefore, the more powerful will be our Expression over our Experience.

But even that is not all.

Keep in Mind this great Truth:

"God Expresses through You as You".

What does this mean?

It means that you, as are we all Expressions of Source, God with All of the same Infinite Powers.

As an Expression of Source, God, we are Expressing more and more Quantum Possibilities in to Personal Experience, from which Source Mind and The All benefit. The more Source Mind Energy and Power we can Express therefore, the more powerful, immediate and persistent will be the Expression.

In other words we all have Infinite Powers to Experience Anything we can Imagine, Instantly.

The Our Ultimate Reality Newsletters

An important aspect of Spiritual Evolution through all Spheres of Energy and Vibration is the progressive Realisation of Source Mind Power, which will increasingly be directed towards the greater good, including towards helping others further out on the Path.

An Enlightened Human can invoke and direct such Power, which is why the ultimate objective of every Human is Enlightenment.

I realise much of this is profound, and a lot to assimilate, but once you understand the basis of your Experience and how it is Expressed, then you can quickly move your Mind towards actually making it in to an integral aspect of an infinitely empowered Experience with absolute Joy, Abundance, and above all Freedom.

The same is true of Health. Once you know that your body has no permanent, real existence, and only exists when observed in a certain way, then you can "update" your body in any way you wish.

Most people react to their body, focusing on appearance, diseases etc, thereby reinforcing those same issues, while further reinforcing takes place by taking notice of "vanity" products.

There is no disease in existence, including advanced cancer, that cannot be instantly, completely and permanently removed from the Body Experience, once you know that all you are doing is changing the Quantum Waveform of the Unified Field of Which You are an Integral Aspect in that same direction.

Cancer is just an Expression of the Unified Quantum Field, usually originating out of stress and reinforced through Observations fuelled by fear and other destructive emotions associated with the taboo of the condition, ultimately associated with death.

There have been countless cases of cancer being healed instantly, even inoperable brain tumours, because the "patient" has found the necessary Faith though some source to cause the Quantum Field Waveform associated with the disease to "collapse" in accordance with perfect health, the blueprint of the body, instead of anomalously.

It is much easier to heal children of cancers simply because they have not been programmed by a lifetime of beliefs, fears and prejudices, and are also inherently trusting and accepting, thereby easily allowing the process to take place naturally.

This of course is a big field, albeit crucial and exciting, so we will delve further in to it from time to time in future newsletters.

The Our Ultimate Reality Newsletters

21 June 2009. The Source Of All Being

Welcome to your newsletter, I do hope you have enjoyed a wonderful week.

Today is the Summer Solstice, the first official day of Summer, a day representing great hope for people in the Northern hemisphere of a few months of glorious weather to enjoy with the family before the arrival of the long, cool or cold Winter months once again.

Last year, where I live, we experienced just one or two days of weather that could be considered as "Summer", so hopes are high here this year for a few months of glorious Summer weather. The last couple of weeks in fact have shown great promise with glorious sun and blue skies, and temperatures reaching as high as 17 degrees. The temperature does not matter that much, we are all used to a different climate. Here 20 degrees is considered hot - too hot by some.

Although I am not a weather forecaster by any means, I personally believe that 2009 will prove to be a very good or even an excellent Summer, and in any case that is my expectation, and may it be so, not only here, but throughout the Northern Hemisphere.

I would like as always to extend a very warm welcome to all new members to this newsletter. I know I say this often, and it gives me pleasure to do so - this week there has once again been a particularly large number of you joining us.

The great awakening is most assuredly gathering pace - fast and exponentially. I am also seeing the beginnings of a polarisation where it is becoming increasingly clear that a divide is emerging between those who could and probably will make the transition and those who will not and are not intended to this time around.

Let me make it clear though that it is almost never too late, and it is often difficult to determine which people are in which group.

For this reason it is becoming so crucially important now to offer everyone the opportunity at least just as you once enjoyed the opportunity yourself - perhaps recently.

This newsletter has served readers and perhaps you almost every week since 2005, and will continue to serve you for as long as I am here. If ever the newsletters stop arriving for a number of weeks without word, then you can assume that I am no longer here - for whatever reason. Please keep in Mind though that it may be your email filters blocking it, so always do send me a personal email before reaching any conclusions. It is certainly my intention to continue sending this newsletter every week, unless otherwise notified, up to, during and if possible after the transition - that I promise you.

Please then do your own part by simply sending this newsletter - either the email link or PDF - to as many people you know as possible. No need to explain yourself or your

The Our Ultimate Reality Newsletters

own feelings on these matters, simply say that you have just received this email from a friend, and what do you think?

I endeavour to write all my newsletters in such a way that they are appropriate and useful as possible to an extremely wide and diverse membership through the whole world, with varying English Language abilities, varying situations, varying aspirations, varying levels of understanding and experience, and indeed varying age groups.

Writing for such a diverse membership is not easy, especially when considering the nature and importance of these subjects, but I do endeavour to ensure that even someone receiving the newsletter for the first time may find it of interest, even if there may have been no interest in these subjects before.

This is how awakening can and often does take place.

So again - please at least give someone - as many as possible the opportunity.

The entire Spiritual hierarchy from Source to Physical Humans stands on the inner - the more Spiritually evolved - being of Selfless, Joyful, Divinely Inspired Service to the outer - the less evolved - on the Divine Path.

Those who so Serve will not only fulfil this Divine Service and experience the Joy of doing so, but it will greatly help advancement on the Great and Divine Path of return to Our Source.

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

As this is the final week of Science of Being in Twenty Seven Lessons I thought it appropriate to take a closer look at the very foundation of this outstanding book, which also teaches the very foundation for Life itself.

To do this I have included the entire Lesson 1, after which I will discuss further.

So here then is [Lesson1 of Science of Being in Twenty Seven Lessons](#), which, in the book concludes with exercises and a series of questions followed by the answers.

ONE of the dominant traits of modern Humanity is the desire for "Independence," Humanity is seeking it above everything else and is willing to pay the price for it, no matter how high that price may be.

And yet what is real "Independence" after all? Is it based on social position or on great intelligence, on physical strength or on money? Adverse conditions can make rich people lose their fortunes. Diseases can destroy physical strength. The most brilliant intellect may be misunderstood by people and therefore fail to bring forth the expected practical results. And social position itself is of all human powers the most unreliable and unstable.

The Our Ultimate Reality Newsletters

Under these conditions something else has to be sought—a Power which will never fail you—a Power great enough to meet every emergency—a Power close enough to be right at hand whenever it is needed. It is only such a Power that can bring real Independence.

What is this Power and where is it to be found?

It is within you, it is outside of you. It is the Power of Life itself. Within you there seems to be only a limited supply of it, and when that supply is exhausted you are like an engine short of fuel. From where have you to get the fuel your human engine needs?

From the Great Storehouse of all Energy, of all Life—from the Universe itself.

There is an infinite supply of Power around you. All you need to do is to learn how to draw upon it and how to use it in every department of your daily life. This Power is the Life Energy of the Universe, the Foundation and Apex of all Existence, the First and most Sublime Manifestation of our Great Mother, Nature Herself. It is that which always was, is, and always will be, changeless as Fundamental Power yet variable in Its Infinite manifestations, Eternal through Time, Infinite through Space with its Centre always there where you contact It—underlying, pervading, governing, sustaining and encompassing everything.

When this Power is within you, you call It life. Outside of you Its name is Primal Energy or Universal Life Energy. Because of It everything in Nature lives. It is in the currents of the earth, in the waves of the ocean, in the strength of the wind, in the heat of the sun, in the soft rays of the moon. Electricity exists because that Power is back of it. Withdraw that Force from anything and that thing would cease to be, would die. Even the Universe would collapse were that Power withdrawn from it.

This Power, known as Universal Life Energy, or simply Life Energy, as It will be called in these Lessons, is the very essence of everything there is. Not only do Sound, Light, Electricity, Radio-activity, etc., derive their power from It, but also all so-called material elements and objects are found in their final analysis to have originated from Universal Life Energy. They are known by different names in accordance with the different aspects under which they appear, although they all come from the same Source.

For instance, take steam. Super-heated steam is invisible. It possesses great dynamic power when under control. When liberated, it has the tendency to diffuse itself. Someone who does not know through Science the different transformations which can take place with steam would never think that in another aspect this hot, light, ever-moving gas appears as a block of solid ice, cold, heavy, motionless.

The Our Ultimate Reality Newsletters

So it is with that which we call Matter. Previous to the time that Science was able to show the direct relation between the invisible forces and the so-called material elements, this world was considered the battlefield where Matter and so-called Spirit were fighting their unceasing Battle. The general tendency was to side with Matter, because those who saw Creation only as a material unit totally ignored the Invisible Forces back of the so-called manifestations.

On the other hand, another part of Humanity tried to reach spiritual attainment, harmony and happiness by fighting - Matter, by suppressing their senses and even by denying their own physical bodies.

Science of Being explains the difference between those two concepts and shows impartially and impersonally the conditions as they actually are, not as they were believed to be. Under the light of this Science is revealed the Unity of Creation with its two poles, one of which is Spirit, represented by Universal Life Energy, and the other the so-called Matter.

Science of Being explains to you that Universal Energy, when in a free condition, is called Life Energy and manifests Itself through motion and vibration. Everything in this Universe vibrates, moves, even things which at first sight seem to be entirely motionless.

In Its primary condition of condensation Universal Life Energy forms microscopical spheres called Electrons. Electrons are considered the very Substance of the Universe, and as far as modern researches in that direction have been able to discover, Electrons underlie everything, everywhere, on the furthest star the same as here on earth. Combinations of Electrons, differing one from another by their number and mutual relations and revolving in a certain space filled with Free Energy are called atoms. Atoms, in turn, are the fundamental units which constitute Matter in its three aspects, solid, liquid and gaseous.

The more electrons, or condensed Energy, present in the atoms of a material element, the heavier, denser and more substantial that element becomes.

Those tiny electrons are in perpetual motion, rotating with an extraordinary velocity upon their own axes and revolving around a central electronic nucleus which acts as a little sun in its own microscopical planetary system.

As all elements are made of atoms, therefore within even solid matter there is a continual movement of those electrons. Everything, everywhere, moves in this Universe of eternal movement.

Your human body is formed, like all other bodies, of atoms and electrons. Therefore within your own physical body everything is in a perpetual motion governed by certain invisible yet definite Universal Laws. As long as your body

The Our Ultimate Reality Newsletters

functions according to those Laws, its condition will be a harmonious one, because the Laws themselves work always with perfect harmony. But if, through ignorance, you interfere with the normal functioning of those Laws, in harmony will be the result.

That in harmony may express itself through body, or through mind. In the first instance it is called disease, in the second negative traits of character; but both trace their origin to a common cause, namely, conscious or unconscious violation of the Universal Law. If this cause is removed, then all its varied manifestations—troubles physical and mental—will vanish also.

You may ask the question: How shall I know all the different and very complex operations of the Universal Laws? The answer is: Know the Fundamentals, be One with the Law in its Main Aspects and do not worry about details. If left alone, details will work out harmoniously by themselves.

Another question may be asked by you:

What am I as an individual, and for what purpose am I placed on earth, ushered into existence seemingly without my knowledge or consent?

First let us have a clear definition of what you are. In order to proceed logically let us go back to what has been explained in the beginning of this First Lesson.

Eternal Nature manifests Herself as that Universal, Infinite, All Powerful and Eternal Force called Universal Life Energy. This Force is a living Power, being the very life of the whole Universe. It is also intelligent, because it is Universal Mind. Law emitting and law abiding is this Power, and as such it is called Universal Law. Harmonious is this Force also, and through its Law of Attraction or Love it keeps the whole Universe in a condition of perfect equilibrium and harmony.

Projections of this Universal Life Energy are continually proceeding from their source in Nature into material manifestations. These manifestations vary in degrees, details and complexity of their fundamental qualities. The strongest manifestations known to us, now, and the most complex, are called Man, or YOU, a triune being, made up of a body, a mind and a soul. You are directly related with Life Energy, which is the basis of your triune nature, through all three of these constituent parts. Consequently, you are eternally linked with Nature Herself also through the immutable and eternal part of your being, your Soul.

Therefore, though individual in one sense of the word, you are yet one with your fellow beings, one with Nature and everything in Her, because you all originated from one common Source. That is why environment is able to exercise such an effect on the individual, and the individual on his environment, either constructively or destructively. There is a kinship between you deeper and more subtle than any of blood—a community of spirit welding all things into a brotherhood no less influential because it is not commonly perceived.

The Our Ultimate Reality Newsletters

Though Mind is not first as a Fundamental, being second in the Eternal, logical order of Creation, yet your human mind is one of the most important faculties you possess. Through it you become conscious of the full value of that First Fundamental of all being, Life. You begin to perceive all Life's infinite possibilities for unfoldment and to discriminate also between right and wrong, good and evil, according to whether they will help or hinder that unfoldment. You realize gradually that the Success, or Good, in your life comes in direct proportion to your unification with Universal Forces and Laws, while the disharmonious results, such as failure, poverty, disease and trouble, are the inevitable consequences of your separation from or opposition to those Laws, either through ignorance, fear or self-will.

Never fear that you cannot do a certain thing, that you cannot bring out certain qualities from within you, that you cannot overcome obstacles on your path. Remember that all things are possible to a Power which governs the whole Universe and that you are the very embodiment of that Power. Latent within you are all those forces and qualities of yours. Your problem is to bring them out. How this is accomplished will be the subject of the following lessons.

As the closing instructions of this Lesson will be given to you two Exercises, Relaxation and Silence, which you are to start today and to practice regularly throughout the whole week. These two, together with the Star Exercise and Mental Contact which will be explained in Lesson Two, form the foundation for succeeding Exercises of a specific sort. They are to be practiced continually, not only during the period of the Lessons, but throughout your entire life. They must become a part of your daily routine, just as important and vital to your well being as the food of which you partake, the air you breathe or the care which you give to your body. The fifteen or twenty minutes a day which will be regularly devoted to these Exercises will be the best investment of time and energy you ever made in your life.

The specific Exercises based on these Four, however, are designed to suit the particular Lesson with which they are given. A new one will be added each week, but is to be practiced for that week only and then held in reserve for future use whenever you feel a special need for it.

The Science of Being is an essentially practical course, one which, if practiced daily, will bring forth all you expect from it and even more; but if you will be satisfied with the perusal only of these Lessons and then expect them to produce results without any effort from your side you will be greatly disappointed. It is a very well known fact that the more you use an organ or faculty the better it works and the stronger it grows.

All the exercises given in this course are arranged systematically and progressively, and are designed in such a way as to develop gradually all your

The Our Ultimate Reality Newsletters

latent qualities and powers, making them stronger and more productive every day.

These exercises are also of a sort that everybody, men and women of all ages and in different stages of development, can easily perform without the least trouble. Even children can do some of the fundamental exercises and obtain most constructive results. The ones which are most adaptable to children will be especially pointed out.

It is advisable, in fact quite important, that these exercises, should be performed under the most favourable conditions, which are the following:

You choose a certain time of the day, preferably in the morning immediately on getting up, or the last thing before going to sleep. The morning is better, as one's forces are fresh after the night's rest. If possible, always keep the same hour. Try to be by yourself, with nobody in your immediate vicinity, in order that other people's mental vibrations may not interfere with your own very delicate mental work. Be comfortably seated in a chair, the body erect but not tense, with the left hand up resting on your left knee, palm upwards. and the right hand on your right knee palm down. Be careful not to cross your legs. Eyes may be kept open or closed, but preferably closed. In that posture the body is most favourably disposed both to receive from outside the Life Energy which is filling all Space and to convey and distribute it through the complex nervous system to all parts of your body, and especially to the brain.

Universal Life Energy will enter mainly through your left hand, whose palm is turned upwards, receiving the Force from above. Through the nerves of the left hand and arm that Force is conveyed to the spinal cord, and through the spinal cord to that nucleus and centre of radiation of life in your body which is called the Life Centre of it. That Centre is situated at the very base of the spinal column, and from there it radiates life vibrations throughout the whole body. That Centre was known to the ancients, especially to the Hindus, who called it "Kundalini," the Coiled or Serpent Power, because it is like a sleeping serpent coiled, resting. Using modern terminology we would say it is Life Energy in a static condition.

From this Life Centre, which it stimulates first, the current of Life Energy flows into the solar plexus, which is called solar because the radiation of the nerves which form it looks like sun rays proceeding from a common centre. The solar plexus is a reservoir where life currents are stored to be distributed to the different parts of the body according to their needs. After the current of Life Energy has filled to the brim the solar plexus its surplus is conveyed from there back to the spinal cord, passing through and purifying on its way all the different interior organs. Then it goes through the right arm to the right hand, from the finger tips of which it flows again out into Space. It is a continual flowing in and flowing out of your body of Universal Life Energy, stimulating, invigorating, purifying, developing and harmonizing it.

The Our Ultimate Reality Newsletters

Not only does the Life Energy penetrate into your body through the above mentioned channel, but it enters into it, when you are properly relaxed and in the right posture, through every cell of your body. The cells inhale that Force, which then travels along the nerves to the Life Centre of the body and back again, to be exhaled by the same cells in a form of life radiation called the Aura or Human Atmosphere. In Lesson Two will be given more details on that subject.

And so ends the first of Twenty Seven remarkable Lessons, Exercises and Question and Answer sessions, which I assure you become progressively more profound.

When I first read this chapter, after discovering this book for the first time, one of the first things that immediately struck me right from the first few paragraphs is just how accurate were Eugene Fersen's observations on the nature of matter relative to modern Quantum Physics. That level of knowledge could only have come from Higher Sources.

His observations about the illusory nature of matter are as true today as they were back then. This fact alone proves that Eugene Fersen's work is original and from true Sources.

In this next statement we find the key to our real power as both humans and Expressions of Source Energy:

"Under these conditions something else has to be sought—a Power which will never fail you—a Power great enough to meet every emergency—a Power close enough to be right at hand whenever it is needed. It is only such a Power that can bring real Independence.

What is this Power and where is it to be found?

It is within you, it is outside of you. It is the Power of Life itself. Within you there seems to be only a limited supply of it, and when that supply is exhausted you are like an engine short of fuel. From where have you to get the fuel your human engine needs?

From the Great Storehouse of all Energy, of all Life—from the Universe itself."

The fact is - most people today still look outside of themselves to solutions to their issues, for health, for money, in fact for everything, completely oblivious to the Truth that All we could ever wish for is Within - all we need to do is express those wishes in to our experience through the Divine Powers that flow through us all, and which are infinite in nature, limited only by the individual ability to Express Divine Power which is Infinite.

Eugene Fersen goes on to say:

Therefore, though individual in one sense of the word, you are yet one with your fellow beings, one with Nature and everything in Her, because you all originated

The Our Ultimate Reality Newsletters

from one common Source. That is why environment is able to exercise such an effect on the individual, and the individual on his environment, either constructively or destructively. There is a kinship between you deeper and more subtle than any of blood—a community of spirit welding all things into a brotherhood no less influential because it is not commonly perceived.

And again - this is a crucially important truth in every sense, as well as in the context of expressing Divine Energy to shape our own Experience as well as the collective Experience that we all share.

I will discuss all of these Crucial Truths in future newsletters, but for now I am sure you will find the book itself to be of immense value. If this were not the case you may be assured that I would not be bringing it in to your consciousness.

The Our Ultimate Reality Newsletters

28 June 2009. Spheres Of The Mind

Welcome to your newsletter. I do hope you have enjoyed a wonderful week.

Here where I live I am enjoying the best weather for years with day after day of bright sunshine, little wind and temperatures around 23 degrees – which is hot for here.

I will keep your newsletter short this week, while still hopefully of value, so that I can make the most of this glorious weather with my three sons.

It is such a joy to see families and in particular children outside, down by the sea front, playing, eating ice creams, enjoying themselves on the beach, with parents simply soaking up the atmosphere and putting the perceived pressures of life behind them.

In fact there is no reason why every day should not be the same. Our experience comes from the Mind, not from external sources, and all we ever need do is to capture these wonderful experiences and re-live them in your Mind whenever we wish, and external experience must follow. Always hold on to happiness, joy and freedom and reject all else.

In a newsletter of some weeks ago I predicted that 2009 would be a wonderful Summer and so it is so far and will continue to be for the next three months or so in my view.

Once again there have been a large number of new members over the last week and I extend a very warm welcome to you all. I do hope that you enjoy this and all future newsletters published every Sunday almost continuously since 2005.

I know I say this most weeks, but I cannot stress how important it is to share with others that they may too have the opportunity to awaken to these great truths, and above all to prepare for the monumental events that are continuing and will accelerate. Please share this newsletters with everyone you know and let them decide. If you have been sent this newsletter for the first time you are very welcome to join us by visiting our website and adding your details to the form at the top of the page:

Here is the website link: <http://ourultimatereality.com/>

For those interested in a complete single source revealing the mysteries of Lie, the Universe and Destiny of Mankind, my best selling book, Our Ultimate Reality, which has guided and changed the lives of countless people, can help you:

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

Over the years we have discussed the infinite powers of the Mind, both from a personal perspective and from a Universal perspective.

The Our Ultimate Reality Newsletters

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

The Supreme Origin of Universal Mind is Source Mind, of which we are All Divine, Infinitely Powerful and Infinitely, Unconditionally Loved Expressions.

Enlightenment – the Ultimate objective of every human on Earth – is directly related to the degree to which we can consciously realise, assimilate and invoke Source Mind.

Now although ultimately all Mind is a seamless Continuum of both Mind and Energy – the Quantum Field – humans can experience Mind in the context of different Spheres of Activity, the main ones of which are these:

1. **Conscious Mind.** This is the logical, rational Ego Mind that delights in taking control over your every thought and action on a daily basis.
2. **Subconscious Mind.** This is the Personal Sphere of Mind activity which automatically controls and regulates all bodily functions, thereby mainlining Life Principle in the body, while also executing perfectly, and without question, all instructions received from the Conscious Sphere of Mind without question or judgment of any sort.
3. **Superconscious Mind.** This is the sphere of activity of Source Mind, to which Subconscious Mind permanently communicates and directs activity at a personal level. Ultimately all power invoked by Conscious and Subconscious sphere of Mind originate from Superconscious Mind which is Principle.

When we first came into Being as individuated human beings originating from our Higher Self - in addition to the physical body we incarnated complete with two subsets of Universal Mind that we know as "Conscious" and "Subconscious" - both required in order to function in the physical Universe as a complete sentient Being.

Our Subconscious Mind is who we truly "are" as an individuated, incarnate Being, and also as an aspect of Higher Self, our true Self and complete Mind.

Subconscious Mind represents the vast majority, at least 90%, possibly 99% or more of our total Earthly sphere of Mind activity, the Conscious Ego Mind being the balance.

The Subconscious Mind also exists in the realms of the Collective Mind on the Mental Plane of the Human Mind where there is no perceived separation.

It is only the Conscious, Ego, Luciferian Mind that perceives everyone and everything as being "separate".

The Our Ultimate Reality Newsletters

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

For example - dreams, Astral and other forms of Projection take place exclusively within Subconscious Mind.

When people speak of "Astral Projection" it is an entirely erroneous concept - there is in fact no external "projection" at all - it is an illusion.

Astral Projection, like Out of Body Experiences generally as well as dreams, is actually a "projection" within the sphere of activity of the personal Subconscious Mind, which is also within the realms of the collective Subconscious Mind.

The "Astral Planes" are the shared spheres of activity of the Conscious Minds of people of the same Vibratory Energy frequency after "passing on". In other words it is a shared, created experience shared by all those sharing it, but which otherwise has no basis in fact.

Our true "home" is the Mental, Spiritual planes where we reside as a pure Energy Experience beyond all Earthly concept of "form" and without the Conscious and Subconscious spheres of Mind activity which no longer have any form of relevance.

Both the Physical Universe both temporal and transient, the Astral Planes also being transient in nature.

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

When we were "conceived", it was the Subconscious Mind that built our body, cell by cell, in accordance with the genetic "blueprint" provided in our DNA as passed on to us by both parents.

After we are born into the physical world the Subconscious Mind maintains total dominion over every aspect of our physical body, but only in accordance with the "wishes" of the Conscious Mind.

This is why we can, and many people do make themselves ill - the Subconscious Mind is simply following orders in accordance with the thought processes of the Conscious Mind. If for example a person sees someone sneeze, assumes they have a "cold" and expects to "catch the germs" themselves, the Subconscious Mind will duly oblige. I never "catch" diseases simply because I refuse to acknowledge their existence, affirming instead only my reality of perfect health.

The Our Ultimate Reality Newsletters

Viruses, bacteria and other pathogens are simply agents that Subconscious Mind, through the power of Source Mind uses to execute diseases.

As we already know, nothing in the physical Universe including viruses, bacteria do not exist except as Quantum Possibilities. It is Mind that brings them to Quantum Experience – nothing else.

Perfect Health is always a choice – not a lottery.

The Subconscious Mind can also be impressed to heal absolutely any physical or mental ailment without limitation including the dreaded cancer.

Cancer is actually one of the easiest ailments to heal simply because in so doing we are using the power of Mind to reverse the influences that gave rise to it in the first place.

The Subconscious Mind originally built our body to the blueprint of perfection that Source Mind, First Cause, God holds of us.

We each of us exist only as ideas, Thought Forms, unique configurations of Energy within Universal Mind under the Expression of Source Mind Who knows only Perfection.

This is what is meant by the Biblical truth that we are "made in the image of God".

The "image" does not mean we look like God, it rather means we are made after the true Spiritual Perfection of God, Source Mind,

Therefore all we need to do to heal any imperfection in the form of disease, and to maintain perfect health, is to impress Subconscious Mind to maintain that image of Perfection. This is what true healing is all about - impressing the Subconscious Mind to rebuild the body in accordance with the blueprint of perfection provided by, and held by Universal Mind.

Of course Faith and Belief are required, both of which we have discussed before and will doubtlessly discuss again in the future.

So what then of the Conscious Mind?

The Conscious Mind is a small aspect, subset and sphere of activity of Subconscious Mind, just as Subconscious Mind is in turn of Universal Mind.

Subconscious Mind never, ever makes decisions, argues, pro-actively performs actions or anything else. Subconscious Mind instead "takes its orders" from Conscious Mind except for the basic bodily functions "ordered" by Universal Mind at the time of incarnation, since Conscious Mind was not sufficiently developed at that point to direct this initial constructive process.

The Our Ultimate Reality Newsletters

Whatever we think about or feel persistently, fuelled by emotions, focus and intent, Subconscious Mind will thus accept and bring into our temporal local experience, either directly in the case of the physical body, or through the creative power of Source Mind in the case of everything else.

Alas - most people have little or no control over their own thought processes through the Conscious Mind, often choosing to focus on the evidence provided by their own physical eyes, focusing on negative things, always "thinking the worst", and thereby inevitably attracting more of the same - such is current "human nature", always ready to "believe the worst", always complaining when "the worst" manifests.

With Faith in our Divine nature, and Belief in the creative processes, and absolutely anything is possible through the Principle of Expression, limited only by our Imagination, Belief and Faith in the process, and the extent to which we can invoke and express Source Mind.

If only negative thought processes were reversed, there would truly be nothing people cannot be, do or have, and there would be no unhappiness and disease in the world.

The coming years will present a golden opportunity to bring this about, and thus the "Kingdom of Heaven on Earth".

This is another reason I wrote my book, showing the way forward:

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

So the Conscious Mind is "boss" with Subconscious Mind faithfully carrying out all orders from the "boss" without question or judgement or regard for the consequences.

Although the action of Subconscious Mind is always in the direction of Life and survival, the reason it is given the task of maintaining all vital bodily functions, Subconscious Mind will still bring about illness or even "death" "on request". Many a person has believed they are going to "die", often in specific situations, and it has come to pass.

A few years ago I heard of someone who became totally convinced that, at age 24 he would die in a car crash, and within a year he did. He believed it was destiny or some other external "forces", but in fact it was his own superstition and thought processes which his Subconscious Mind carried out to the letter and with immutable precision.

As far as the Subconscious Mind is concerned, if the "boss" with its freewill wishes to "die", then so be it. Subconscious Mind makes no judgements, simply rather following "orders" from Conscious Mind, conveyed by thought processes.

Everyone is surely aware of the recent death of Michael Jackson.

The Our Ultimate Reality Newsletters

I have read many accounts where he has stated to people that he “knew” his life would end prematurely in the same way as Elvis Presley.

Although the true reason for his death may never be known, one thing is certain beyond any possible doubt – he alone was responsible through his own Mind activity. Any factor a post mortem or toxicology test reveals will simply be the means used by the Subconscious Mind to fulfil the wishes and expectations of the Conscious Mind.

Of course we all recognise the contribution Michael Jackson made to the music industry and the tens of millions of people he touched with his music – it is for these that he should be remembered and surely will be remembered.

In the meantime we wish Michael Jackson well in his new Astral home, where he can finally find peace among friends and kindred Spirits.

In a future newsletter we will take a much closer look at our direct relationship with Source Mind, and how we may direct the Principle of Expression in our Experience.

The Our Ultimate Reality Newsletters

05 July 2009. The Quantum Waveform Of Energy

Welcome to your newsletter. I do hope you have enjoyed a wonderful week.

Here the recent run of beautiful Summer weather has now ended, but only when I look out of the window.

We can enjoy any weather and indeed any experience we can imagine through the Power of the Mind. All experience, positive or negative, always originates from Mind - there is nothing else, the outer Experience always a Perfect reflection of the Inner Mind, including, but not limited to our thoughts, feelings and emotions.

Ultimately all these factors can be condensed to a single factor - Energy - there is nothing else.

Energy, crucial and fundamental though it surely is, is also very misunderstood.

This week therefore we will take a much closer look at the True Nature of Energy.

First though, as always, I would like to extend a very warm welcome to all new members of this newsletter which is published every Sunday since 2005 out of Service to you during these crucial, pivotal and transitional times for all humanity.

My only objective is to help you to ultimately achieve Enlightenment, which is not only the ultimate and definitive state a human can achieve while in the context of a physical body, and during the process help you to prepare yourself for the monumental events ahead, however they may manifest - none of which is apparent at this juncture.

If you do find this and future newsletters to be of value, please do forward it to others.

If you have received this newsletter from someone who clearly loves or cares about you, you can join for yourself from any page of our website:

<http://ourultimatereality.com/>

For a more complete picture on the nature of Life, the Universe and your own ultimate meaning and destiny, by bestselling book, Our Ultimate Reality has already helped numerous people as you will see by the independent reviews on the Amazon site:

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

Quantum mechanics has conclusively demonstrated that Energy, in its native form, does not manifest as discrete "particles", each oscillating or vibrating as for example a water molecule, the frequency of oscillation or Vibration of which increasing with heating

The Our Ultimate Reality Newsletters

or reducing with cooling, but rather Native Energy exists and propagates as a continuous Wave, or more specifically Waveform.

This continuous Waveform of Energy originates only from Source Mind, First Cause, Prime Expression, Prime Observer and all other names for Supreme Mind, and "ripples" out in all "directions", to the extent that the word "directions" is meaningful in the absence of "time" and "space".

This Quantum Waveform exists until it is "interrupted" in some way, and at some level, at which point this interruption causes the Energy Waveform to collapse and behave in the form of particles, the same particles that constitute what humans think of as "matter".

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

Well in order to make this discussion meaningful, we should first look at a wave in the context of the physical Universe, where we may introduce the concept of "measurement" - a concept that does not apply beyond the apparent temporality and locality of the physical Universe in the absence of "space" and "time".

A Waveform, whether it be Light, Water or Energy as it manifests at the temporal, local level of the physical Universe may be observed to exhibit these characteristics:

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

Amplitude: Strength, height of the waves.

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

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

Now as mentioned earlier, it is not necessary or helpful to get too deeply in to the actual physics of Waveforms, because the physics immediately breaks down beyond the physical Universe.

In the absence of "space" and "time" "measurements" become completely meaningless.

We will therefore confine ourselves to the qualitative rather than quantitative nature of Energy, Waveforms and particles where appropriate.

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

The Our Ultimate Reality Newsletters

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

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

However, humans can also tune in to "transmissions" from much "higher levels of frequency" within and beyond the confines of the physical Universe. These transmissions can be received from Beings and Entities located at much higher frequencies, a process generally known as "channelling", or even from Causal Energy levels where "information" is stored as Energy that may be conceptualised as a "library" such as the "Akashic Record", or even directly from Source Mind, in which case it is "Inspiration".

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

If for example we make use of our radio transmitter-receiver analogy, if the transmitter sends a weak signal, the reception of that signal may be very difficult to hear, and may "break up" or "crackle". If on the other hand the transmitted signal is very strong, it will be received "loud and clear".

Amplitude is therefore very important to a human at all levels.

The more powerful the transmitter, and more efficient the receiver, the more of a signal may be received and understood.

It is far from this simple however, because in fact the Subconscious Sphere of Mind activity intervenes, by adding a whole series of "filters" to the "reception", which can substantially or greatly change its nature.

From a transmission perspective, all humans are transmitters as well as receivers, the transmitter being the Subconscious Sphere of Activity of Mind under the control of the Conscious Sphere of Activity of Mind, ultimately through the only Source of Power - Source Mind.

These Energy transmissions are known as "thoughts". In other words, "thoughts" are Mind Energy encoded upon a Waveform.

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

The Our Ultimate Reality Newsletters

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

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

Many of course engage in more focused and "persistent" thinking, to which they commit a much greater amplitude of "Thought Energy".

It tends to be human nature however to focus such thought upon perceived negative situations such as for example "debt".

This higher amplitude of Thought Energy in the direction of "debt" will result in a much more persistent "debt" Thought Form, the harmonic of which will strongly resonate attracting corresponding "debt" Energy Forms of the corresponding Vibratory Frequency which will then "realise" the Experience of debt on a local, temporal level.

The ironic truth is that positive Thoughts and therefore positive Energy resulting in positive Thought Forms are of a much higher Vibratory Frequency, and accordingly much more power. So instead of focusing on debt a person focused to the same degree on Wealth, then Wealth would be the Experience in a much more powerful way.

So to summarise thus far - every point of Consciousness of Source Mind within Universal Mind, i.e. Human Spirit, is both a receiver and a transmitter of Thought Energy, and therefore creator of Thought Forms. The same of course applies to all forms of life, whether "animate" or "inanimate" - all are Mind and all are Spirit.

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

Let us now continue with another characteristic of Energy by taking a look at "Resonance" also known as "Vibration".

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

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

"Vibration", I will consider, for the purposes of this chapter, and indeed book, to be purely qualitative in nature, so we are simply concerned with its behaviour in broad terms and in the context of the greater picture.

"Resonance" I will consider to be quantitative, i.e. measurable.

The Our Ultimate Reality Newsletters

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

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

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

So let us talk henceforth in terms of Vibration - a terms which in any case is very familiar to many - much more so than "resonance".

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

"Quanta" is considered to be the plural, but this is erroneous in that "Quanta" implies "multiple" instances, when in fact Energy is a continuum in the form of a single wave.

Yes I know it could be argued that when the Energy Waveform collapses under "observation" it appears to manifest as discrete particles, but even as Energy manifests as particles it remains Integral to The Whole, "particles" simply being used conceptually, so I will not be making use of the plural Quanta being erroneous in these contexts.

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

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

So a Quantum of Energy may be considered to have a qualitative characteristic of Vibration.

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

We cannot make use of the physical Universe as a benchmark, or indeed Earth, simply because cannot or at least should not be regarded as a constant - in fact they have no basis in fact.

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

The Our Ultimate Reality Newsletters

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

This in fact forms part of what the Transition of the Ages - generally associated with the iconic date in "2012" - is all about. During this transitional epoch, a polarisation is taking place between low and high frequencies - aka "dark" and "Light".

If this process progresses as expected, those prepared, at the pivotal juncture or era, will experience an increase in Vibration of the triune physical, Energy and Astral bodies, thereby transitioning to a "higher vibratory frequency version of Earth", an Earth of blissful peace and harmony, free of the forces of darkness that have blighted humanity for millennia, where humans, as a new "species", sometimes referred to as Homo Luminous - a phrase provided by the Aztecs - may once again be free to Spiritually Evolve in an environment where maximum potential may be achieved. free of the blight of the controlling forces of darkness on this version of Earth.

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

It is however absolutely crucial that everyone understands this, beyond all doubt:

Every single human being, as with all life - whether "animate" or "inanimate", is an Eternal, Immortal, Integral Expression of Source Mind, and will accordingly "live on" and Evolve in due course. The only varying factor is the vibratory frequency where consciousness is focused, which will always reflect the consciousness of each individual Expression of Source Energy, including those currently considered to be "human" in the context of the physical Universe.

Vibration may be considered as a function of Spiritual Evolution - our primary and most Divine purpose - the immediate objective of which is Enlightenment.

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

This process in turn determines where our consciousness is focused.

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

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

The Our Ultimate Reality Newsletters

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

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

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

There is only One Ultimate Perfection - Source Mind, First Cause, First Observer, Prime Expression - Supreme Intelligence.

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

We know this because Quantum Mechanics has demonstrated no particle actually exists until it is observed or measured in some way, and even then it only appears to exist when observed. We know that before such observation Energy exists only as a Waveform with infinite potential, but which potential can never be quantified or derived.

So no matter what "particles" on whatever "level" are "predicted", including the Higgs-Boson, or the illusive "God Particle", will have no real existence because the very act of looking for such a theoretical particle creates a transient representation of the expectation of the "appearance" of the particle, without it ever being "real" or "true". Scientists are only being shown precisely what they wish for - a product of "wishful thinking".

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

Again "space-time" itself does not even exist, and therefore the entire space-time paradigm cannot and does not exist in absolute terms, because the native state of The All, The Whole, Universal Mind is as Energy Waveforms with Infinite Potential. "Space-

The Our Ultimate Reality Newsletters

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

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

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

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

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

For those who have difficulty believing that we create our own Experience, once you understand that absolutely nothing you previously believed existed in the form of "matter" actually does exist, being rather a temporal, local projection of your Mind which changes the nature of the Quantum Waveform in that moment, you will know, beyond any doubt, that in any moment you can instantly Experience anything you can Imagine.

The ability to do this can be described in one word - Faith. Not the blind faith of theology, but Faith in absolute terms in your unlimited, unrestricted, Infinite Divine Powers as Source Mind flowing through you, Divine Powers which are always ours to invoke and direct as we wish.

The Our Ultimate Reality Newsletters

12 July 2009. The Science Of Money

Welcome to your newsletter. I do hope you have enjoyed a wonderful week.

Even though the weather has been cooler here this last week, we have still enjoyed plenty of sunshine which myself and my three sons have been making the most of.

A few days ago we went for a walk in the countryside among fields of wild Orchids - six different species - hundreds of thousands of them, with many other glories gifted to us my Source, Mind. The more we appreciate these gifts, the more we experience them.

Conversely, those who seek to hurt or damage nature in anyway, failing to see the beauty and feel and know the Oneness, will be the poorer for it, both while here on Earth and beyond. Gifts of the Divine are to be enjoyed, appreciated and assimilated as part of our very being, flora or fauna, and never harmed or exploited in any way.

Every Orchid, in all its beauty, is Spirit and Mind, an Expression of Source Mind and aspect of Universal Mind of which we are Equal Aspects. As humans love to be appreciated so too does the Orchid and all other forms of Life in the Universe. If you wish to be appreciated for what you are, then appreciate all Life, knowing, beyond doubt, it is You.

I would like to welcome all new members to this newsletter as always. There have been a large number of you joining us during this last week and you are all most welcome. I do hope you enjoy this newsletter which is published every Sunday out of Love and Service during these crucial, transitional times.

Many of you have arrived after being sent last week's newsletter by someone who truly loves and cares about you.

If you have received this newsletter for the first time, please do join us by entering your details in the form at the top of each page of our site, and please do in turn share this newsletter with as many others as possible. It could well make all the difference.

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

For a more complete picture on the nature of Life, the Universe and your own ultimate meaning and destiny, by bestselling book, Our Ultimate Reality has already helped numerous people as you will see by the independent reviews on the Amazon site:

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

From the messages I receive many people still regard "money" as their route to freedom.

The Our Ultimate Reality Newsletters

Well as we have discussed at length previously, "money" is a human construct designed primarily as an instrument of control.

How?

Well in general terms the perception is that people must "work" to "earn" the "money" that they "need" for their daily needs and those of their family, and for rest and relaxation as well as all those other life "luxuries".

This of course is the very basis of that control.

Money forces people in to a system whereby they are told they must go to school, get good enough grades to go to university, get a degree and then get a good "job" to work in for the next 50 years before "retiring" on a "pension", soon to lose interest, become "old" and die.

In reality the controllers of the human system ensure that "workers" receive just enough "pay" to feed and clothe themselves and family, be granted two days per week and three weeks "vacation" or "holidays" for rest, in order to remain healthy and motivated enough to keep working for the controllers.

This has become accepted to such an extent, that generations of families perceive it as "normal" in some way.

In fact the whole "work" system strips people of their True Divine Powers.

We are Source Mind with All of the Powers of Source Mind - God if you prefer.

Source Energy and with it Infinite Potential flows through us All.

We can Experience, and have the fundamental Divine right to Experience anything we can possibly Imagine, without ever having to rely on some external structure or system.

Most still abrogate their Divinity and Divine Powers to the controlling forces.

If you are interested in reading about these truths further, my book, Our Ultimate Reality discussed "The Human Paradox" and the "Truth about Money" in great detail:

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

One of the great paradoxes that many humans face is the inability to separate "money" from "success", "wealth" and indeed "experience" itself, believing that the only route to happiness is by acquiring the money to purchase it.

In reality, as Source Mind, we can Express in to Experience absolutely anything it is possible to Imagine, instantly - but few people have the necessary Faith and Inner

The Our Ultimate Reality Newsletters

Connection and Oneness with Source Mind to achieve that at this stage in their evolution.

So the question arises, if the Faith necessary to Experience material "things" can only be gained in the context of "money", is it possible to make use of our Infinite Powers to actually Express the "money" in to our Experience to "purchase" our wishes, needs and desires?

Well this is a good question, because many people find it much easier to relate to the concept of "purchasing" something with "money", which is "tangible", rather than expressing it directly without having to "pay" for it.

I have always stated that we should focus on using our Divine Powers of Expression through Source Mind to Express any Experience of our choosing directly, rather than focusing on Expressing, or more erroneously "attracting" money which really does not exist, except as bits and bytes on computer networks. Only 4% of all money in circulation actually has a tangible equivalent in coins or notes, and only a fraction of that has any tangible value supported with real assets such as Gold.

That said, yes of course we Express money in to our Experience if we so wish.

So how do we approach this question?

This is actually addressed in depth by The Baron Eugene Fersen in <http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>, Chapter 16, which he commences as follows:

"THE reason why most people find it so difficult to make Money is because they do not know what Money really is. They perceive it as an Effect only, something outside themselves which holds the equivalent of any specific wealth or advantage they may desire. In its terms are condensed the differing values of all things; therefore the obvious way to obtain possession of any particular thing is to acquire first the sum of Money which represents its value. But while the relation between Money and what it will do is very clear to everyone, that is after all a very superficial aspect of something deeply beyond Money itself—of Power.

Money is actually coined Power, a materialized Force. It is the expression in substance of a strength which has its origin in the individual. To spend Money means to trade the crystallized efforts of human beings for an object worth that amount of work. To earn Money means to exert through your own inner qualities a measure of power which commands a corresponding recognition in the material World. To fail to accumulate Money is to allow those qualities to lie idle and unused except to the extent of bare necessity.

The individual, therefore, is like a mill across a river The stream of Universal Life Force is the Source of its own energy and activity, the motivating power which

The Our Ultimate Reality Newsletters

makes him function. In proportion as he scoops that driving Energy from the passing current, transmits it along the various rods and pistons of his nervous mechanism, and stamps it finally through his distinctive qualities into the raw stuff of the Material or Mental Worlds, he will contribute to the Pool of all Wealth an added quota whose value must be returned to him in the impersonal form of Money. Yet unless he does really make such a contribution first, no amount of ulterior scheming or activity will avail to bring him the cash reward he covets.

This is why the majority of those who make the acquisition of Money the main object of their lives usually fall far short of their aim, while others to whom Money is of only secondary importance beside some other dominant interest often reap its richest rewards with no apparent effort in that direction at all. The former see only Money, and are blind to the Mint within themselves by whose operation they can obtain it; the latter are exclusively concerned with operating their Mint without any perception of what it produces. Neither have quite enough vision to link the Cause with the Effect and discern the infallible Natural Law which through their business of living is transacted.

That Law, which governs all the exchanges whose sum makes up the existence of the individual, is variously known as the Law of Exchange, the Law of Supply and Demand, or the Law of Compensation. It determines that whatever an individual gives to the World of constructive personal effort, no matter in what department of life, the World must return its value to him in the aspect of that wholly impersonal Power called Money. In other words, the individual stands midway between the vast Undifferentiated Tide of Universal Life Energy and Its Manifestations as Material Wealth. He is the channel through which It passes from one condition into the other, and in the ratio that he contacts It and thrusts It into expression through his activities, Its equivalent in cash is returned to him".

So what is Baron Eugene Fersen saying here?

Well first and foremost money is Energy - it flows and must be allowed to flow.

Many people block the flow of money with a "lack" state of Mind. They are afraid to spend money on anything but the basics in case they do not "have enough" in future.

Other people are simply "miserly", not spending money so they can hang on to it.

If you allow money to flow out of your life - not frivolously, but on things that you either genuinely need or make you happy, then money must flow in to your life in the same degree. The more you spend joyously, the more you will receive.

Baron Eugene Fersen also makes the point that those obsessed with making money will inevitably meet with little success, while those that focus on what really matters, in particular service to others before service to self, will find that money flows to them effortlessly.

The Our Ultimate Reality Newsletters

Another important aspect of money flow is giving and receiving.

The simply but profound act of giving not only implies service to others, but also implies Abundance, thus allowing even more money to flow in the direction of the giving.

Baron Eugene Fersen sums this up superbly by stating:

" In other words, the individual stands midway between the vast Undifferentiated Tide of Universal Life Energy and Its Manifestations as Material Wealth. He is the channel through which It passes from one condition into the other, and in the ratio that he contacts It and thrusts It into expression through his activities, Its equivalent in cash is returned to him".

He goes on to say:

"Eventually Money always seeks its own level, in spite of the artificial barriers erected by human Society to restrain it. To make Money is one thing, to keep it is another. When the capacity of an individual to employ constructively decreases, the amount he is able to command decreases accordingly. Misuse of Money through applying it in a destructive and wasteful manner, as previously described, does decrease that capacity by closing up the channels in the individual. The result is that the volume of its flow shrinks to accommodate itself to the narrower channel, leaving the individual much worse off than he was before. On the other hand, those who are constantly enlarging their capacity to handle Money properly get the benefit of what others lose.

Unfortunately, very few human beings know how to use Money properly, especially if it has come to them through no special effort or merit of their own. The cynical observation that it is "three generations from shirt sleeves to shirt sleeves" is founded in fact, not because the son of a rich man is necessarily less endowed with the natural ability to handle Money, but because he has never been obliged to exert his own qualities in payment for it. Consequently his capacity to handle it is not developed; he is blind to its value because he cannot see its constructive uses through himself; and like a leaky faucet not worth the trouble to repair he lets it spurt in wasteful extravagance through every vent but the right one, meanwhile justifying his folly with the selfish contention that the Money he flings away is his own.

But he is wrong. Nobody really OWNS MONEY, although it sometimes seems to be a personal possession. Individuals are simply trustees appointed to look after its proper use and distribution. Their term of office commences with their first responsibility and expires with their last, and the trusts bestowed upon them are in proportion to the worth they prove. If they fulfil their duties intelligently and honestly, a greater Power is placed at their disposal. If on the contrary they are vain and foolish, and fail to measure up to the demands of their position, they are doomed some day to see their authority drain away like an ebbing tide, leaving

The Our Ultimate Reality Newsletters

them stranded on the bleak shore of Poverty. This applies not only to the spend-thrift, but to his counterpart, the miser, as well.

Since Money comprehends all the Wealth of the Two Worlds of Mind and Matter, it is the golden key at whose touch every door within those precincts flies quickly open. Therefore many of timid vision are dazzled by it and worship it as the Supreme Power on whose altar they are willing to sacrifice their dearest possessions, even their own Souls. Such an attitude is utterly wrong.

Money can never be the Supreme Power, because there is one door which it can never unlock—the Door of Love. The clean and perfect part of our triune nature, where our higher spiritual qualities are enthroned, is beyond its reach once and forever. Those who abandon their true allegiance and place Money in its stead bow their heads to false gods and invite their own destruction, because they put in the place of mastery that which is meant to be a servant to them.

The rightful place of Money is the seat of honour at the foot of the Throne, not the Seat of Authority on it. Money is a secondary Power, which will serve you as nothing else so long as you direct and guide it to the satisfaction of your needs or ambitions. But the moment you give the sceptre into its hand, you submit your neck to a yoke of slavery that will grind you mercilessly into the dust, because you will have deprived your higher qualities of the control which they alone can exercise.

Just as vermin breed in the dark, so will all negative emotions breed when you close the Door of Love through which your higher nature should pour its cleansing light. To despise Money, or to envy it in others, will never bring it to yourself. Contempt and envy are simply different forms of hatred. Hatred repels and destroys. Therefore to hate anything is to build a wall of consuming fire between it and yourself. You cripple your own ability to obtain it, because it withers at your touch. So, if you want to have Money, you must learn first how to appreciate it, how to love and value it, not as a god or master, but as a faithful servant always obedient to your control.

A proper development of Money Consciousness throughout all Mankind would make utterly impossible the tremendous contrasts between Wealth and Poverty so prevalent today. The ideal of an equal distribution of riches, which some extremists urge should be imposed forcibly upon people wholly undeserving of it, would then emerge naturally, because through a more even development of the Money Consciousness of everyone the discrepancies between their capacities to handle Money would be wiped away. Reforms start from within, not from without. The only way to get two quarts of water at once into a one-quart measure is to reform the measure first".

Here Baron Eugene Fersen is stating the truth that ultimately money is not an entity, or an authority in any way, but rather a state of consciousness that should

The Our Ultimate Reality Newsletters

be thought of in that context and in the right way - as Energy that flows - not a source of obsession.

Towards the end of this chapter Baron Eugene Fersen reminds once again:

You must remember that Money is a living Force, and that having been brought to a climax it cannot be held there indefinitely without stagnating. If it is not kept healthy by a constructive and refreshing flow, it will most certainly dissipate itself in an unhealthy and destructive riot of self-consuming negative action. Movement forward is Life, and Life is the only - assurance against the decay of Death. Consequently your task is to keep the Money over which you have control in constant circulation, so that it does not pile up behind the dam of your neglect and turn your healthy Money Consciousness into a poisonous morass. You must regulate its outpour to its inflow.

Each chapter of Science of Being in Twenty Seven concludes with powerful corresponding exercises as well as questions and answers to test your own understanding. At the end of this chapter the lesson is Materialisation which Baron Eugene Fersen introduces as follows:

In this procedure be clearly conscious of what Money really is. Know that it is a world power flowing to you and through you continually. Let your realization of its true nature dictate your perception of it. Feel your One-ness with it, your identity with the limitless supply of Abundance and Wealth. Do not pray or beg for Money, or indulge a subservient attitude toward it. Experience rather the joy and certainty of Possession, the sense of your right to it as one of the inherent Powers to which you are born. Recognize and develop your capacity to control it, and be confidently ready to receive it in proportion.

This is indeed a most powerful and valuable lesson as all of you already reading and practicing these lessons will no doubt know.

For those of you who missed the recent newsletter member opportunity, you can obtain it for the next three days from this members only link:

<http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>

The Our Ultimate Reality Newsletters

19 July 2009. No Time To Lose

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Here on this beautiful island where I currently reside with my family, we are enjoying a beautiful Summer, plenty of Sunshine, temperatures around a pleasant 17 degrees Celsius, about 63 Fahrenheit, which is very pleasant.

We only enjoy about 3 months of Summer here, so I am sure you will understand if your newsletters are somewhat shorter than usual so that I may enjoy my Sundays with my three sons while the opportunity to do so still presents itself.

I would like as always to extend a very warm welcome to all new members to this newsletter.

This newsletter has served readers and perhaps you almost every week since 2005, and will continue to serve you for as long as I am here. If ever the newsletters stop arriving for a number of weeks without word, then you can assume that I am no longer here - for whatever reason. Please keep in Mind though that it may be your email filters blocking it, so always do send me a personal email before reaching any conclusions.

Again though, rest assured, I regard your weekly newsletter as an absolute priority, as my Service to You, and that will never change. It is my intention every week to continue to bring you advanced knowledge and advice that you may never acquire from other sources, and to keep you fully informed of all significant World developments, not the least of which is of course the Great and ongoing Transition of the Ages, which, although most certainly taking place, is still shrouded in mystery.

Please then participate in any way you can. Simply sending this newsletter - either the email with the PDF download page link or the PDF itself to as many people.

There is absolutely no need to explain yourself or your own feelings on these matters, simply say in your email that you have just received this newsletter from a friend, and ask "what do you think?"

I endeavour to write all my newsletters in such a way that they are appropriate and useful as possible to an extremely wide and diverse membership through the whole world, with varying English Language abilities, varying situations, varying aspirations, varying levels of understanding and experience, and indeed varying age groups.

Writing for such a diverse membership is no simple matter, especially when considering the very nature and importance of these subjects, but I do endeavour to ensure that even someone receiving this newsletter for the first time may find it of interest in some, even if there may have been no interest in these subjects before.

The Our Ultimate Reality Newsletters

So please do offer as many people as possible an opportunity to awaken to their own Divine Nature, and provide them with the opportunity to prepare for the profound events ahead while still time.

Those who so Serve will not only fulfil this Divine Service and experience the Joy of doing so, but it will greatly help their own advancement on the Great and Divine Path of return to Our Source.

A fundamental Principle of Enlightenment and Spiritual Evolution is:

Service to Others Before Service to Self.

This Principle is held Sacred and Adhered to Always, except in the Physical World - one major reason for the present lack of advancement for most people.

If you have received this newsletter for the first time please do join us each and every week by adding your name and email address to the form on the top of every page of our website by clicking the link below:

[Join the Our Ultimate Reality Newsletter and Receive Seen Chapters of the Book](#)

Speaking of my book, if you have been seeking a complete guide to life itself, then, as you will see from the reviews on Amazon, my book will provide just that.

My book has already changed the lives of countless people - I know that from emails received and the Amazon.com reviews - and it could easily change your life or the life of someone you Love or care about, so why not take a look to see what Our Ultimate Reality has to offer by clicking the link below:

[Our Ultimate Reality, Life, the Universe and Destiny of Mankind in Paperback](#)

Having previously taken a brief look at the true nature, or rather un-nature of "matter" we are compelled, in the interests of completeness to take a look at the nature or "un-nature" of "time" to which it is considered to be inexorably linked, often spoken of collectively as a continuum "space-time".

Now the role of "time" must be considered to be of great interest in that the very nature of "time" is, according to contemporary thinking intimately linked with the three dimensions of "space" and therefore of "matter" itself - one cannot exist without the other according to science.

For the last few hundred years at least, humans have attempted attempt to reduce the concept of "time" to an objective experience by arbitrarily introducing methods of "time" measurement based upon the relationships between the Earth, the Moon and the Sun.

The Our Ultimate Reality Newsletters

The "history" of "time measurement" can actually be traced back thousands of years whereby the passage of time, as well as larger units of "time" such as the "seasons" by measuring the relative position of the Sun to fixed positions on Earth.

One of the simplest devices to measure the "passage of time" - actually to measure the passage of the Sun across the sky - is the "sundial".

Many ancient civilisations developed much more complex stone built structures, not only to measure the passage of time at a micro level - minutes, hours, days etc, but also at increasing levels on a macro scale - months, seasons and so on through the construction of large stone circles, positioned in accordance with Sun, Moon, Stars and other cosmic entities. Stonehenge is such a structure as are many of the pyramids of Mesoamerica such as those of the Inca, Aztecs, Toltec's and many others.

In fact it is now thought that Stonehenge was constructed after the last major geophysical pole shift on Earth, which caused all the seasons to change. The people of the time relied on crops to survive and needed to know when to sow, when to harvest etc, which was difficult after all the seasons changed.

There has, over the course of the last 5000 years or so, been many ancient civilisations - some known, some not yet known - who have made use of stone structures of varying levels of complexity, which typically include observation points of even full observatories, enabling them to not only measure cycles of "time" as experienced on Earth, but also cosmic cycles, some of which have the potential to influence Earth in various ways.

All "cycles" are fundamentally Energy structures, which have the potential - the Quantum Potential - to exert an energetic influence over Earth and all life on Earth in some way.

Setting aside the "lost civilisations", the attainments of which, in the absence of any tangible evidence so far remain only matter of speculation and as such cannot be included, by far the greatest known civilisation relating to the measurement of cosmic cycles ranging from the micro to macro levels are the Classic or Ancient Maya civilisation of Central America of 2000 or so years ago.

This is the very same civilisation which is most infamously associated with the 21 December 2012 date representing "the end of the Mayan Calendar".

In the interests of completeness we should note that this iconic date - 21 December 2012 - does not represent the "end of the Mayan Calendar" or the "end" of anything else, and neither is it "the" Mayan Calendar.

The "calendar" in question is in fact the Mayan "Long Count Calendar", which is only one in a whole series of calendars, or more specifically "calendrical systems", measures a cycle of around, but not precisely 25,800 years, based upon the relationship between Earth, and therefore Sun and Solar system, with the centre of our Galaxy.

The Our Ultimate Reality Newsletters

This is not simply some academic exercise on the part of the Mayan civilisation - the true nature and history of which extends far beyond that which most people realise from the archaeological remains and records to the extent they were not destroyed by the church, but rather a very serious measurement of a cycle of Energy which has the potential, and always is, highly transformative.

The Classic Maya were the most brilliant and advanced cosmologists that ever lived. They predicted cosmological events at levels ranging from Earth time, solar system, and galactic with such extreme accuracy that is not even possible today with the benefit of all the most advanced scientific "equipment" in the world.

Yes the Classic Maya did not even have "metal". Everything they achieved they did so using stone to build the structures forming the basis of their sciences.

Getting back to the central subject of "time", the Maya did not share the obsession of "modern" humans with "time keeping". Mayan chronology was the measurement and prediction of cycles of Energy that had the inherent potential to influence them in some way, either immediately or at some point in the future, as, for example, 21 December 2012.

Of course, although the Mayan Civilisation is alive and well, the Maya responsible for these great calendrical systems would never survive to see the outcome of "2012", and they knew they wouldn't. They knew, from the measurement of a cycle of Energy, that their own epoch would end long "before" that iconic date, but their legacy would live on.

The Classic Maya never, ever made "prophecies", only "scientific predictions" with more precision than "modern" scientific instruments are capable of - 21 December 2012 is a pivotal and iconic example.

In "modern" times the infatuation of people with "time", which is in reality is no more than a "concept", has wrought all manner of confusion and misery upon humanity, equalled only by the illusion of "separation".

If "time" is so important to humanity, to the point where most people "live their lives" by it, surely it would be helpful to know what "time" is - or is not.

The basis of "time" as subscribed to by most humans is a construct arbitrarily derived from the relationship of a "place" on planet Earth in relation to the observed positions of Sun and Moon.

But is this treatment of "time" realistic?

Is "time" really a mechanical, fixed process?

Most importantly, is "time" even a constant as most clock watchers would imagine?

The Our Ultimate Reality Newsletters

This is a crucial question, because if we accept the fact that there are only one "set" of immutable Universal Principles regulating All That Is, then for "time" to be Principle it must also be a constant, which it follows exerts the same influence irrespective of where it is experienced, observed or measured.

Consider this scenario then.

If you were to place yourself in a room without any windows, clocks or other mechanical devices or means of measuring traditional time, with a fixed level of ambient lighting, what then very quickly happens to your perception of "time"?

Very quickly you have no idea what "minute" or "hour" it was.

Very soon you would lose track of what "day" it was followed by loss of orientation with the concept of "weeks" or "months", and eventually even years if you were enclosed long enough.

You could take a guess of course, but you would invariably be wrong due to lack of reference points for the five physical senses. As your isolation progresses, any best guesses about measured "time", "date", "year" would become increasingly flawed to the point of becoming completely meaningless.

This proves that once we remove all human mechanical reference points, "time" itself immediately becomes totally meaningless.

I would go as far as to suggest that even if the best scientists in the world were placed in the enclosed room, of fixed ambient characteristics, with access to any scientific instruments of their choosing, except for computers, clocks and other means of measuring "time", then these scientists would not be able to objectively define or quantify time as a constant or Principle or even as having any basis in fact.

Neurotransmitters in the brain that regulate sleep and waking cycles - melatonin, serotonin for example - would reset, resulting in a loss of all orientation with the previous concept of "time".

Without a reference to "time" some may become disoriented or even distressed, and perhaps, in some cases ultimately psychotic.

Let us consider the human concept of "time" in its proper perspective.

Again, "time" is a purely human construct, for the purposes of convenience, that makes use of arbitrary reference points in the sky - notable Sun and Moon taken together with the rotation of the Earth.

The Our Ultimate Reality Newsletters

Now how then would "time" look if, instead of living on Earth we lived on say Jupiter instead, assuming, for the purposes of this illustration, that Jupiter could support human life.

Jupiter is many times the size and mass of Earth, with a completely different speed of rotation, distance from the Sun, has numerous "moons" in orbit and so on.

How would your clocks and calendars, if constructed in the same way as those on Earth, appear then?

Well clearly they would be unrecognisable different.

Due to the speed of rotation of Jupiter vis a vis Earth, a "day" on Earth which is considered to be 24 "hours" in duration, would, notwithstanding the much greater circumference of Jupiter, is only 9.9 hours.

But sure an "hour" is, in and of itself, a construct of Earth humans, so who is to say that an Earth Gregorian hour is more of a "standard" than a Jovian hour?

But what about a "year" on Jupiter.

Well Jupiter takes the equivalent of nearly 12 Earth years to orbit the Sun, so one Jupiter year is equal to 12 Earth years.

But again - that observation is based on the presumption that the "Earth" year is the basis of the definition of a "year".

It should be readily apparent then that the measurement of "time" on Earth is completely different to the measurement of "time" on Jupiter, and accordingly clocks and calendars designed for one, would be completely almost completely useless for the other. So then is "time" correct on Earth?

Or is "time" correct on Jupiter?

Or none of the above?

Well clearly it is none of the above.

"Time", as measured mechanically, can never be "correct", in other words as a constant, a because no matter where in the physical Universe it is measured in accordance with human constructs and methods of measurement, it will always be different to greater or lesser degrees.

So now we must consider the "experience" of "time" - which is all there is to the extent that "time" has any basis in fact at all.

The Our Ultimate Reality Newsletters

We have already discussed how being isolated in an enclosed, constant environment influences the experience of "time, but how about other influences based upon experience itself?

What happens to your perception of "time" if you are really enjoying yourself, engaged in an activity you are really passionate about and totally immersed in?

Time is said to "fly by".

You wish it would never end.

Conversely, if you are engaged in a really mundane or boring activity, or something you dislike doing and wish you were not doing, parallel with the person who was enjoying themselves, what happens to your experience of "time" then?

It seems to "drag on forever", and the end of it cannot come soon enough.

Yet if both looked at a clock, before and after their respective experiences, they would see that the hands of the clock had moved by exactly the same amount.

The reason humans feel "tired" at "night" and "awake" during the day, is not due to the relative positions of the hands on your clock, but rather because Conscious sphere of Mind activity has convinced Subconscious sphere of Mind activity that "time" is in fact "real", and henceforth shall be "measured in a certain way", based upon the observation of clocks of various types, and with reference to photons of Energy entering the eyes as "light", or absence of photons as a lack of "light" through which Subconscious Mind will regulate brain activity.

Subconsciousness reproduces those expectations by programming the biorhythms of the organic body through the manipulation of amino acids, neurotransmitters in the brain such as melatonin, serotonin and dopamine, which in turn provides the conscious experience of "wakefulness", "sleepiness" and mental alertness.

So clearly, the only possible conclusion is that the very nature of time is always inexorably connected to:

1. The way "time" is experienced in accordance with the perceived nature of the current situation - e.g. enjoyable, boring, tortuous etc.
2. The way you have programmed your Subconscious Mind to process the experience of time using many different fixed and experiential reference points. e.g. You may always find work "tedious" and therefore "5:00 pm" or "the weekend" cannot come fast enough".
3. The way time is measured using arbitrary reference points.

The Our Ultimate Reality Newsletters

Since experience itself varies infinitely not only within the context of one person, but all people, then "time" cannot possibly be "fixed" or quantifiable in any way, because there can never be a single point of reference.

"Time" therefore is a qualitative not a quantitative experience.

If we then look at "time" dispassionately, we can clearly see that:

Time cannot be a constant.

Time can never be objective.

Time cannot be, and is not Principle.

In short, "time" is exclusively a subjective experience.

So what are the further ramifications on this relative to your previous concept of "time".

If "time" and "space" really are connected, and "time" is subjective, then "space", matter, "things" must be also subjective.

So you must never concern yourself with being "delayed" because, in truth, looked at dispassionately, there is really "no time to lose".

But again, as with matter, and "space-time" in and of itself does not even exist in anything other than a transient form under the influence of an observer - actually Mind.

The entire physical Universe is simple Energy Waveforms collapsed into the transient, illusory, temporality and locality in the context of a particle based environment.

If "space-time" does not exist, the physical Newtonian Universe does not exist, "time" cannot exist by itself and neither can space.

Mainstream science therefore has absolutely no basis in fact.

The Only Fact is Mind Principle to which we are all inexorably and eternally connected.

As discussed before, and as we will discuss in more depth later, the illusion of "space-time" is Native Universal Energy "collapsed" from Waveform to particles in a transient, temporal, localised state, and is accordingly therefore not "real".

Only Energy in Waveform is Native and Real, Energy in the form of particles is transiently, locally and temporally collapsed and is therefore unreal - nothing that is unreal can possibly be true or have any basis in fact except in the Mind of the observer.

As Werner Heisenberg said - "Atoms are not things, they are only tendencies".

The Our Ultimate Reality Newsletters

And of course he was and is absolutely correct.

As "space" and "time" and therefore "matter" do not have any objective or fundamental basis in fact, there can be no "laws" or "rules" or equations that regulate matter, time or space.

So when you next feeling yourself "pushed for time", or wishing time would "never end" or "fly by", always take stop for a moment and realise the truth:

There is no time to lose.

The Our Ultimate Reality Newsletters

26 July 2009. The True Architect And Spiritual I

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

I would like as always to extend a very warm welcome to all new members of this newsletter. I know I do this every week, but the truth is that it is a great pleasure to me to see so many people interested in these crucially important subjects as we approach transitional and pivotal times for all humanity.

As I have mentioned many times before, no one knows the true nature of 2012, only that 2012 has crucial significance in the grand scheme of things, a significance verified by countless independent and diverse cultures around the world. This is no coincidence.

We know that there is no such thing as a "prophecy", only predictions, but even Nostradamus in his final work predicted the precise date of major changes - 21 December 2012.

I know remote viewers who, while acknowledging the fact there is no fixed future, say that it seems impossible to view anything at all beyond 2012 - even possibilities.

The true nature of these events may not be made known to us, but we do know that this is part of a cycle that has repeated from the beginning on every scale. Birth, Life, "Death", Renewal. Death of course is a human concept - it is actually Renewal. There is an abundance of evidence on Earth of these Eternal Cycles exerting their Divine Influence, the last of which was The Great Flood which was the only event to have taken place during an era where humans had the tools and abilities to record it.

Even the dinosaur extinction event was just such a cycle, giving way to mammals and ultimately humans, flora and fauna as we know it today.

The message is there is no time for complacency. World events all point to a major climatic outcome at some point fairly soon. The nature in which the event or events manifest is not important, what is important is that all should prepare themselves within.

If we are prepared within, we are prepared without - whatever happens or otherwise.

Since 2005 I have devoted a good part of my Sunday's to bring you this weekly newsletter almost continuously, when I could be out relaxing and enjoying myself with my three sons in this beautiful part of the World.

I do so willingly out of Service, Love and Joy that as many people as possible may be prepared both for the monumental events ahead, and to equally enjoy the present.

The Our Ultimate Reality Newsletters

This week we will take a closer look at Who we really "Are", which, for many, is one factor that always presents a barrier, at some level, to progress.

In the meantime though none of us are passive bystanders in this Divine Process. Each is an integral aspect of the Whole, the All, and each has an equally important role and responsibility in this process as a crucial aspect of which is Service to others before Service to self.

You can be of Great Service simply by sharing this newsletter with others - either by sending the email containing the PDF file link, or by sending the PDF directly.

If you are reading this newsletter for the first time you are most welcome.

If you feel this newsletter has been of value in your Life and on your Path , and would like to receive more, then please do feel free to join us every week which you can do simply by filling in the form at the top of any page on our website:

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

For a complete guide to the meaning of life, the Universe and Destiny of Humanity, I wrote my book for this very purpose. As you will see from the reviews for both digital and paperback editions, my books has already made a profound impact on the lives of numerous people, for which I am grateful:

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

As humans have evolved from early primates to more modern, sentient, thinking creatures, they have perceived the existence of "powers" greater than themselves, a power responsible in some way for their very existence.

Until very recently, humans often believed these intangible powers must be appeased and humoured in some way if they are to be "allowed" to continue to enjoy a fruitful life experience, including plentiful food, water and other living conditions, and above all to be allowed admission to a "heaven" or "paradise" of some sort after they "die."

Until a couple of thousand years ago these beliefs manifested in a darker way through sacrifice of animals, and even humans, in the belief this would appease the Gods who would then be more benevolent towards them. Conversely, these ancient ancestors believed that failing to appease the Gods would incur their wrath in many terrible ways.

Until 2000 years or so ago, humans experienced great difficulty in conceiving of a singular all encompassing power, and accordingly created whole pantheons of deities, each responsible for, and governing in some way specific aspects of their lives, and each of which were honoured by temples, rituals and in other ways.

The Our Ultimate Reality Newsletters

In fact One factor that has never really changed is the perceived need to "worship" or appease the "Gods" or "God", lest they be "punished" in some way. The same applies to all of the orthodox religions today, the main one being the fear of not be admitted to "heaven" or worse, being sent to "hell". This is of course the major stick that contemporary religions wield over their congregations to ensure complete subservience.

Many belief systems of the western world are based upon Christianity and Judaism, with Islam being prevalent in the Middle East, and Hinduism and Buddhism prevailing in the Far East.

Islam, Judaism and Christianity in all of their forms rely heavily on the words of their respective "holy books" or texts.

Today many people still live their lives by the literal word of these ancient books, many of which have often been misinterpreted, misunderstood and mistranslated over the millennia, and changed and manipulated by the word of the religious doctrines.

Most of the congregation never thinks to question these doctrines or holy books, believing them to be the sacred "word" of their God.

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

But is it?

During these transitional times, millions of people are awakening to a glorious new Reality, a reality free from creed, dogma, doctrines and above all control.

This Reality still embraces An All Encompassing, All Knowing, All Loving Architect, but this Architect is not separate from us in any way, but rather Is Us in Every Way.

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

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

The True Architect has no need or desire to be "worshipped" or to receive offerings of any sort, and is most certainly not influenced in any way by flattery or "praise".

The Our Ultimate Reality Newsletters

The True Architect of All That Is does not punish people for failing to believe in Him/her, for failing to attend a church, or for failing to accept a historical person as their "saviour".

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

These are all human concepts based only upon human attributes, human insecurity, and the inability to comprehend anything greater, or indeed themselves as being anything greater.

Above all, The True Architect of All That Is is neither separate from the Universe or from anyone or anything within the Universe.

The True Architect of All That Is is at once Omnipotent, Omniscient and Omnipresent. Every human being, all life and everything within the entire Universe, has its Being within the Infinite Universal Mind of The True Architect of All That Is, The Supreme Intelligence.

Everyone is a totally equal and integral aspect of The True Architect of All That Is, the Supreme Universal Consciousness, The Source, The Prime Creator, The First Cause, The One Universal Mind.

We are The True Architect at every level, with Unlimited Powers of Design and Creation. Every human being, and indeed life form in existence is only limited to the extent that it can assimilate and Express the Powers and Energy of The Architect - Supreme Intelligence.

We may call The True Architect by any name we wish - Source, Source Mind, Supreme Creator, First Cause, God, but the given name is irrelevant - It is Us as a Whole, All. Realising this Ultimate Truth and Living Life accordingly would spare so much pain and misery in the World today.

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

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

Over the centuries this sense of separation, inevitability and mortality has led to behavioural traits that are completely contrary to the purpose of humans, aspects of a Higher Self, incarnating in to physical form in order to gain Experience to add to the Whole Higher Self.

The Our Ultimate Reality Newsletters

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

Another very human trait is the fear of the change know as "death". No other animal, indeed life form except human being fear death.

All other life forms live in the present moment of Now, with no thought of "death". When the life form does transition to a higher vibration, to the life form it is a completely natural continuity of life itself.

Only human beings have made death in to a monster controlled by religion.

So what then is the truth?

All human Personalities incarnated on Earth are aspects of their corresponding Individual Higher Self.

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

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

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

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

After the cycles of physical incarnation have been completed, we continue the journey inward towards God as our "Higher Self", as an individual Spiritual Being, the sum of all physical lives, and onward experiences gathered on the quest and journey of perfection and ultimate destiny of the potential to reunite with The Source, God, The First Cause, from Whence we first came.

The Higher Self can provide intuition towards assisting in circumstances where clarification or guidance are needed. The Higher Self provides the highest level of connectedness with The Source and influence within the Universe in all spheres and learning how to consciously communicate with the Higher Self through the Subconscious Mind is a very valuable ability.

The Higher Self is the Spiritual I, who we really Are, an aspect of The Architect of All That Is.

The Our Ultimate Reality Newsletters

9 August 2009. The Eternal Moment Of Now

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

I would like to extend a very warm welcome as always to all new members to this newsletter. I do hope you enjoy our weekly discussions devoted to a wide range of subjects of direct relevance to your Life, Well-being, Health and every aspect of Mind, Body and Spirit, Spiritual Evolution and Enlightenment as we progress relentlessly towards a great transition, much expected and anticipated by many cultures around the World, often associated with the iconic date of 21 December 2012. Scientific models also point to a climatic event as does historical records. These are most exciting times.

I would like to make it clear that I have no definite information as to how these events might unfold. It may well be that the information is being withheld, but I personally am firmly of the view that the main reason is that the "script" has not yet been completed.

The only determining factor ultimately will be the Mind and Consciousness of humanity at both a personal and collective level. For this reason alone everyone should prepare themselves at every level including Spiritually and above all help others to do the same.

So please forward a copy of this newsletter to all those you know and care about, and let them decide for themselves whether they are ready and able to understand and benefit from this and all future newsletters, keeping in Mind that the majority of people who are receptive to, or even actively seeking information such as are often afraid to talk about it with family or friends for fear of how they may be thought of.

Right now only a small percentage of the population on Earth is prepared. This percentage will increase, but not without the service of others as a Universal Principle, the Higher/Inner always helping the Lower/Outer on the great path of return to Source.

If you are receiving this newsletter for the first time and would like to receive future editions, you can join us by entering your details in to the form at the top of any page of our site and receive 7 free chapters from Our Ultimate Reality as well:

<http://www.ourultimatereality.com>

If you are seeking a complete understanding of your purpose here, of Life, the Universe and your ultimate Destiny, I wrote my book for this specific purpose:

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

The Our Ultimate Reality Newsletters

It is apparent from numerous messages I receive that many people, probably even most people around the world are living in the past while being fearful of tomorrow.

In other words they are living in every state but the One True State - Now.

It is this inane clinging to "past events" and fear of a non-existent "future" that contributes much misery to the World today.

Plain and simple - there is no "past" there is no "future" there is only Now. Nothing else matters. If you choose to bind yourself to the past or imaginary future, then your past and imaginary future must and will become your present experience.

Our entire Earthly experience is determined in one moment - Now. nothing else matters.

Those who gain the ability to fully immerse themselves in, and experience only the present moment o Now are all powerful, because "time" no longer exerts its influence.

As Expressions and Aspects of Source Mind, we collectively enjoy Infinite Divine Powers to Express our own Personal Experience on the Now. But this cannot be achieved while clinging to any aspect of "time".

The Zen Buddhists of all people know this and practice this "Now-ness" and ultimately "One-ness".

As an aside, many Buddhists approach their culture from an academic or philosophical perspective - as a religion - when in fact the true Buddhist is not interested in intellectual stimulation, but only rather being or not being, but always in the Now.

No amount of academic or intellectual stimulation can ever lead to Enlightenment, Self Realisation and ultimately Realisation of Divine Powers, only Being in the Now can achieve these things.

Siddhattha Gotama - the original Buddha - never achieved Enlightenment by "doing" or "reading" or by any other intellectual pursuit, but rather by simply **Sitting, Being and Realisation of and in the Present, Eternal Moment of Now** - which is All there Is.

It is impossible to become Self-Realised and therefore Enlightened by studying Buddha - only by Being Buddha. This is where Zen Buddhists separate themselves from other sects of the Buddhist culture or in some cases religion.

Many of the great cultures of the world teach this truth of Now-ness in their own way:

"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". -- Lau-Tsu

The Our Ultimate Reality Newsletters

This is a more progressive approach to Now-ness, but yet still towards the same objective of non-action, which goes with non-thought.

The Eighth principle of the Buddhist Eightfold path state:

"Samma-Samhadi" - full, integral holistic "Oneness" with The Source or The All. This includes concentration, meditation, and single pointedness of Mind, and the progressive establishment of the whole Being into the many levels of conscious awareness.

Note, the word "Samma" means whole, perfect, integral complete, thorough.

The Bhagavad Gita in its Vedic wisdom, succinctly states the incorrect view of most people today in the following statement:

"All actions take place in time by the interweaving of the forces of nature, but the man lost in self-delusion thinks that he himself is the actor. But the man who knows the relation between the forces of Nature and actions, sees how some forces of Nature work upon other forces of nature and becomes not their slave".

All of these great statements of fact vary of course, but while still substantially stating the same fundamental truths, that we are all One, there is only Now, and all actions, through right-Mindedness must occur only in the Eternal Moment of Now.

People often say to me: "but living only for the present moment of Now is so difficult when we cannot escape the past, or ignore the future - what are we to do?"

My advice is simple - put time aside each and every week to go out into the countryside and observe nature. If the weather or other factors do not allow this, spend time each week simply observing your pet cat or dog, or by observing birds, squirrels and other Divine creatures Divine Providence has blessed Earth with, in your garden, through your window. If you live in a metropolitan area then visit your local park, gardens or other open space, sit on a bench and observe from there. We can always be close to nature.

Observe how these Divine Beings are only concerned with the Present Moment of Now.

I am blessed enough by Divine Providence to Whom I am most grateful to have a Zen Master living with me.

She is a gorgeous, 4 years of age, Maine Coon cat who has been with us from the age of 4 months, and from whom myself and my three sons have learned much simply by observing, understanding and of course caring for her. She, as with all cats and animals is a beautiful, sentient Being, who, unlike many humans is still true to her own path, and knows only Unconditional Love as a state of Being.

The Our Ultimate Reality Newsletters

A cat truly is a Zen Master in many respects, and we can all learn much from observing, caring for and interacting with a cat.

Whether cats understand humans is another matter - they probably think humans are really eccentric, and not without good reason.

In nature, find a pond with ducks floating around and observe them. A duck does not worry about what happened yesterday or what might happen tomorrow - a duck is only concerned with the Now.

Of course it happens that a duck will swim into the territory of another duck and a fight ensues. But after the tussle is over, usually very quickly, watch what the ducks do next.

The ducks will swim off in their own directions, the fight no longer being of relevance to them. Soon after the fight both ducks will suddenly shake their wings violently before folding them down once more, and then swimming serenely on their way.

Why do they do this?

The ducks will perform this action to rid themselves of all pent up, unwanted, negative, aggressive Energy resulting from the fight. Once the Energy is thus shaken off, they can return to their previous calm state in the present moment of Now.

Contrast this with many humans who will fight, often for no reason at all urged on by the Ego, and then afterwards spend days, weeks or even a whole lifetime brooding over it, often harbouring negative feelings of regret, vengeance or worse. Such thoughts eat them from within, drag their vibrations down, until they become stuck in a vortex of self-pity or even hatred. Sometimes all this pent up aggressive, negative Energy to be retained in their body, until eventually that Energy must find an outlet in some way, just as a safety valve will blow under so much pressure. In the case of humans this sudden release of negative Energy can often result in serious and sometimes tragic consequences.

These are reasons why "animals" who are after all equal aspects of Source and of Ourselves, are much smarter and more advanced than humans, simply being created by Divine Providence with different form and abilities appropriate to their own path which is no less important than that of a human.

It is sad but true that humans are the only animals, keeping in Mind that we are no lesser or greater than any other form of life, that have completely messed up their true nature at all levels, including something as basic as sexuality, due in no small part to the Ego assuming control, a focus on the illusions of ephemeral, physical "things" and an erroneous fear of "death".

Plain and simple what humans call "death" is in reality a part of life, no more, no less, symbolically representing the change from one state of Being to the next state of Being.

The Our Ultimate Reality Newsletters

Yet people live their "lives" in perpetual fear of "death". To do this is to fear life itself, causing an irrational focus on a non-existent future that in reality only exists as quantum potential, quantum probabilities that only become quantum realities when observed in the present moment of Now.

What people perceive and experience as "time" is, like "space", quite simply an illusion, albeit a very persistent illusion, a construct of mankind, contrived for convenience and in order to measure a perceived "past", "present" and "future" as well as a point of reference. The illusion of "time" on Earth is maintained by the scientific measurement of the relative positions of the Earth and the Sun in order to observe the "seasons", and the time for Earth to complete a full rotation relative to the Sun, thereby ultimately arriving at a calendrical system measured in days, weeks, months and years.

Beyond the perceptions of those living in the physical world, "time" simply does not exist. There is only the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth, the concepts of "past", "present" and "future" simply do not exist.

The tendency of humans to force everything to happen in compliance with a notional concept of "time" has a very profound effect on the lives of people. When a person thinks in the future tense and says, "I will", "I want", "I could", the Energy influenced by those thoughts will be influenced only in the Eternal Now, with the perceived "future" never actually arriving. So if someone thinks, says or behaves in a manner that implies "I want", that person is placing themselves into a perpetual state of "wanting" but of never actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and vibration to receive what they really "want".

So what causes humans to act in this way?

Unlike the animals mentioned earlier, humans are unique in identifying strongly with the Ego. It is this stranglehold the Ego has over most people at this time that causes humans to identify with such erroneous concepts as "time", or more specifically "past" and "future".

My book, Our Ultimate Reality, contains two chapters on the Ego, the second of which is the crucially important "Subjugating the Ego", without which true progress cannot be made, always keeping in Mind that as we experience this transition of the ages everyone needs to accomplish this:

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

I would also like to mention the fact that in the Astral and inner worlds where everyone will transition to after the change known as "death", time and space are not experienced, and the people there have no concept of them at all. This is because in

The Our Ultimate Reality Newsletters

the space-time continuum of the physical Universe "time" and "space" are part of the same experience, and one cannot be experienced without the other from the temporal perspective of a human on Earth where experiential reality is influenced and often controlled through the mediation of the five physical senses. Einstein demonstrated this conclusively. That does not mean that we have to experience them however. We can be of the physical world without experiencing it if we wish.

So how can people escape this self-fulfilling vortex of the Ego created illusion of "time" as it relates to a non-existent past and often feared for future.

There are several practical things that we can do achieve this.

The first of these may be approached through the daily practice of meditation. I cannot emphasise enough the importance and extreme value of meditation on many levels.

Many people claim that they have no "time" to meditate, which, in and of itself is both at once ironic and symptomatic of the state most people find themselves in today.

Not finding "time" for meditation is like not finding "time" for eating, sleeping and the other necessities of organic life, while at the same time "finding time" to watch soap operas and such things on the TV - it is all a matter of priority, the choices being between peace, harmony and Spiritual evolution on the one hand, and uncertainty, fear and often misery and lack of fulfilment on the other.

What I suggest to people is arising one hour earlier each and every day, making it a habit that the Subconscious Mind will urge you to maintain, take a warm bath or shower and then meditate properly for at least 20 minutes. This will set you up for a perfect day, while putting everything, including "time" in to a proper perspective.

Meditation at this time of the day brings many benefits, including, but not limited to the following:

1. After sleep you will be much closer to your Subconscious Mind and Inner/Higher Self than at any other time in the day.
2. You will be much more physically relaxed than any other time in the day. Deep physical relaxation is crucial for meditation and many other abilities.
3. Your Mind will not have been filled with the activities and events of the day ahead, making it easier to maintain a clear Mind - absolutely fundamental for true meditation.

So what else can you do during the day?

It is absolutely crucial to start thinking and thereby living in the present, the Eternal Moment of Now - which is all there is in reality.

The Our Ultimate Reality Newsletters

Whatever you are doing in that Moment, immerse yourself in that Moment Only. ever, ever think about the "past" - the lessons have been learned, experiences assimilated and stored by the Higher Self, and the events themselves dissipated back in to native Energy where they belong.

There is nothing to be gained by recalling those events and re-creating those same old Thought Forms which have already served their purpose. All you will do by living in the past is to bring the past into your present where you will keep re-living it over and over again - not a pleasant thought if your past is one that you would wish to leave behind.

Focus, immerse yourself and Be exclusively the Present Moment of Now.

The importance of the Eternal Moment of Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and Spiritual evolution. How we think has the most profound effect over what occurs in our lives. In fact, nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal Principles when it suits us, when we desire something or when there is a situation that demands it. It is absolutely necessary to live life completely in accordance with these immutable Universal Principles, in the knowledge that as aspects of God, we are also channels of experience and expressions of God, with the same God-given powers as God. Those who do live their lives, either consciously or Subconsciously according to these Universal Principles will always seem to others to live a "charmed", "lucky", "fortunate" existence. In fact, they are actually living a "magical life", always in total control over their life, consciously shaping their own reality with the powers of their own Mind, as a channel of experience for The Source, Universal Mind, God, and always in a higher degree of harmony, with the Universe.

I would like to mention that we must still know exactly what we wish for, need and desire, but not in the context of having them in the "future". Ask and it is given, Now, every time, no exceptions - all we must do is receive by harmonising ourselves with that need, wish or desire. But always keep in Mind that the moment you start apply a future tense, you will never receive your need, wish or desire, because, in accordance with your Mindset, it will always remain out of reach in your imaginary future, even though it is there for you.

So make a new routine of arising 1 hour earlier than usual, take a warm bath or shower, get yourself in to a relaxed state and meditate correctly for at least 20 minutes.

Resolve to live your life in the Present Moment of Now.

If you have pets - learn from them. Together with children, and particularly infants, they are among our greatest teachers. If not find a way to observe animals in their natural habitat and learn from them. All animals are our equals, and in many respects our Masters - never the other way around.

The Our Ultimate Reality Newsletters

16 August 2009. What Is Really Real?

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Due to events, today's newsletter will be somewhat shorter than usual, but hopefully no less valuable.

I would like as always to extend a very warm welcome to all new members of which there are a particularly large number of you this week once again.

I do hope you enjoy your weekly newsletter and hope that it is of value both in life, and as your friend and guidance as we approach and experience the great Transition of the Ages together. Never has there, in recorded history, been a potentially better era to be human on Earth, providing we recognise and embrace the opportunities being presented to us.

If you would like a more complete guide to the meaning of your life and destiny:

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

In order to begin to understand the true nature of the experience that most humans regard as "reality" or "life", we must first take a completely dispassionate look at how your perception of "reality", from the perspective of a human "living" on Earth - your personal experience - is collated and ultimately perceived and recognised from your perspective.

So let us first briefly summarise how you "sample" what you believe to be your "reality":

1. The five physical senses - sight, hearing, smell, taste and touch - continuously send data in the form of millions of tiny "packets" of electrical charges, collectively "sensory inputs" representing an impression of your immediate surroundings, every second to your organic brain.

Note: The organic brain is not the Mind and neither is the organic brain the so called "seat of consciousness" - an erroneous idea in and of itself. The organic brain is best likened to an immensely powerful "supercomputer", but which still relies completely upon its programmer and systems analyst - the Subconscious Sphere of activity of the Mind - most often considered to be the "Subconscious Mind".

2. The organic brain continuously collates and assembles the stream of sensory inputs received from the sensory organs from which it compiles a composite image or impression as a "best guess scenario". This composite "image", which actually encompasses all available sensory information, is then sent as a stream of data to the Subconscious sphere of Mind Principle - Subconsciousness - "Subconscious Mind".

The Our Ultimate Reality Newsletters

Note: This is an entirely mechanical, programmed process with no inherent intelligence applied or present, in and of itself

3. Subconscious sphere of Mind - Subconsciousness - then applies a wide range of learned "filters", acquired over the duration of the physical life experience to that point, based upon ongoing ideas, feelings, emotions, fears, self esteem, prejudices, beliefs and belief systems, religions, expectations of family, friends, society, perceptions on "money" and sense of security, concerns for family and much, much more, all received from the Conscious Sphere of Mind Principle - generally considered to be the Conscious Mind - during the ongoing experience which it recognises as "life".

Note: The Subconscious Mind Principle is sublime, and simply accepts these messages from the Conscious Sphere of Mind activity as "preferences" without question, as your own preferred "self-image", your "ideal self" - how you "see yourself"..

The Subconscious Mind then applies these "preferences" to the composite image it has received from the organic brain, and then forwards it to the Conscious Mind. Conscious Mind duly accepts the image without question as your own particular impression of your current "experience" in that moment. Keep in Mind that this is a continuous process.

This impression or image is always accepted by the Conscious Mind as "real" because the Subconscious Mind has already processed the image to ensure that it is in exact alignment with how you already perceive your own situation and "life experience", and therefore there are no contradictions, and you have no reason to Consciously doubt it.

So the "Subconscious Mind" is simply and only showing you only that which you already expect to see based upon your own perceptions, positive, negative or neutral of your own personal experience.

Subconscious Mind is always "humouring" you, but not because it makes any sort of decision to do so. The Subconscious Sphere of Mind activity is sublime, and only ensures that the wishes, rational or not, of the Conscious Mind, the Ego, are satisfied.

Note: It is erroneous to speak in terms of "Conscious Mind" or "Subconscious Mind" because they are both spheres of activity of the One Ultimate and Only Mind, of which humans are but one sphere of activity. We should always therefore refer to these as Consciousness and Subconsciousness. However, in the interests of familiarity of terms, I will continue to use both as appropriate. There is also Superconsciousness.

Now the important point to note at this stage is that your personal experience is constantly being shaped only by your Conscious observations, experiences and associated thought processes, feelings and emotions, simply reacting to, and engaging in, what you sincerely believe to be your "real" experience, your "life" but with little or no control, or even remote awareness of this process.

It is a very common human trait to focus much more upon the "negative" aspects of their own perceived experience, with all the corresponding worries, fears and negative

The Our Ultimate Reality Newsletters

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

So again, Subconscious Mind is dutifully and immutably ensuring that your own unique perception of your own unique experience accurately reflects your own perception of your experience and expectations, thereby perpetually satisfying your own learned and programmed self-reinforcing perceptions, prejudices and beliefs.

If these beliefs are negative in nature, because they are self-enforcing, they can spiral out of any "control" that may have existed, very quickly being perceived as a "hopeless situation", as so very often happens.

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

Nothing can exist "outside" of "The All", or not within the context of The All.

Every human, no matter what "picture" the physical senses, organic brain and conscious Mind conspire to present, is an inseparable aspect of All that Is, concurrently existing wherever The All Exists - and there is "nowhere" The All does not exist otherwise The All could not be The All, encompassing The All, so it is completely erroneous to think in terms of "attracting" something from "somewhere" "outside" of you when in fact there is no "outside" of you - you are already The All, and therefore whole.

Duality and separation are simply illusions arising from the activity of physical senses, organic brain - again which has no inherent intelligence or consciousness - and the conscious sphere of activity of Mind, but which has absolutely no basis in fact.

But still nevertheless the Conscious Mind "sees" or more correctly "perceives" and believes itself to be a "separate" "person", known as the Ego. This indeed is where many of the issues facing humanity today originate at this moment, and is accordingly the origin and cause of most misery, suffering and human conflict in the World.

"Conflict" can only exist as a concept when people believe in an "us" and "them".

Conflict is a uniquely human trait, only humans exceeding their own sphere of activity and harmony with nature. There is only one other organism that is both as invasive as humans, and uncontrollably exceeds its sphere or habitat - a virus.

Now then we can move on to examining the "bigger picture" of experience presented to the conscious sphere of Mind Principle in the form of an apparent "physical Universe" of "matter", to which Conscious human experience is inexorably related.

The Our Ultimate Reality Newsletters

Most mainstream science today still subscribes to, and bases its entire philosophy and sphere of research around the model originally proposed by Isaac Newton, comprising a strictly 3 dimensional model of the Universe, consisting of structures "comprised of" what scientists have labelled as "matter", and which are governed by "laws" contrived by science based upon a purely physical reference point.

Mainstream science, be it chemistry, biology or any of the other "materially" based sciences rely substantially upon this traditional 3D model of the Universe, with its constituent sub atomic particles, atoms and molecules, giving rise to carbon/hydrogen based "organic" life, without which these science would have no basis. The classroom wall of every school laboratory is adorned by the ubiquitous "periodic table of elements".

But there is also a fourth factor, sometimes considered as a "dimension " - "time".

Time is not always recognised as a "dimension" simply because it is not "tangible" - it cannot be "observed" as such - but is nevertheless inseparable from the three dimensions of "space", generally considered to be "length", "width" and "height". This is why theoretical physicists often refer to this model more appropriately as "space-time".

Einstein also encompassed "time" within the context of his "Special Theory of Relativity" which also takes accounts for associated factors such as "mass", "velocity" and "gravity". Ultimately of course "light" - in terms of photons" - must also be included.

However - "time" cannot be a constant, because the reference points for its arbitrary measurement are specific to Earth. On another planet, Jupiter for example, the basis for the measurement of "time" would be completely different.

Remove all of these reference points and "time" becomes completely meaningless, except in the context of a subjective experience, or illusion, which is what it really is.

A cornerstone of Astrophysics and related sciences is the so called "big bang theory".

But again, the "big bang theory" is based purely on the assumption that the entire "Universe" is, and always has existed exclusively in three physical dimensions plus time, and that accordingly all "matter" originated within the context of this 3D environment as a direct result of this mysterious but highly energetic and explosive primordial event.

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

The Our Ultimate Reality Newsletters

It should be noted that in seeking the true nature and origins of "life" and "reality" within the context of the three dimensional Universe of matter, science is actually working with only a very, very tiny subset of the available data, and here is why.

This 3 dimensional Newtonian model of the "Universe", plus the arbitrary concept of "time", completely fails to take to account the possibility or even probability of levels of higher Vibratory frequencies of Energy, beyond the confines of the traditional 3 dimensional model and capability of scientific instruments to identify and measure it.

Most, if not all scientists, will happily accept the fact that the fundamental "medium" of the Universe is Energy, the primary characteristic of which is Vibration as measured by Frequency.

But why then would Vibration suddenly cease to exist beyond a certain level, that just happens to correspond with the outer limits of the anyway infinitely limited scope of "modern" physical scientific instruments and therefore ability to measure frequency?

"Out of sight, out of mind" perhaps?

Absence of evidence does not equate to evidence of absence.

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

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

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

This of course has always been the case throughout history, with scientific models and understanding always being strictly limited by the very nature of the instruments available. This is why a couple of hundred years ago diseases were attributed to all manner of causes, including but not limited to "witchcraft", demons, "evil spirits", but only because bacteria and later viruses had not been observed and identified, and therefore could not be factored in to the practice of medicine at that period.

In reality this is an ongoing process, with scientific models, educational and research framework and paradigm always being based upon the current technology available for

The Our Ultimate Reality Newsletters

measurement. So this is an infinite process that can never determine an absolute answer.

Plain and simple - to put it bluntly - to assume that the 3 dimensional Universe of matter encompasses all "reality" with nothing beyond, simply because it cannot be detected by current technology, is no different at all to those scientists of just a few centuries ago who believed that the Earth is flat, and was also the centre of both the solar system and Universe. Those scientists were no less correct than current science for the same reasons.

So what then can we say about the nature of "reality"?

We can never know the absolute nature of "Reality" as Source Mind, the Supreme Intelligence, until finally, through the process of Evolution, the potential is reached and the decision is made to reunite, to "merge", at which point All will become known and Experienced.

We can however say this about the All Encompassing Nature of Subjective Experience in the context of Reality of Universal Mind in Which "we" Experience, Evolve, Love and have our Being, thus fulfilling reason for Being .

We may define this Subjective aspect of Universally Experienced Reality thus:

A Boundless Expanse of Eternal, Intelligent, Conscious, Vibrant Energy, Subjectively Experiencing Itself as Itself.

So what then are three Fundamental Qualities of this Greater Collective "Reality"?

Love. Mind. Consciousness.

What may we say about the nature of the Personal "reality" of humans focused on Earth.

Personal Reality is simply your Subjective Experience in any Moment of Now within the overall context of the Greater Reality and of a unique enclosed Experiential loop.

The Moment of Now is Eternal, Encompassing Infinite Potential, any Aspect of Which any Personality has the Potential to Realise and Experience through Mind Principle in the process of Personal Evolution - also an aspect of Collective Evolution.

There is ultimately One of Which we are All Eternal Aspects of Universal Mind.

Subjective Experience, the reason or "meaning" of physical "life", provides a limitless, self-regulating experiential environment through which Personal Evolution may progress through the Divine Freewill with which we are All Blessed, and the Infinite Power of Mind, within the context of a Universal Mind of Infinite Potential, always regulated through immutable Universal Principles and Ultimately Source Mind - Supreme Intelligence, First and Only Cause.

The Our Ultimate Reality Newsletters

Once Higher Self of a human has attained sufficient Experience and Evolution, all concurrent "incarnations" are released from the sandbox - the physical Universe as a formless Spiritual "I" in the context of the greater Whole, All, of Universal Mind.

The objective and destiny of every Individual Aspect of Mind as Spiritual "I" is to attain the potential to reunite with Source Mind Energy, Supreme Being and Intelligence, at which moment the absolute "Ultimate Reality" is instantly Realised in that Only Moment.

Most humans currently experiencing "Earth life" are just setting foot on this Eternal Path, during which Life and Experience becomes increasingly "real" and glorious". There are no human words to even begin to describe these Divine glories but known to Higher Self - a primary motivation to continue, during which increasingly Greater and more responsible Roles are accepted with great Joy, thus facilitating ever Greater potential for Experience, Evolution and above all Perfection, while concurrently contributing to the Evolution and Expansion of the Whole - the All of Universal Mind.

The objective is to attain Enlightenment, encompassing the Full Realisation of, and Conscious Oneness and Connection With, Source Mind of All that Is. Enlightenment is to realise the Physical, material "life" for the Dream that it really is, having finally served its purpose which you understand and for which you are grateful.

The ultimate objective and greatest attainment of all humans therefore, as many have "before" you, is to achieve Enlightenment while still in the context of a physical human experience. This is a primary reason why Higher Self of Humans chooses the extremely challenging route of concurrent physical incarnation - the most effective way of instantly attaining the necessary Experience to facilitate the Graduation of Higher Self - Spiritual "I" - to much Greater, Glorious and Responsible roles and Adventures within the All Encompassing Universal Mind of Infinite Potential and Unconditional Love .

The Our Ultimate Reality Newsletters

23 August 2009. The Newtonian Legacy

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Due to events, today's newsletter will be somewhat shorter than usual, but hopefully no less valuable.

I would like as always to extend a very warm welcome to all new members of which there are a particularly large number of you this week once again.

I do hope you enjoy your weekly newsletter and hope that it is of value both in life, and as your friend and guidance as we approach and experience the great Transition of the Ages together. Never has there, in recorded history, been a potentially better era to be human on Earth, providing we recognise and embrace the opportunities being presented to us.

If you would like a more complete guide to the meaning of your life and destiny:

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

Now first of all let me begin this week's article by stating unequivocally that Sir Isaac Newton was a truly great man - in his time. he was one man in a line of many such great people that included Aristotle, Plato and more recently Albert Einstein and Quantum Physicist David Bohm - the great man who I believe understood the true nature of the Universe - to the extent it can be understood from a corporeal perspective - better than most.

It is crucial however for humanity to understand that the basis of the theories of these people is always relative to the level of evolution of humanity during that era, and accordingly their access to and comprehension of "Higher Knowledge".

For the last 2000 years at least, humanity, hungry for knowledge and progress, has been influenced by the words and works of highly charismatic people and global events generally, often turning these in to an almost God-like status starting with the person known as Jesus, then the "dark ages", through the "witch hunts" and "inquisition", and on to the great scientists of the time such as Newton.

In short - humanity has, for millennia, lost the ability to think for themselves, and much more crucially connections within - our true Source of knowledge and inspiration.

This week therefore it came to me to take a brief look at this situation, that we have a basis upon which we may expand our horizons.

First we must get this absolutely straight - the Newtonian "3 dimensional Universe plus time" culture is really the modern day equivalent of the "Flat Earth Society" of yore.

The Our Ultimate Reality Newsletters

To believe and work on the basis that the All in Creation exists as three dimensions - length, width and height, plus time - which some do not recognise as a dimension - is really no different to believing that if you sail far enough on the seas you will fall off the edge, or that the "God", the Great Source of All that Is - resides "up there" somewhere in his long white beard and robes, thronged by "choirs of Angels" while casting down punishments or favours upon humanity.

While Quantum Physicists generally do have a good rasp as to the true nature of the Universe, mainstream scientists including most branches of physics still cling to the Newtonian model they feel so comfortable with, choosing instead to ignore all the evidence to the contrary for fear it may destabilise the bubble in which they wrap themselves.

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

Neither can they understand why the Universe is not only expanding, the rate of expansion is in fact accelerating exponentially as well as uniformly.

Despite the fact both of these observable facts almost completely destroy the so called "big bang theory", scientists continue to take the "big bang theory" and endeavour to make it work somehow for their own comfort - anything else would be unthinkable.

Well the reason the Universe as a Whole manifests as it does is quite simply this.

The origin of this "original" "creative" "event" was not of some arbitrary "point" located "within" a notional pre-existent "3 dimensional void" just waiting to be filled, but rather from within much higher levels of Energy, far beyond the scope of the measurement potential of physical scientific instruments, an "event" originating at the very core of All "Creation, at the very highest frequency of Energy, the fundamental characteristic of which is Vibration, Energy that radiates uniformly "outwards" from the "epicentre".

We should note, in the interests of completeness, that it is entirely erroneous to speak in terms of "in the beginning", because there was no "beginning", and there is no "end", there is only the Perpetual, Eternal, Moment of Now in Which All in Creation has its Being.

But actually not even that is strictly correct. All in Creation, including Humans and All Life, is not actually "*within*" All That is, but rather **Is All That Is**.

The Our Ultimate Reality Newsletters

In other words, All In Creation is All Creation and therefore it is not the Universe that is expanding, but we as Humans that are Expanding along with All Life.

In truth we cannot even say "we as humans" because ultimately there is no plural, there is only One - One Stream of Energy from the One Source existing as a Superposition of Infinite Possibilities that only become Probabilities and Temporal, Local Experience under the influence of Mind at all levels.

So then, as the Universe as a Whole, All, of Infinite Potential continues to radiate "outwards" from its epicentre - again "outwards" is an erroneous concept, but will suffice for the purposes of this illustration - the Vibratory Frequency of this Native Universal Energy progressively "slowed", and as it did so the potential of the Energy became increasingly "coarser" and "denser" as it radiated away from its Source, until eventually the Vibratory frequency of this Native Universal Energy with infinite potential, slowed to the point that facilitated the potential for Energy to differentiate in to what humans and mainstream material science recognise as "matter" with all its constituent elements.

Thus the culture of the Newtonian 3D Universe was born, the Universe coming to be recognised as only that which can be detected through the five physical senses and crude scientific instruments.

Before continuing I must make this crucial observation.

Simply because Energy reaches the Potential to differentiate into matter, does not necessarily imply that it actually will differentiate into matter - or indeed ever did differentiate in to matter. This concept pre-supposes that what humans call "matter" even tangibly exists or possesses the potential to exist.

To that extent material science is really a religion based upon a pre-existent concept.

As we will discuss later, Energy is inherently formless in nature and characteristics, existing only as "Potential", until a fundamental Principle is applied to it - Mind.

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

The great quantum physicist David Bohm recognised this behaviour in the context of Native Universal Energy when he referred to the nature of the physical Universe of "matter" as "frozen Light" - a really excellent and extremely perceptive metaphor indeed.

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

The Our Ultimate Reality Newsletters

Therefore the metaphor for the creation and characteristics of the physical Universe as "frozen Light" is very perceptive and appropriate indeed.

So you see the "creation" event did not originate at some random "point" within a notional pre-existent "empty void" waiting to be "filled" with stars, planet and other cosmic material, subsequently radiating "across" this notional pre-existent 3D void, and neither was this event either "random" or "chaotic" in nature.

In fact there was no "event" at all simply because the entire notion of an "event" of this nature is duality based, in that an event can only be referred to in the context of "time" - as in "before" and "after" the "event", when in reality time in and of itself is erroneous.

What humans conceive of as "Creation" actually originated Within, at infinitely higher levels of frequency of Vibration, far beyond that which can ever be measured through crude scientific instrumentation, in an Eternal Moment.

Source Energy radiating progressively outwards until ultimately attaining the Potential to differentiate to the 3 dimensional material environment now known as the "Universe".

Note: The word "Potential" is crucial to this discussion as we will investigate in due course.

Now this creative process not only gave rise to the origination of the Potential - but not necessarily actual - basis for the 3D physical Universe of matter, but also to All to spheres of Life and Being at all Vibratory frequencies of Native Universal Energy.

It is the slowing to a vibratory frequency of Energy that gave rise to "temporality".

At frequencies of Vibration "between" 3D material potential and Source, First Cause, we find spheres of Potential mystically known as the Etheric, Astral and Spiritual "planes".

What people think of as the "afterlife" - the "place" where people "go" to after they "die" - actually does exist as a very "narrow", relative to the Whole, band of Energy at a massively higher Vibratory frequency than that of Earth, and which therefore cannot be measured or observed with scientific instruments. This does not make them "imaginary" in some way - it simply means that they cannot currently be instrumentally substantiated.

Even so, the "afterlife" - Astral Spheres of Energy - are still only, relatively speaking, just "beyond" 3 dimensional Universal potential, characterised by an infinitesimally low frequency of Vibration comparative to Source.

And this then is why the entire 3D Universe is measured to be of a substantially uniform ambient temperature throughout, originating uniformly "from the inside out", from a 3D perspective, not from some arbitrary "point" within a pre-existent 3D void of nothingness.

The Our Ultimate Reality Newsletters

In describing the nature of "All that Is", I frequently make use of the humble Apple as a useful and familiar metaphor.

If we let the Apple represent the Entire, Complete "Universe" of "All that Is" - "All in Creation" if you prefer - then this then is what we may observe:

At the very "Core" of the Apple is "Source" Energy, First Cause, Source Mind, - Supreme Intelligence - the Only True Objective Reality - Existing at the very highest Energy frequency of Vibration, vibrating at such a rate that it can be regarded as static.

This is analogous to a spoked wheel - the faster it spins the less visible the spokes become, until upon attaining a certain speed of revolution, the spokes become invisible.

The physical Newtonian Universe of "matter" may be represented in this model by the very thin outer skin of the Apple, analogous to the point or moment at which Energy Vibratory Potential slowed to a frequency at which it achieved the Potentiality, but not the actuality to differentiate in to what humans now regard as "matter" - "frozen Light" as David Bohm metaphorically suggested.

Between the skin of the Apple and its Core we find the flesh of the Apple. The flesh of the Apple is analogous to the vast majority of "All Creation" - the Whole - the 99.99999%.... of Energy spectrum between the Apple skin and the core - Source Mind.

Let the flesh of the Apple then represent the Infinite Continuum of Energy, the fundamental characteristic of which is Vibration, with Infinite Potential, existing between the skin of the apple and its core, where may be found the Infinite and diverse Spheres of Life, Mind and Being far beyond the reach of normal conscious human perception and certainly of any scientific instruments.

Now again let me stress again that in applying numbers, limits, and even words such as "the" are in and of themselves fundamentally flawed, because ultimately we are referring Only to the Infinite. These words will however suffice in the interests of understanding, and in the complete absence of more appropriate language.

Most mainstream science, even today, denies the existence of these higher levels of Energy and Vibration, simply because they can neither be measured, substantiated or otherwise quantified by the physical instruments upon which their entire paradigm rests.

As previously mentioned, David Bohm was a notable exception. His thesis on "Wholeness and the Implicate Order" remains a practical conceptual model of all "Creation", taking into account Spheres of potential beyond the concepts of the Newtonian model of the physical Universe. Indeed Bohm later even takes into account Consciousness which, with Mind, is Principle, and without which nothing could or would exist.

The Our Ultimate Reality Newsletters

Just under the skin of our metaphoric Apple then lies the Etheric Sphere of Energy - this is where people first find themselves after the change known as "death", and also the realm of the entities known as "ghosts" - departed human beings - who have become "stuck" for various reasons - usually due to some form of emotional attachment to Earth.

Just beyond the Etheric Spheres of Energy Frequency lies the Astral Spheres. It is to these Astral Planes of Energy that humans usually transition after leaving the physical body during the change known as "death". The Astral spheres are sometimes therefore more frequently referred to as the "Afterlife" or much more erroneously as "heaven".

Without becoming too deeply involved in our Apple metaphor, and beyond the scope of this discussion, suffice it to say that it is the destiny of all humans to commence the Great, Divine Journey at the skin of the Apple - analogous to Earth or other physical planet - and to Evolve through the seamless layers of the "flesh" of the Apple - representing Energy at increasing vibratory frequencies and resolutions - until finally, through the process of Evolution and Perfection, the Core of the Apple from Whence we "came" in the "beginning" is ultimately attained, and with it the potential to reunite, or "merge" with Source Mind.

This Evolutionary Process takes place as Experience assimilated by the Complete Spiritual "I", giving rise to ever increasing degrees of Perfection and thereby corresponding increase in the Vibratory Frequency and Resolution associated with the Unique Energy Field that represents and identifies Who we "Are".

Individuality, within the context of The All, is represented by our Unique Energy Configuration - our Energy Field - which continually changes in Nature and increases in Vibratory Frequency as we Evolve through Experience during the process of Perfection.

As Individual Energy Field Increases in Vibration, Transition automatically continues to the precise Sphere of Energy Vibratory Frequency, thus facilitating a seamless and automatic progression of Individual Evolution, which is always Perfect in Nature.

This then is the solution of the true nature of Spiritual Evolution, ultimately driven by an Individual, Subconscious quest for Perfection, a quest that is intimately incorporated in to our Unique Spiritual Nature, through Experience made possible by Individual Freewill.

Earth - indeed the entire physical Universe - may be regarded metaphorically as the "Kindergarten of Life".

The Etheric and Astral Planes are a very close extension of that same Kindergarten.

Why then is this necessary?

Well quite simply because only when sufficient Experience has been gained through cycles of physical "incarnation", is there a natural progression to increasingly more responsible and powerful roles within the context of the greater spheres of Life and Reality within the Greater Universe as a Whole, far beyond even the remotest

The Our Ultimate Reality Newsletters

comprehension of most Earthly humans, a role carrying with it massive responsibilities that can only be continued after the complete assimilation of appropriate Experience, characterised by attaining corresponding Vibratory Frequency of the Spiritual Body.

Allowing a human to "graduate" directly from Earth to such levels of responsibility - even if it were possible - which it is most assuredly not, would be akin to giving a 3 year old child the trigger of fully armed thermonuclear atomic weapon to play with, such would be the disruptive potential of the situation - in fact the potential disruption would be infinitely greater, because the very fabric and harmony would be compromised.

So the initial phase of incarnations of the Individuality of the Higher Self - experiential windows - on Earth and/or other planets is an absolutely fundamental and necessary process, wherefrom every Unique Energy Field - encompassing All Life whether "animate" or not, - must graduate before moving on to the infinitely, and to humans at this stage incomprehensibly, greater glories, powers and responsibilities.

Each phase in this process continually facilitates the progression through inner Spheres of Energy, Vibration, Life, Mind and Consciousness, glorious far, far beyond the consciousness and even very remotest comprehension of most Earthly humans. The Higher Self knows very well however, and will continually encourage Its fragments, or "representatives" to pursue graduation and experience of these greater glories.

This is also the solution to the metaphor of the "fallen angel" known as "Lucifer".

"Lucifer is a metaphor for the Human Ego Mind which "left or "fell from" "Source Mind", "Christ Mind" in the "beginning" , "cast down" to the physical Universe of matter. This was no punishment, but rather out of Divine Freewill - there is always a choice.

As previously discussed, it is the objective and indeed destiny, whether comprehended or not, of every Human Being to "reunite" with "Christ Mind" through the Divine process of Evolution and Perfection through the medium of Experience - thus fulfilling the cycle.

In theological or metaphorical terms, depending on your perspective, "Lucifer" reunites with "Christ" or if you prefer, the "Son" is reunited with the "Father". Of course there is no "gender" beyond Earth, so the concepts of the masculine are entirely erroneous.

This however is the ultimate meaning of "Life".

But again, this is no metaphorical "punishment". Quite the contrary in fact. It is rather a metaphor for Divine process chosen by each individuation of Source Mind - indeed all Life of every nature - and should accordingly be Joyfully embraced and never feared.

A word at this point about "Reincarnation" or the process of experiencing multiple "lives" on Earth or other planets.

The Our Ultimate Reality Newsletters

Due to the physical nature of Earth, it is generally impossible to gather sufficient Experience to "graduate" in a single "lifetime" or even hundreds or thousands of "lifetimes".

The true, Evolving Self is generally known as the "Higher Self" - our Individuality - Who resides within much higher Energy levels - far beyond the Astral - but still only a relatively "short" Vibration way from the metaphoric Apple skin relative to the All as a Whole.

"Higher Self" is our Eternal Individuality.

Note: "Higher Self" is a recognised term which would be more appropriately described as "Inner Self". In absolute terms the concepts of "higher", "lower" even "inner" are duality based and accordingly do not exist. They will however suffice for the purposes of gaining access to the considerations encompassed within these discussions.

Each "life" on Earth is experienced through and as a Personality of that Individuality.

The more Personalities our Individuality "sends to Earth", and/or other planets in the material Universe, the more Experience is returned to Eternal Individuality, and the more complete Higher Self - Individuality - becomes.

So Higher Self - Individuality - usually sends numerous "messengers" to Earth - or other planet - as both genders, all races, countries, cultures and circumstances, until finally a messenger attains the ultimate objective of Enlightenment while still in the context of a physical body.

This then signifies the end of this initial but crucial phase of Individual Evolution - "incarnational" cycle - where the Enlightened "fraction" of the Higher Self returns to Higher Self Who then assumes the Personality of the "Enlightened Incarnation". So Individuality continues with its acquired Personality, ceases to be a "Higher Self" - there are no longer any aspects of Itself to be "Higher" than - to the next phase of the greater Evolutional cycle.

I must dispel another prevalent misunderstanding before continuing - that of so called "past lives".

Each messenger of the Higher Self - each Personality - experiences one single "life" on Earth, or other planet, only, and then, after the physical body "dies" - no longer viable as an organic vehicle - transitions to the Etheric and then Astral Spheres of Energy in most cases.

Enlightened or Evolved Spirits or Beings who came to Earth for a specific purpose or specific "mission" for humanity - for example the figures known as "Jesus" or the "Buddha" - are exceptions, as are Beings known as "Avatars" and also others, who simply return directly to the Spiritual Sphere of Energy from whence they came.

The Our Ultimate Reality Newsletters

The Astral Energy Sphere is an environment where Earth people usually feel completely at "home" or even regard as "heaven", simply because they can experience anything they can possibly imagine at will, without the needs of "money", "work" and all those other typical trappings and dark and insidious instruments of control of human society.

The "afterlife" also seems much more "solid", "real" and "substantial" than Earth.

Astral residents will linger until they have fully satiated all materially motivated desires, infatuations, additions and ultimately concepts accumulated as a result of Earth experience, which experiences are eventually recognised and assimilated as the illusions or "delusions" they really are. The journey of the Personality to the Individuality of Higher Self continues with a unique package of experience contributing to the Whole potential Individuality that the Higher Self represents at that stage of Evolution, on the path of Evolving Spiritual "I" within the context of All of Universal Mind Principle.

This is why it is totally and completely erroneous to speak or think in terms of "past lives". There is absolutely no such thing as a "past life" simply because each "life" represents a complete cycle in its own right originating and terminating with Higher Self.

Equally as erroneous is the concept of "sequential" lives - in other words the idea that every "person" experiences a sequential series of "lives" or "incarnations", each at a progressively "later" period in Earth's history than the previous, thus giving rise to the erroneous notion that a "past life" took place for example in Ancient Egypt, or Babylon, or very popularly Atlantis and so on.

"Past lives" are invariably perceived as glamorous - never "hard" or "ordinary". Everyone likes to think of themselves as living as a "King", "Princess" or famous figure such as Jesus in "previous lives".

This is in turn responsible for the equally erroneous idea of "past life regressions" where, under hypnosis or other form of access to the Subconscious Sphere of Mind, a person is led to believe that they may "discover" their "identity" and physical "circumstances" and "lifestyle" during a "previous" incarnation, or "life" in Earth's history. Such "past life experiences" are invariably inexorably linked to the Ego.

In actual fact - all "lives" - Personalities - "incarnations" - take place concurrently, and not therefore "sequential" at all. This is true because our Individuality, our Totality, our Higher, Spiritual "I" Self, resides on a Vibration far beyond the human concept of "time".

Higher Self knows precisely the nature of Experiences required in order to achieve the level of "completeness" and therefore of Perfection and Evolution required to complete this initial phase on the great Path, to facilitate moving on to greater experiences.

Individuality, Higher Self, therefore "fills in" experiential "gaps" in Its "completeness" by choosing, as far as possible from the range of possibilities, the circumstances that would best facilitate the opportunity for the gathering of specific aspects of required experience to contribute to the Whole.

The Our Ultimate Reality Newsletters

To this end Higher Self chooses the "time-line" relative to the concept of Earth "time", country, culture, circumstances and parents which provide the best probability of gaining that particular "packet" of experience.

Yes you chose your own parents, and your own children likewise chose you, so always treat each other with the greatest Love and respect, while keeping in Mind that "age" is utterly meaningless. Your own kids, while you may perceive them as "children", may well be far more Spiritually mature than you. This is particularly true during this Transitional Epoch where numerous Spiritually highly advanced children are being born to assist parents and humanity through their particular abilities, very often through the Arts, and any other ability with the profound potential to influence the human Mind and Vibratory Frequency, both through the senses, and through the Soul and Spirit.

A useful metaphor that may assist in the understanding of this process of "concurrent incarnation" is that of a wooden cart wheel, with its hub and outer rim connected by its spokes.

Consider then the physical Universe which is recognised as being constituted of "matter as the outer rim of the wheel, Higher Self as the hub, and with each Personality or "incarnation" represented by each distinct spoke in the wheel.

Even as you read this you, as your Higher Self, may be experiencing alternative concurrent "incarnations" as, for example, a Neanderthal woman, a medieval gentleman land owner, a teenage soldier in the trenches of the first world war, an Egyptian Queen, or numerous other such "role playing games" - all in the same Eternal Moment of Now.

You are not aware of this situation simply because each Personality experiences each distinct but related incarnation through the mediation of the individual Conscious Ego Mind, which actually represents only a very tiny subset of the "Higher" Individual Mind.

Each individual incarnation is "firewalled" from the other at the normal level of waking consciousness in order to prevent the possibility of any cross-influencing of incarnations, which would have the potential to compromise or even corrupt them.

The individual Ego Mind of each personality is bound by the current temporal experience as it relates to the human concept and perception of "time" and "space" which it chooses to subscribe to. Only Higher Self has a complete perspective over all concurrent incarnations, which, in any case Higher Self sees only as "circumstances" with experiential potential or opportunities, but never "ages" in the "history" of Earth or another planet. Higher Self is not concerned with "time", only Evolutionary Potential.

As each personality, incarnation, Ego concludes its mission on Earth, the organic body "dies" and the Ego, the Personality - the Soul - leaves the physical shell they once used and identified with on Earth, to begin the journey back to the Individual "I", Higher Self. Upon reaching Higher Self, the package of experience, to the extent it has been attained, is then assimilated to the Whole Self Individuality, Which thus expands and

The Our Ultimate Reality Newsletters

accordingly becomes more Evolved and Complete in the only objective of progression beyond the material incarnational process, and to attain a more Complete Spiritual "I".

So you see, if we are to progress, both on an individual and a collective level as the human race, it is absolutely crucial not to cling to false paradigms simply to remain in a comfort zone or to take the path of least resistance.

We are all here on Earth to Evolve through Experience. If you reject the challenges and our inner guidance then nothing of value will be gained, and you Higher Self will have no choice but to send another representative to do it all again - and that representative, personality will be experienced as you - there is no escape. Your Individuality, your Higher Self yearns to Evolve beyond the kindergarten of the physical Universe and on to much greater adventures, but cannot do so until complete in every sense.

The Individual Point of Energy and Consciousness Experiencing these greater adventures, beyond your current comprehension will be Experienced as You - Glories that if only you were aware of no effort would be spared in reaching.

There is no "past", there is no "future", there is only Now - Now is All That Is and All That Matters. Your Experience is Created in this Moment of Now and you choose that Experience.

Above all only listen to and follow your Inner Guidance - never ignore your Inner Guidance if it is outside your comfort zone - your Inner Guidance is always correct.

Never care "what others might think" - just be yourself. You are not here to live life for others - only for yourself - your Higher Self. But always help others and be of Service when appropriate. Service to others before Service to Self providing the Service is requested and does not violate your Inner Guidance.

This is Your Experience - do not abrogate it to others or to false paradigms.

The Our Ultimate Reality Newsletters

30 August 2009. Our Divine Corporeal Nature

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Due to events, today's newsletter will be somewhat shorter than usual, but hopefully no less valuable.

I would like as always to extend a very warm welcome to all new members of which there are a particularly large number of you this week once again.

I do hope you enjoy your weekly newsletter and hope that it is of value both in life, and as your friend and guidance as we approach and experience the great Transition of the Ages together. Never has there, in recorded history, been a potentially better era to be human on Earth, providing we recognise and embrace the opportunities being presented to us.

If you would like a more complete guide to the meaning of your life and destiny:

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

Although we often discuss matters involving Higher or more specifically Inner Realities, it is also crucial, in the interests of balance, not to overlook the corporeal, human aspect of our existence, and aspect chosen by our Higher Self in the interests of accelerated evolution.

First then we must take a brief look at our Higher Self in order to understand how our physical, temporary and temporal shell relates to Higher Self.

The Higher Self is who we truly are, and can be thought of as an aspect of the immortal "I" who is sublime and as the sum of all of all physical lives and experiences, past present and future, relative to the Earth concept of "time is infinitely wise. Being connected with everything in the Universe that "is", at all levels of reality, as well as all previous physical lives, full access to this inner aspect of ourself is most sought after by those consciously on the path and by those pursuing other Spiritual disciplines. It is the Higher Self that progresses on to "greater" things, once all physical lives with their associated physical, Astral and Mental body experiences have been completed.

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

The Our Ultimate Reality Newsletters

Love. We therefore, after the cycle of physical incarnation has been completed, continue the journey inwards towards The Source as on the Divine path to perfection.

While in physical, Astral or Mental incarnation, the Higher Self can for example provide intuition to assist in circumstances where understanding, answers, clarification or guidance are needed and cannot be obtained by any "lower" means, and provides the highest level of connectedness and influence within the Universe in all spheres, and is therefore most important in any matter requiring any sort of unrestricted Universal connection such as that ideally required for manifestation for example.

Not much more need be said about the Higher Self, but suffice it to say He/She/It is who we really are, and that in physical incarnation, achieving and maintaining contact with this aspect of Self is considered to be one of the very highest priorities as a source of inspiration, knowledge and guidance.

What then may we say about the nature of the Personal "reality" of humans focused on Earth.

To provide further wise insight in to this question we can turn to The Baron Eugene Fersen who in Lesson 4 of Science of Being in Twenty Seven Lessons shares this.

<http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>

"THE first question you may ask is: What exactly are the qualities and the different functions of the physical body? It is presumed that you already know how this physical body came into existence. The process of its development from conception and growth within the mother until it reaches full maturity is so well known to the average reader that we are not going to enter into details on that subject. But the mysterious Forces and Laws back of that physical development, governing it and emerging into visible expression through it, are of vital interest to everybody; and it is the operation of those Laws and Forces which will be here explained in detail.

The physical body as a whole represents the embodiment on this material plane of your Ego, or Soul, whose manifold activities are expressed through its different organs and members. That body is made up of millions and millions of cells, grouped according to the different functions of the body, and each group of cells having its own particular duties to perform. Moreover, every cell has an individual and independent life within it. Modern investigations have proven that even when taken from the body these cells can, if placed in the proper surroundings, not only live an independent life, but can even develop under those new conditions.

If you want to have a strong and healthy body, you must give to the cells the opportunity and possibility to function properly. Breathing and taking material food are two of the ways to accomplish this. Physical and mental activity

The Our Ultimate Reality Newsletters

naturally needs energy, and it is in the work of supplying this energy that all the cells of your body cooperate. You feed the cells of your body with gasses and chemicals which, being absorbed and transmuted by the cells into a form of energy, in their turn feed you. That is, they supply you with the necessary amount of power for the work you have to do.

This transmutation into energy, or Life Force, of the air absorbed through breathing and the chemicals absorbed through eating is in direct proportion not only to the amount of their absorption by your body, but also to the body's capacity for transforming them. As that work is limited the amount of Life Force stored in your Solar Plexus is therefore also limited.

Naturally under those conditions you can use these forces only to the extent of the actual capacity of your Solar Plexus. Once the Solar Plexus is drained of Life Force, you feel that there is nothing to draw upon any longer. Then you call yourself tired, because you have exhausted the supply of energy in your body.

Yet Nature, who takes good care that her children should never be left stranded at the time when they need her support, has provided various physical channels through which to replenish this store of energy by tapping the great Universal Reservoir of Power.

For instance, the hair on your body, which is developed more on certain parts of it than on others, as well as the hair on your head, is of tremendous value in helping you to recoup your physical Forces. Each hair is a tiny wireless pole contacting Universal Life Energy and conveying it into the cells and the different centres of the body. Just as those natural wireless poles are ready to function all the time, so is Universal Life Energy ready to flow through, them continually.

Another major means for contacting the Energy outside is through the fine network of nerves which send their tendrils to the skin over every portion of the body. Where these tendrils are concentrated to form a genuine mat of sensitiveness, such as in the balls of the fingers, the palms, soles of the feet, etc., the sensitized areas act especially strongly as the grid of a receiving set, the point of contact peculiarly adapted to the reception of vibrations of Life Energy from without.

With all this highly specialized apparatus already at your disposal, it would seem as if that Power ought to be flowing into your body all the time. The reason it does not is because your nerves and cells are contracted on account of the general tenseness of your body and are almost paralyzed and closed up by some latent fear.

Naturally under these conditions the Life Force concentrated within your Life Centre cannot attract the Universal Life Energy which surrounds your body on every side. That is why Relaxation and Silence are such important exercises to

The Our Ultimate Reality Newsletters

the harmonization of the body. If human beings would live a natural life and would be in as close contact with the Forces of Nature as is the rest of Creation, there would be no necessity to contact Universal Life Energy. It would continually flow into the body, as there would be no obstacles to prevent the inflow.

The more Life Energy enters into your body, the stronger the individual cells will become. As the entire body is made up of millions of cells, it is obvious that the well being and proper functioning of that body as a whole depends chiefly on the well being and proper functioning of its component cells. Add to this clear, strong, harmonious thoughts, constructive and lofty emotions, and you have power and harmony within ready to contact the Universal Harmony and Power without.

That Power, flowing through the cells as the medium of transmission, bathes them individually and collectively with Life Energy, refreshing and stimulating them, washing them clean from impurities and building them up naturally into a healthy, strong and beautiful body, a fitting instrument for the expression of the Individuality that dwells within.

As stated previously, Harmony means Equilibrium, and Equilibrium is Power. If you want to be powerful you must achieve the Balance which Power demands for its most efficient expression. There is no better way to obtain that Balance than by bringing out your fundamental qualities.

Remember that your body is the outgrowth, the vehicle through which your Soul's Individuality expresses its activities. If the Four Fundamental Qualities—Life, Mind, Law (Truth) and Love—as explained in a previous Lesson, are given physical expression in your daily activities, they will by nature build up adequate physical channels for that expression. That is, in proportion as those Four Qualities are brought out in your own Individuality they will be reflected in the body which is but the material counterpart of that Individuality.

Remember also there are two ways of bringing out those Qualities, each way of equal importance and each supplementing the other. The continual use, through the Star Exercise and the Mental Contact, of Universal Life Energy, whose essential function it is always to establish Equilibrium, will automatically develop them within you, promoting their growth to the point where they will blossom into your consciousness as ready for expression. Then your conscious application of them by performing every act with Energy, Intelligence, Accuracy and Joy will cultivate and strengthen them in an increasing and harmonious growth which will visibly manifest itself in the various organs and members of your body.

As your body is simply the visible, material expression of the activities of your own Individuality, naturally if those activities are harmonious their physical expression must be so also. Real Harmony, Power and consequently Beauty of

The Our Ultimate Reality Newsletters

body are absolutely unattainable unless Equilibrium is first established within the individual and manifested through his daily activities.

It has often been noticed that when individuals are happy, that happiness radiating from their faces makes them appear actually beautiful, though originally they may have been very plain. The explanation is, of course, that the inner sense of Happiness, of Love, is able to produce such a transformation. If that inner condition were sustained through any length of time the effect would be so radical and lasting that the body would not only appear to be transformed, but would actually be transformed and would remain so as long as the cause of that transformation continued to be active within the inner self of the individual.

The definite physical process through which such fundamental causes obtain permanent expression usually takes place more quickly with young people than with. Older ones. Scientific investigation has proved definitely that all body tissues are being continually renewed, with the result that everybody possesses a virtually new body at periods ranging from one to seven or more years. It is through this renewal that any change must be gradually manifested. The younger a person is the more rapidly that work of renewal generally takes place, because the plasticity of a young mind is reflected in a young and pliant body, whereas in older people a set habit of thought and ideas has expelled that buoyant physical elasticity.

Yet age must never be considered an impediment. However slowly or quickly that change may be taking place, nevertheless it is taking place every moment of your lives. Not a minute passes but what some element of the new invades every tissue of your body to replace a corresponding amount of the old and worn out which it expels. You who will honestly and perseveringly follow the instructions here given will so temper with your aroused qualities this new fabric which is being perpetually knit into your being that you will produce most astonishing bodily changes, both as to appearance and as to producing power.

Naturally the transformation of your body is so gradual that you will not notice it at first. Yet the growth from within your body is continually operating, and if you have in you a continual flow of Life Energy, as well as harmony in your thought and action, then Life Force penetrating into every cell is bound to make that physical side of your triune nature grow healthier, stronger, finer and more beautiful all the time. All you need to do is to apply the rules and laws stated before, and particularly to use Universal Life Energy continually, never worrying about the results. The very Forces and Laws you put into operation will take good care that the results manifested in your body shall be in exact proportion to the direct application of those Laws and Forces in you.

The right kind of food, well prepared but not too much of it, especially for grown people, will help a great deal in that work of harmonization of your body. Vegetarian food is by all means preferable to the ordinary meat diet. You have

The Our Ultimate Reality Newsletters

only to look into the great book of Nature to find there the answer to your query as to which diet is preferable, meat or vegetable. The animals which can produce the greatest continual physical effort are vegetarians, as for instance elephants, bulls or horses. Carnivorous animals can produce a great deal of energy in a single effort, but only for a very short duration of time. Sustained effort is almost an impossibility for most of them.

However, the demands of our modern life call for this sustained effort. A sufficient proof that there is already a dim realization of this exists in the increasing number of vegetarians. Eventually the whole Human Race will become vegetarians and fruitarians.

Yet as in everything else, gradual growth is preferable to an abrupt change, and for that reason you are advised to eat what you feel like for the time being. Inner adjustment will demand a different kind of a food to sustain your physical body, and then without any effort you will adopt a different diet. It will be no more a sacrifice to you, as you will have gotten into that new condition. Under these circumstances your body will be changed gradually, and will not suffer depletion or cause you any such physical discomfort as usually afflicts those who make a sudden radical change.

The same can be said in regard to smoking, drinking or any other similar habits. You will be able to get rid of them not by fighting or trying to overcome them, but through transmutation into healthy habits. There again the continual use of Universal Life Energy will be of invaluable assistance to you. Being a Perfect Power, it will by and by eliminate from your system all harmful desires and appetites.

Scientific breathing is also very helpful in the work of harmonization of your body. Most people breathe only to a partial capacity of their lungs. Under such conditions there is not a sufficient amount of oxygen conveyed into the body. As oxygen is, next to Universal Life Energy, the most important element for the subsistence of all life, it is obvious that if you do not absorb a sufficient amount of it through breathing your physical body suffers as a result of that shortcoming.

The above mentioned scientific breathing performs also a great service aside from the mere introduction of oxygen into the system. Based usually on the beats of the heart, it attunes the rhythm of the life within to the vast Rhythm of the Universal Life Energy outside. Thus it is an excellent help in establishing a quick and vigorous contact between the two.

Western systems of breathing, of which the object is only to bring about harmonious physical results, are preferable to Oriental methods, which are not so much concerned with the physical results obtained as with the development of psychic powers within the individual. There are quite a number of very good methods of scientific breathing which may be found in books on physical culture

The Our Ultimate Reality Newsletters

written by specialists in America as well as in Europe. A good system is that of Dr. Miller, a Swedish physicist, whose book "My System" is known all over the world.

Modern science constantly gives more and more scientific information in all directions, and in this direction also. Only by taking the trouble from time to time to keep yourself informed about the latest discoveries made along specific lines can you progress together with the general progress of human knowledge.

Physical exercises and sports of any kind are very necessary for your well being. As physical exercises the "daily dozen" by Walter Camp are excellent to keep you fit; but whenever opportunity presents itself do not despise walking, climbing stairs or any other similar effort. You will be more than amply repaid for it. Hiking, skating, swimming, rowing and all kinds of outdoor games are also excellent means to sustain the health and energy of your body.

Whenever exercising or indulging in sports, always remember two capital points. First, to make the contact with Universal Life Energy, so as to get the double benefits of the Force, and Second, to perform those activities with enthusiasm, since only then will they actually benefit you.

An exercise performed indifferently or with reluctance, at the compulsion of the will, will never bring any very constructive results, because the use of the will induces a general contraction and tenseness of the body nerves and cells which completely neutralizes the beneficial influence of the exercise itself. Under such circumstances the muscles are only wearied, not refreshed, and the individual acquires from his exertions nothing but that sudden fatigue which comes from utterly exhausted tissues".

<http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>

So what does this say about our Personal Reality?

Personal Reality is simply your Subjective Experience in any Moment of Now within the overall context of the Greater Reality and of a unique enclosed Experiential loop that gives rise to the illusion of that experience.

The Moment of Now is Eternal, Encompassing Infinite Potential, any Aspect of Which any Personality has the Potential to Realise and Experience through Mind Principle in the process of Personal Evolution - also an aspect of Collective Evolution.

There is ultimately One of Which we are All Eternal Aspects of Universal Mind.

Subjective Experience, the reason or "meaning" of physical "life", provides a limitless, self-regulating experiential environment through which Personal Evolution may progress through the Divine Freewill with which we are All Blessed, and the Infinite Power of Mind, within the context of a Universal Mind of Infinite Potential, always regulated

The Our Ultimate Reality Newsletters

through immutable Universal Principles and Ultimately Source Mind - Supreme Intelligence, First and Only Cause.

Once Higher Self of a human has attained sufficient Experience and Evolution, all concurrent "incarnations" are released from the sandbox - the physical Universe as a formless Spiritual "I" in the context of the greater Whole, All, of Universal Mind.

The objective and destiny of every Individual Aspect of Mind as Spiritual "I" is to attain the potential to reunite with Source Mind Energy, Supreme Being and Intelligence, at which moment the absolute "Ultimate Reality" is instantly Realised in that Only Moment. Most humans currently experiencing "Earth life" are just setting foot on this Eternal Path, during which Life and Experience becomes increasingly "real" and glorious". There are no human words to even begin to describe these Divine glories but known to Higher Self - a primary motivation to continue, during which increasingly Greater and more responsible Roles are accepted with great Joy, thus facilitating ever Greater potential for Experience, Evolution and above all Perfection, while concurrently contributing to the Evolution and Expansion of the Whole - the All of Universal Mind.

So how may we summarise your "physical human experience" in the context of Earth?

Your physical "life" is a "sandbox" and you are the Much Loved Child of the Universe joyfully playing within your sandbox. You toys are the Play-Doh through which you may mould any Experience that you can possibly Imagine through the Expression of the Source Energy flowing through you from Source Mind of which you are a Divine, inseparable aspect and Unconditionally Loved Expression.

"Life" in the physical world of matter - your current experience - is a but a Dream, a Dream which you and you alone Continually Generate, Perpetuate and Live, within the context the Collective Dream of Humanity.

Your objective on Earth is to Realise both the Personal and Collective Dream for what it Really is, Free yourself from that Dream, and Consciously Realise, and Connect With the Greater Reality Beyond the Dream, and Source of All that Is.

What you have been previously been taught, experienced and recognised as "Life", is but a Game, a Game in which you have hitherto willingly participated and immersed yourself believing it to represent your life and reality. Your Moment has Now arrived to graduate beyond the nurturing, loving and self experiencing kindergarten realm of games, pretend and make-believe, to graduate to the Glorious Realms of a much Greater Responsibility, Love and Service to All.

Your current Experience of "life" is but a space-time bound Matrix, a projected game, an illusion that you have Chosen to Experience. You must Now Awaken to the full nature of this game, before you may liberate your Self from the game.

Your objective is to attain Enlightenment, encompassing the Full Realisation of, and Conscious Oneness and Connection With, Source Mind of All that Is.

The Our Ultimate Reality Newsletters

Unconditional Love and Service for All Life are Primary Principles of Enlightenment.

Enlightenment is to realise the Physical, material "life" for the Dream that it really is, having finally served its purpose which you understand and for which you are grateful.

The ultimate objective and greatest attainment of all humans therefore, as many have "before" you, is to achieve Enlightenment while still in the context of a physical human corporeal experience. This is a primary reason why Higher Self of Humans chooses the extremely challenging route of concurrent physical incarnation - the most effective way of instantly attaining the necessary Experience to facilitate the Graduation of Higher Self - Spiritual "I" - to much Greater, Glorious and Responsible roles and Adventures within the All Encompassing Universal Mind of Infinite Potential and Unconditional Love .

The Our Ultimate Reality Newsletters

6 September 2009. The True Meaning Of Faith

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

As the Summer gradually but gracefully completes its course, we are preparing ourselves for the next Season, Autumn or Fall depending on where you reside, with a whole new realm of Divine Beauty and Perfection to appreciate and Experience.

As the long days of Summer draw to a close, and the long nights of Winter approach, more and more people turn to their PC and the Internet for leisure, entertainment and research in to how they may improve themselves and quality of life in some way.

It is not surprising therefore that once Summer is behind us increasingly more people join this newsletter. It is always wonderful to see so many new members joining us from every part of the world, and from so many different cultures and situations, thus once again illustrating the fact that the quest for Enlightenment, Freedom and the feeling of the profound, impending changes lying just ahead are Universal in nature, and fully reflect the truth that Ultimately we are All One and shared by All, transcending all other considerations.

If you enjoy this newsletter, and I certainly hope you do, and wish to receive it every Sunday as thousands have done since 2005 when I published the first edition, please join us by completing the form at the top of any page of our website, and receive 7 free chapters of my book - Our Ultimate Reality, Life, the Universe and Destiny of Mankind:

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

For many people the first time they encountered the word "faith" is in the context of religion, but what is the origin and true meaning of the word Faith?

The word "Faith" translated from the word in Ancient Greek, from which the Bible was originally written and translated came from the word "pistis", which meanings include "conviction" or "assurance", or "to wax confident".

The opposite of Faith is "doubt" and it is with doubt, at some level of consciousness that people perform a Law of Attraction exercise, and wonder why they are not successful.

Doubt is a very powerful, but negative emotion that effectively blocks and retards the creative process, opposing Faith.

True Faith on the other hand "Faith" is the Divine Force of Power Expressing in to our Experience anything that we can possibly imagine.

The person known as Jesus made this point time and again:

The Our Ultimate Reality Newsletters

And the apostles said unto the Lord, Increase our faith. And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you -- Luke 17:5-6

And:

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

And throughout the Bible you will find similar references to Faith and Belief although these were interpreted by the Doctrines of religions to mean something completely different - specifically "blind faith" in a fictitious deity, and the need to "believe" in the existence of this fictitious deity or be cast down to "hell" or other situation.

In the context of expressing, Know, beyond all doubt, with complete conviction, confidence and assurance that you are a integral, Divine aspect and channel of expression of The Source, God, and with all of the same creative powers, and that God will provide absolutely anything, without limitation by virtue of your own freewill given by God. Imagine and Believe, beyond all doubt and with complete conviction, confidence and assurance that you already have that which you desire, and with absolute Faith in your God-given powers supported by Gratitude, and it will be yours - every time.

The more we can realise God within, and thereby our own unlimited powers of creation, with perfect Faith that everything we ask for with our thoughts and imagination is unconditionally given, the more powerful we become as co-creators in and of the Universe.

Always keep in Mind that what might seem large to you, like the new home of your dreams, is absolutely minimal to the Creator of the glorious Universe with its trillions of diverse Suns and planets, all of which were "imaged" into Being by God.

But at the same time always remember - out true abundance is not in our material things without, but our treasures within:

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also.

--Luke 12:32-34

By "bags which wax not old" Jesus is stating the powerful truth that the true treasure, the treasure that is eternal, is within. So we should not seek ephemeral material

The Our Ultimate Reality Newsletters

possessions without, but rather the Kingdom of Heaven within. So before seeking to manifest anything into your physical experience, we should always look within and never without with Perfect Faith.

So what more then can we say about the true nature of Faith? This is what Dr. Robert Russell has to say about Faith, which I believe represents an *excellent* overview:

*"Did you ever contemplate the things that happen through **Faith**—not the things that could happen, or the things that might happen, but the things that do happen, the things that are happening now?"*

*Where Did **Faith** Come From?*

*You were born with the characteristic of **Faith**, for it is inherent in man.*

Protected from the moment of your conception, you emerged into the world with the expectation of continued security.

You accepted the loving care of your parents—food, shelter, guidance—without question.

You not only accepted but demanded in a loud imperious voice the things that gave you emotional and physical comfort.

You took your first steps in confidence in the loving hand that held you, and you were not too discouraged by a few bumps and tumbles.

You smiled and expected a smile in return.

Today you walk to your work or drive or take a bus, expecting to arrive at your destination all in one piece.

*You accept a job, expressing **Faith** in your potential.*

*You marry with **Faith** in the one you have chosen and **Faith** in your power to provide for your family.*

In other words, you have Faith in yourself, and that is actually Faith in the God within you.

You eat food prepared by countless hands that you never see and wear clothing made by persons you will never know.

You trust the taxi driver to take you to your destination, the barber to shave your face, and the cook to prepare your meals.

The Our Ultimate Reality Newsletters

How do you know that the taxi driver won't take you to some out-of-the-way place and hold you up?

Or that the barber will not cut your throat?

Or that the cook will not poison your food?

Because of your Faith in your fellow-man and that too is Faith in the one God, who according to St. Paul, is above all, and through all, and in you all.

Three Gifts Are Yours.

When man walked out from God's finished thought, he bore three gifts:

Life: Energy, Animation - by which to live.

Mind: The power to reason, select, understand, and know, by which to become aware of God, of "**Him**"self and his environment.

Faith: Trust, confidence, assurance by which to penetrate the invisible and to hold God's promises until they are realized in "**Him**" and for "**Him**".

*What Is **Faith**? The St. James version of the Bible says:*

"Faith is the substance of things hoped for, the evidence of things not seen."

Moffatt translates the words in this way:

"Now Faith means that we are confident of what we hope for, convinced of what we do not see. What comforting words: evidence, assurance, conviction, substance"!

Faith is the belief that you have the power to do all things.

Faith is a magnetic power that attracts the answer to your prayer. Results do not come by chance, accident, or fate. They are moulded by your **Faith** in your power through God.

Faith is the glass under the faucet; it is the water wheel under the fall; it is the windmill adjusted to the wind; it is the sunflower facing the sun; it is the ear at the telephone.

Success reduced to its lowest and simplest terms is **Faith** expressed in action.

Faith is a mental attitude against which there is no possibility of contradiction. If that attitude is directed toward God, it becomes your ability to do anything.

The Our Ultimate Reality Newsletters

When you pray or treat, you have a right to expect an answer to that prayer or treatment, providing your conviction is in line with the nature of God.

Your Mind, however, must be so convinced of its idea, it must so completely accept it, that contradiction or denial is impossible.

When you have absolute Faith, there is nothing left in you to contradict your treatment.

Faith is the bridge between the physical and Spiritual world. You have the privilege of crossing on it at will

Faith not only makes old things new, but it is the point of contact between God and man.

Faith is the means by which we identify ourselves with the Allness of God.

Through our ***Faith***, God fulfils His promises.

Through our ***Faith***, His Good becomes visible and usable.

Desire is impressed upon the Subconscious Mind through feeling.

Faith holds the idea of desire in Substance until it takes form.

Faith is the most dynamic and transforming force in man.

To become mighty in the individual, ***Faith*** needs only a chance to exercise itself.

As students of Truth, we must work for the highest and most complete state of ***Faith***, for ***Faith*** is the wire along which Omnipotence moves. In that state, there is no longer anything in us to deny, doubt, or divide the Truth that we affirm.

We shall never perfect our ***Faith***, however, by talking about it, reading about it, waiting for it or wishing for it; we perfect it by applying it to every phase of our living, to the little as well as to the big problems in our lives.

Faith is not just a stirring-up of the imagination.

Faith it is an actual power which acts upon our words.

Faith enables us to see things as God sees them, without blur or distortion.

Faith not only leads man into a definite course of action but opens the way for the Power to flow along the uncongested circuits of his thought.

The Our Ultimate Reality Newsletters

No longer hampered by doubts, fears, and worries, man becomes, as Emerson says:

“The inlet and the outlet for all that there is in God.”

*The highest **Faith** is whole, continuous, triumphant, and victorious. It admits no contrary evidence, no fear, no opposition, no separation, and no limitation.*

Hope says that it could happen or it might happen.

Faith says that it will happen.

Faith is the moving force in all creative processes.

Faith is the agent of healing, of prayer, and of demonstration.

Faith is the power to accomplish all things through Christ. All things are yours; and ye are Christ's; and Christ is God's.

*The man of **Faith** experiences Wholeness. “**Thy Faith hath made thee whole**”, said Jesus to the woman who touched His garment in search of healing, to the blind beggar, Bartimaeus, and to the leper who returned to give glory to God.*

Faith is an Individual Power.

*Why did Jesus pinpoint thy **Faith**?*

*Why not the **Faith** of someone better trained or better equipped Spiritually than you recognize yourself to be?*

*He was showing us that the whole process takes place within the individual Consciousness, within my Consciousness if I am seeking the rewards of **Faith**, within yours if you wish to experience Wholeness.*

Why do we ask for another's help?

Why do we have practitioners?

When the evidence of the senses seems to overpower us, when we cannot see Reality through the cloud of false evidence, we are often impelled to seek the help of one whose vision is not obscured by our problem.

*But unless we meet the **Faith** of the helper with one-hundred percent agreement, we are no better off than we were. Our **Faith** is still essential.*

The Answer Precedes the Problem.

Do you remember the place in which Jesus could do no mighty works because of their unbelief?

The Our Ultimate Reality Newsletters

Could healing not have taken place in Nazareth?

The Truth is that “the works” were already done Spiritually in that place as they are in all other places, but they had to await the recognition of the people concerned before they became visible on the material plane.

*Do you see now why it is your **Faith** that makes you Whole?*

Faith makes you Whole because in reality you are Whole already.

*Your **Faith** simply acts to reveal that which already is. The works come automatically to the heart that believes.*

*We do not see the Law of **Faith**, but we know its power by what it does."*

It should be clear therefore that True Faith is one of the most important of all Universal Principles, especially in the context of Expression of our Individual Experience. Taking time to meditate upon and understand the true meaning of Faith you will find to be profoundly valuable, especially in conjunction with other Fundamentals of the Principle of Expression which we will discuss in forthcoming newsletters.

The Our Ultimate Reality Newsletters

13 September 2009. Power Of Deep Relaxation

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Today's newsletter will be a short one. Today is an absolutely perfect Autumn/Fall day and a very welcome opportunity to make the most of this beautiful location while the opportunity presents itself, at the same time escaping the chaos of our ongoing renovation.

As usual it is my great pleasure to begin today's newsletter by welcoming all new members - again this week there are many of you.

If you would like a more complete guide to the meaning of your life and destiny:

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

We have already briefly mentioned the Power and Importance of Deep Relaxation, but because this is such a hugely important ability I thought it would be a good opportunity to discuss it further.

I know of no Higher/Inner ability or State of Mind and Being that precludes the need for achieving a state of Deep Relaxation. The deeper the better.

There are several reasons for this:

1. The process of achieving a deep state of relaxation focuses the Mind away from the physical environment and conscious, Ego Mind, in the direction of Inner States of Being and the Subconscious Sphere of Mind activity.
2. During deep relaxation, brainwave frequency slows to the Alpha and even Theta levels through which we can access our Full Potential.
3. It is necessary to lose the feeling and presence of the physical body so that it does not become a distraction while focusing on Higher/Inner Activities.

Many have found that focusing on and achieving Deep Physical Relaxation alone has led to numerous Mystical experiences, with Out of Body and Astral Projection most frequently reported.

Deep Relaxation is also extremely valuable for Healing and Health, because it allows the Subconscious Sphere of Mind Activity to operate in an unrestricted way.

As those of you who have been reading this newsletter for some time will no, the book I recommend apart with Our Ultimate Reality, as the greatest book ever written on these

The Our Ultimate Reality Newsletters

crucially important subjects is Science of Being in Twenty Seven Lessons, further details for which can be found here:

<http://ourultimatereality.com/law-of-attraction-book-science-of-being-in-27-lessons.html>

This is what The Baron Eugene Fersen has to say:

"The two exercises to be acquired by you first are Relaxation and Silence, without which no other exercise can be properly performed. Only when the body and mind are completely relaxed can you get what is called a real rest, for only then are you in the most ideally receptive condition. All the gates of your body and mind are then opened to the inflow of that supreme Universal Power called Life Energy.

When starting Relaxation do not expect it to be perfect from the very beginning. To relax at will, like everything else, needs practice. If you notice that there is any tension in any part of your body when you are seated in the chair in the correct posture, let it go. Try to feel physically as comfortable and as much at ease as you can.

The same also with your mind. Relax your brain as much as possible. Try not to think of anything, but just to sense rest, peace; and when that condition is attained, then enter mentally into Silence. That is, try to silence within your own self for the time being all impulses, desires and even thought. You will not be able to attain perfect silence within yourself right from the start, but every time you practice it you will gain something in that direction."

Baron Eugene Fersen also mentioned Silence which of course is also crucially important for many objectives, not the least of which is meditation.

But Deep Relaxation must always come first, without which no other worthwhile Experience or State is possible.

As I mentioned before, I know of no Higher/Inner Ability, State or Communication that does not require attaining at least some degree of Relaxation - the deeper the better.

So how can this state of Deep Relaxation be achieved?

The Chakra Meditation is of course one way - a fully guided meditation with brainwave entrainment enables you to focus on the relaxation instead of consciously focusing on the method, but there are several methods that can be used anywhere.

Other methods for achieving Deep Physical Relaxation are these:

1. Breathing: Breathing has always formed an absolutely fundamental aspect of many Mystical, Metaphysical and Meditative Disciplines and for good reason.

The Our Ultimate Reality Newsletters

The process of inhaling deeply from deep within the stomach area and in to the lungs, holding the breath and then exhaling can be applied to numerous Abilities and States.

The simple process of breathing deeply and rhythmically induces a very calming and relaxing effect that deepens with each inhalation, holding and exhalation cycle.

2. Progressive Muscle Relaxation: Progressive muscle relaxation is a more conscious, mechanical method of attaining relaxation, but nevertheless can be effective if done properly.

During this process each individual major muscle or muscle group, starting with the toes and ending at the crown of the head is tensed, held in a tensed state and then slowly released. Repeating the process for each muscle group if necessary.

3. Mind Power: Using the Power of the Mind to achieve Deep Relaxation is the purest way and ultimately the most effective way, because the Mind always has total dominion and control over the physical body at every level.

During this process the Mind is focused on each part of the body, usually starting at the feet, with the focused intent to relax.

The Guided Deep Physical Relaxation is very powerful for the reasons already mentioned, but in the meantime here is an example of an effective Deep Physical Relaxation Exercise.

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

Hold the breath for a slow count of five while enjoying the light as it bathes your entire body. Then, slowly exhale to a further slow count of five. As you exhale, imagine that your breath is a dark grey color containing all negativity and tension that you have been holding. As this negativity and tension leaves your body, you feel progressively more relaxed.

Now, continue to relax for a further slow count of five, and repeat the process of inhaling pure, radiant, white sparkling light, again feeling its Energy entering and permeating your entire body from head to foot before finally exhaling the dark grey light. All inhalations, pauses and exhalations should be 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 and positive. Please note that while doing these breathing exercises, you should inhale by using your entire diaphragm and not just your upper

The Our Ultimate Reality Newsletters

chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest.

The next stage in deep physical relaxation involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

Imagine, as vividly as possible, a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Make this sphere of light as intense as possible—even brighter than the sun on a clear summer's day.

Feel the warmth of this energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension drain quickly away as your feet become free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from your feet and ankles.

Next, imagine the bright sphere of radiant light moving slowly up your legs to your calves. Feel this area completely bathed in the soothing white light until both of your calves are completely free of all tension.

Next, the light moves slowly up your legs until it reaches your thighs. The sphere of light can expand as much as necessary to fully encompass any area of your body. As before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated from your legs and they are feeling completely relaxed.

Repeat this process as the glowing sphere of Energy travels slowly up your body, reaching your hips and buttocks, followed by your stomach and lower back, your chest and upper back, arms and shoulders. Your arms should ideally 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 through your body, encompassing everything as it leaves each area totally relaxed.

When the sphere of radiant white light reaches your neck, allow it to remain there as long as necessary for you to release all tension. Your neck can collect a considerable amount of tension, and sufficient time must therefore be allowed for it to completely dissipate.

Finally, the glowing, radiant sphere of light reaches your head. Allow it to remain around your head while all tension leaves your face and head muscles. After all of the muscles feel totally relaxed, imagine the radiant, glowing white sphere of light traveling to the top of your head, where it pauses for a while before moving onwards into the infinite Universe.

Take time to bathe in this pleasant feeling of deep, full body relaxation. Feel 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 it.

The Our Ultimate Reality Newsletters

As has been previously mentioned, this deep physical relaxation exercise is a valuable precursor to Astral Projection, OBE, concentration, manifestation, healing and many other important abilities to be discussed later in this book. In this stressful world, it is very useful, however, to learn the art of deep physical relaxation for the benefits it brings.

After sufficient practice, deep physical relaxation can be performed anywhere at will and without the need for a formal comfortable location or visualizations. Ultimately, you should reach the stage where you can sit completely upright, spine erect on a non-padded chair, and totally relax by simply focusing and willing your body to so. When you can achieve such a state of deep physical relaxation at will, you will find that many more latent abilities will open themselves to you.

The Our Ultimate Reality Newsletters

20 September 2009. Return To The Child Mind

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

Here we are experiencing particularly beautiful weather for early Autumn/Fall, with clear blue skies, warm sunshine - around 60 degrees - and little wind.

Perfect conditions for being out in nature, admiring the changes taking place in readiness for the Winter months, and the profusion of plant life that seems you thrive at this time of the year, most notably mushrooms and other fungi.

If you enjoy eating mushrooms, and live in a part of the world where they grow wild, then I suggest you harvest them while you can - they taste much nicer than cultivated ones purchase from the local supermarket.

Not only mushrooms - most fungi are edible but of course great care is needed to ensure that only those which are safe to eat are harvested and consumed.

It may be many months before we can look forward to the better weather and new cycle of life that Spring brings, and I for one will be making the most it.

I would, as always like to welcome all new members to this newsletter.

If you would like a more complete guide to the meaning of your life and destiny:

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

Even as the Great Awakening continues and accelerates, the vast majority of people in the world today are still failing to realise their achieve their full potential, due largely to a lifetime of programming by family and society.

When we, as an Expression and Projection of our Higher Self, and Ultimately of Source, chooses to incarnate into the physical world, it is in the full knowledge of who our parents will be, where we will live, what circumstances we will encounter and potential challenges we will face.

Each and every person, without exception is an equal aspects of The Source Energy, Supreme Intelligence, First Cause, expressing in all spheres of existence with Unconditional Love, and the natural, instinctive, powerful desire to evolve back to The Source as a perfected aspect of God.

Over the last few millennia, especially the last 2000 years or so, mankind has steadily increasingly turned its back on Source, towards a darker, lower vibration existence oriented towards materialism, dogma and indoctrination.

The Our Ultimate Reality Newsletters

While it is true that there are dark forces operating and controlling with their own agenda, it is also true to say that many people are influenced by such erroneous factors as what others think of them, the desire to conform to the expectations of family, friends, neighbours, society and others, and generally in accordance with “the way things are done”.

It is only when an individual has the courage, strength and fortitude to face the Truth, thus beginning to awaken and think for themselves can he or she can become truly free to fulfil his or her own true destiny with joy, meaning and real purpose of Being and Joy.

In order to achieve this Divine state of awareness, it is necessary to consciously become an open channel through which Source Energy can Express and Experience in the physical world, a process that we, as humans, control ourselves as Individuated Aspects and Expressions of Source Energy and Intelligence.

We Express our own Experiences through Source Mind, Intelligence and Energy for all our wishes, needs and desires.

Most people however are doing exactly the opposite by striving to conform to the expectations of others, pursuing material gain as a first priority, and forcing things in a perceived direction by physical means, instead of being an open channel of expression of The Source, The First Cause, God, and are therefore often contrary to the perfect flow of the Universe. Quite simply, such people are failing to “Let Go and Let God”, the inevitable result of which is suffering and lack of Spiritual evolution, ultimately resulting in the Higher self sending yet another incarnation to Earth for the opportunity to learn the lessons once more that were not learned in the previous incarnation.

Even in the 21st century, “society” is still operating by a system through which people are trapped from a very young age into a system that often prevents happiness, fulfilment and evolution.

From the very first day a child is born into what should be a glorious, joyful and fulfilling life on Earth, that child is immediately and continuously indoctrinated into the trappings of the material world.

A child is taught to focus exclusively upon the five physical senses, to behave in a certain way that precludes maintaining their strong connections with the inner worlds, and taught to treasure material things, such as toys, as a prelude to coveting bigger material possessions later in physical life, often as a first priority over everything else.

Later, young children are expected to go to school in order to get the “qualifications” required to obtain a “job” that they may gain the “opportunity” to “work” for the next 40 or 50 years before “retiring” on a meagre “pension”, that they may live out what remains of this life in the hope of simply gaining sufficient food, warmth and shelter in a generally uncaring world where very often service to self comes before genuine service to others.

The Our Ultimate Reality Newsletters

From the very moment of birth, the Minds of most children are moulded and shaped by parents based upon their own perceptions of what life “is all about”, usually, in turn based upon the attitudes, prejudices and ideals of parents, and in turn upon their own current circumstances.

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

The Mind of a child at both conscious and in particular Subconscious levels is highly impressionable. The brainwave frequency of a child resonates in the low Alpha frequencies which facilitates a very high level of access to the Subconscious Mind, which absorbs information received without ever questioning it.

The Subconscious Mind is immensely powerful, an extension of Source Mind with access to all the same Powers without limitation.

It does not take many years of such indoctrination for the Subconscious Mind of a child to accept what their parents have thrust upon them as “reality”.

Once the transition to the Astral worlds has taken place during the change erroneously known as “death”, the Soul, free of the physical world and all associated limitations will have every opportunity to reflect on what might have been, what was not accomplished and why, eventually, in due process of Evolution, returning to their Higher Self with an incomplete package of experience.

Humans have been trapped in this paradox, a cycle that often results in misery as a result of living a false reality that is inconsistent with their true mission. It is not until this cycle is broken, and people recognise, understand and exercise true freedom based upon their own reason for being here, can they finally realise true joy, fulfilment and happiness, and the means by which to complete their mission on Earth this time around.

The current systems of society originated three hundred or more years ago. It might well have worked back then to the extent it was consistent with the people living at that time, but with society still enforcing these very archaic systems, mankind has failed to progress at many fundamental levels.

People might believe that “money” is necessary to acquire the basics of survival, such as food, clothing and shelter. While this might appear to be superficially the case, but the truth is that we are here to attract and enjoy unlimited abundance, health and happiness if desired through our Divine connection with The Source, God, and not simply the basics for mere survival.

There is a very big difference between True “Abundance” and material “money” - it is this distinction that has led so many people astray.

The Our Ultimate Reality Newsletters

“Money” is a human concept that largely does not even exist, except as notional data created and stored on computers, whereas true abundance is a fundamental Universal Principle.

The Universe, Universal Mind has unlimited Abundance waiting to be delivered to each and every person simply for the asking. “Ask, and you shall receive”, every time, no exceptions.

The Universe does not recognize favouritism, “luck”, “chance” or any other such notions or superstitions. Most people simply do not know how to ask or to receive, and they therefore fail to achieve abundance, joy and happiness.

The vast majority of people in the world today are not taught how to Express Abundance, but rather how to “make money”. It is in the “making of money” that so much misery has been, and still is wrought upon humanity, being the catalyst for gross materialism driven by the Ego and self-interest and often urge for power and control.

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

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

It has often been noted that those who physically seem to “work” the hardest for all of their lives seem to have the least money, possessions and true happiness, while those who “work” the least often seem to enjoy unlimited abundance, joy and true freedom. Many people will jealously view such happy, joyous and fulfilled people with envy, often accusing them of achieving their riches through some sort of illicit means, or ascribing their success to such superstitions notions as “luck”, “chance” or “fortune”.

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

The Our Ultimate Reality Newsletters

So, how can anyone escape from the chains of modern society thereby gaining the opportunity to realize their true potential? 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:

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

Most people desiring something automatically assume that some sort of physical action is required to obtain it, thereby “forcing” things in their own perceived direction.

Such force might well bring about the intended result, but Universal Principles are immutable, and the force of that cause will always have a corresponding effect which will not always be positive.

Whatever the person was forcing is not actually a “physical thing”. It is ultimately Energy, the very same Energy from which all things are made, and in forcing that Energy in a certain direction which might be unnatural, a disharmony has resulted which the Universe will always balance in order to maintain harmony, a fundamental Universal Principle. As we will see from the coming chapters of this book, the entire Universe is conscious, intelligent, vibrating Energy, influenced only by Mind, and existing within the infinite Mind of The Source, The First Cause, of God. Mind therefore is the true and only power behind all creation including within the physical world, not physical “doing”.

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

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

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

The Our Ultimate Reality Newsletters

So how can humanity begin to find its way again?

Living in the Present and only Eternal Moment of Now is crucial.

But another major step forward can be achieved by having the Mind of a Child. The Mind of a Child is not subject to the idea, prejudices and social programming of parents.

In the Zen tradition this state is known as the "Beginners Mind" and is the purest Mind. Such a Mind, free of material, dualistic and egotistical influences, is Complete - nothing may be added or subtracted, All may be Experienced, and All Knowledge is Accessible.

This then is the Perfect Place to Start: The Child-like Mind, Beginners Mind in the Eternal Moment of Now. A Child of the Universe. A Child of our Source, of The All.

The Our Ultimate Reality Newsletters

4 October 2009. Now Is All That Is

Welcome to your newsletter, I do hope that you have enjoyed a wonderful week.

We are now five days in to the Autumn, Fall season - the Autumn Equinox having been on September 22. Right on time, as if nature knows the human calendar, the weather is definitely beginning to look and feel distinctly more Autumnal.

This of course is a beautiful time of the year and should be cherished as the next phase in just one Cycle of Life and Experience in the Infinite Cycles of Life.

The leaves on the trees are turning beautiful shades of orange, yellow and brown as they prepare the long months ahead together with the creatures that share their habitat.

Should humans prepare for the months ahead?

No. Only those who think and believe there is something negative about longer nights and colder days will experience it. As powerful expressions of Source Mind, Divine Creator, we have the Infinite Power to choose any Experience we desire. If we choose to Experience only the joys of Summer within our Mind and Being, then so shall it be.

If you would like a more complete guide to the meaning of your life and destiny:

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

It is apparent from numerous messages I receive that many people, and indeed probably even most are still living in the past while being fearful of tomorrow.

Many relate tales of woe about past years - often going back to childhood - while others see no "hope" or "prospects" for the future.

The truth is this - those who dwell on, or even fear the notional "past" or "future" will Experience the same in the Now. In other words the "past" or "future" become the present. This is true because in reality our current Experience is entirely determined by our Thoughts, Feelings and Emotions whether centred in the past, future or present.

Most of the great cultures of the world teach this truth in their own way:

"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". -- Lau-Tsu

The seventh and eight principles of the Buddhist Eightfold path state:

The Our Ultimate Reality Newsletters

Seventh principle: "**Samma-Sati**" - **complete or thorough awareness, also called "right Mindfulness". Levels of awareness and Mindfulness of everything, oneself, feelings, thought, people and reality.**

Eighth principle: "**Samma-Samhadi**" - **full, integral holistic "Oneness" with The Source or The All. This includes concentration, meditation, and single pointedness of Mind, and the progressive establishment of the whole Being into the many levels of conscious awareness.**

Note, the word "Samma" means whole, perfect, integral complete, thorough.

The Bhagavad Gita in its Vedic wisdom, succinctly states the incorrect view of most people today in the following statement:

"All actions take place in time by the interweaving of the forces of nature, but the man lost in self-delusion thinks that he himself is the actor. But the man who knows the relation between the forces of Nature and actions, sees how some forces of Nature work upon other forces of nature and becomes not their slave".

All of these great statements of fact vary of course, but while still substantially stating the same fundamental truths, that we are all One, there is only Now, and all actions, through right-Mindedness must occur only in the Eternal Moment of Now.

People often say to me: *"but living only for the present moment of Now is so difficult when we cannot escape the past, or ignore the future - what are we to do?"*

My advice is simple - put time aside each and every week to go out into the countryside and observe nature. If the weather or other factors do not allow this, spend time each week simply observing your pet cat or dog, or by observing birds, squirrels and other Divine creatures Divine Providence has blessed Earth with, in your garden, through your window. If you live in a metropolitan area then visit your local park, gardens or other open space, sit on a bench and observe from there. We can always be close to nature.

Observing your pet will provide many valuable lessons.

A cat for example truly is a Zen Master in many respects, and we can all learn much from observing, caring for and interacting with a cat.

Whether cats understand humans is another matter - they probably think humans are really eccentric, and not without good reason much of the time - they cannot understand why humans choose to behave as they do.

Dogs are intensely loyal. They, like cats never judge, know only Unconditional Love, and live very firmly in the present moment of Now. A dog will return all the Love you give to him or her and then much more besides.

The Our Ultimate Reality Newsletters

In nature, find a pond with ducks floating around and observe them. A duck does not worry about what happened yesterday or what might happen tomorrow - a duck is only concerned with the Now.

Of course it happens that a duck will swim into the territory of another duck and a fight ensues. But after the tussle is over, usually very quickly, watch what the ducks do next.

The ducks will swim off in their own directions, the fight no longer being of relevance to them. Soon after the fight both ducks will suddenly shake their wings violently before folding them down once more, and then swimming serenely on their way.

Why do they do this?

The ducks will perform this action to rid themselves of all pent up, unwanted, negative, aggressive Energy resulting from the fight. Once the Energy is thus shaken off, they can return to their previous calm state in the present moment of Now.

Contrast this with many humans who will fight, often for no reason at all urged on by the Ego, and then afterwards spend days, weeks or even a whole lifetime brooding over it, often harbouring negative feelings of regret, vengeance or worse. Such thoughts eat them from within, drag their vibrations down, until they become stuck in a vortex of self-pity or even hatred. Sometimes all this pent up aggressive, negative Energy to be retained in their body, until eventually that Energy must find an outlet in some way, just as a safety valve will blow under so much pressure. In the case of humans this sudden release of negative Energy can often result in serious and sometimes tragic consequences.

These are reasons why "animals" who are after all equal aspects of Source and of ourselves, are much smarter and more advanced than humans, simply being created by Divine Providence with different form and abilities appropriate to their own path which is no less important than that of a human.

It is sad but true that humans are the only animals, keeping in Mind that we are no lesser or greater than any other form of life, that have completely messed up their true nature at all levels, including something as basic as sexuality, due in no small part to the Ego assuming control, a focus on the illusions of ephemeral, physical "things" and an erroneous fear of "death".

Plain and simple what humans call "death" is in reality a part of life, no more, no less, symbolically representing the change from one state of Being to the next state of Being. Yet people live their "lives" in perpetual fear of "death". To do this is to fear life itself, causing an irrational focus on a non-existent future that in reality only exists as quantum potential, quantum probabilities that only become quantum realities when observed in the present moment of Now.

The Our Ultimate Reality Newsletters

What people perceive and experience as "time" is, like "space", quite simply an illusion, albeit a very persistent illusion, a construct of mankind, contrived for convenience and in order to measure a perceived "past", "present" and "future" as well as a point of reference. The illusion of "time" on Earth is maintained by the scientific measurement of the relative positions of the Earth and the Sun in order to observe the "seasons", and the time for Earth to complete a full rotation relative to the Sun, thereby ultimately arriving at a calendrical system measured in days, weeks, months and years.

Beyond the perceptions of those living in the physical world, "time" simply does not exist. There is only the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth, the concepts of "past", "present" and "future" simply do not exist.

The tendency of humans to force everything to happen in compliance with a notional concept of "time" has a very profound effect on the lives of people. When a person thinks in the future tense and says, "I will", "I want", "I could", the Energy influenced by those thoughts will be influenced only in the Eternal Now, with the perceived "future" never actually arriving. So if someone thinks, says or behaves in a manner that implies "I want", that person is placing themselves into a perpetual state of "wanting" but of never actually receiving. The vast majority of the human race today exists to some extent in a state of such wanting, while never being in a state of Mind, Energy and vibration to receive what they really "want".

So what causes humans to act in this way?

Unlike the animals mentioned earlier, humans are unique in identifying strongly with the Ego. It is this stranglehold the Ego has over most people at this time that causes humans to identify with such erroneous concepts as "time", or more specifically "past" and "future".

My book, Our Ultimate Reality, contains two chapters on the Ego, the second of which is the crucially important "Subjugating the Ego", without which true progress cannot be made, always keeping in Mind that as we experience this transition of the ages everyone needs to accomplish this:

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

I would also like to mention the fact that in the Astral and inner worlds where everyone will transition to after the change known as "death", time and space are not experienced, and the people there have no concept of them at all. This is because in the space-time continuum of the physical Universe "time" and "space" are part of the same experience, and one cannot be experienced without the other from the temporal perspective of a human on Earth where experiential reality is influenced and often controlled through the mediation of the five physical senses. Einstein demonstrated this

The Our Ultimate Reality Newsletters

conclusively. That does not mean that we have to experience them however. We can be of the physical world without experiencing it if we wish.

So how can people escape this self-fulfilling vortex of the Ego created illusion of "time" as it relates to a non-existent past and and often feared for future.

There are several practical things that we can do achieve this.

The first of these may be approached through the daily practice of meditation. I simply cannot emphasise enough the importance and extreme value of meditation on many levels.

Many people claim that they have no "time" to meditate, which, in and of itself is both at once ironic and symptomatic of the state most people find themselves in today.

Not finding "time" for meditation is like not finding "time" for eating, sleeping and the other necessities of organic life, while at the same time "finding time" to watch soap operas and such things on the TV - it is all a matter of priority, the choices being between peace, harmony and Spiritual evolution on the one hand, and uncertainty, fear and often misery and lack of fulfilment on the other.

What I suggest to people is arising one hour earlier each and every day, making it a habit that the Subconscious Mind will urge you to maintain, take a warm bath or shower and then meditate properly for at least 20 minutes. This will set you up for a perfect day, while putting everything, including "time" in to a proper perspective.

Meditation at this time of the day brings many benefits, including, but not limited to the following:

1. After sleep you will be much closer to your Subconscious Mind and Inner/Higher Self than at any other time in the day.
2. You will be much more physically relaxed than any other time in the day. Deep physical relaxation is crucial for meditation and many other abilities.
3. Your Mind will not have been filled with the activities and events of the day ahead, making it much easier to maintain a clear Mind - again absolutely fundamental for true meditation.

Describing meditation in detail is beyond the scope of this short newsletter, but again I describe meditation in depth in my book:

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

The Our Ultimate Reality Newsletters

I would just mention the fact that meditation should be done sitting absolutely upright and on a hard surface with the very minimum of contact between body and the surface. This is why Buddha sat on a rock to meditate on his path to enlightenment.

For most people sitting upright on a hard chair, such as a dining room chair, preferably not upholstered or padded, without leaning against the backrest is ideal. I would also suggest meditating without shoes or socks on, in other words in bare feet placed firmly upon the ground - ideally a natural floor such as wood as opposed to carpet in order to remain grounded and to conduct Energy flow more efficiently. Place your hands on your knees, open, with your left hand facing up and right hand facing down. Your knees should be touching. Again - it is important to sit absolutely upright with spine absolutely straight.

Never, ever think about the "past" - the lessons have been learned, experiences assimilated and stored by the Higher Self, and the events themselves dissipated back in to native Energy where they belong. There is nothing to be gained by recalling those events and re-creating those same old Thought Forms which have already served their purpose. All you will do by living in the past is to bring the past into your present where you will keep re-living it over and over again - not a pleasant thought if your past is one that you would wish to leave behind.

Focus only and exclusively on the present moment of Now.

Keep in Mind the wisdom of Lau-Tsu:

"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". -- Lau-Tsu

These are words of extreme wisdom - we should all follow them.

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and Spiritual evolution. How we think has the most profound effect over what occurs in our lives. In fact, nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal Principles when it suits us, when we desire something or when there is a situation that demands it. It is absolutely necessary to live life completely in accordance with these immutable Universal Principles, in the knowledge that as aspects of God, we are also channels of experience and expressions of God, with the same God-given powers as God. Those who do live their lives, either consciously or Subconsciously according to these Universal Principles will always seem to others to live a "charmed", "lucky", "fortunate" existence. In fact, they are actually living a "magical life", always in total control over their life, consciously shaping their own reality with the powers of their own Mind, as a

The Our Ultimate Reality Newsletters

channel of experience for The Source, Universal Mind, God, and always in a higher degree of harmony, with the Universe.

I would like to mention that we must still know exactly what we wish for, need and desire, but not in the context of having them in the "future". Ask and it is given, Now, every time, no exceptions - all we must do is receive by harmonising ourselves with that need, wish or desire.

But always keep in Mind that the moment you start apply a future tense, you will never receive your need, wish or desire, because, in accordance with your Mindset, it will always remain out of reach in your imaginary future, even though it is there for you.

So in conclusion:

Make a new routine of arising 1 hour earlier than usual, take a warm bath or shower, get yourself in to a relaxed state and meditate for at least 20 minutes.

Resolve to live your life in the present moment of now. If ever a thought of the "past", or a thought contrary to your objectives ever enters your awareness, simply keep saying "Cancel!, Cancel!, Cancel!" until it dissipates. Keep in Mind that thoughts are transient Energy which will dissipate into native Universal Energy providing no attention is given to them.

If you have pets - learn from them. Together with children, and particularly infants, they are among our greatest teachers. If not find a way to observe animals in their natural habitat and learn from them. All animals are our equals, and in many respects our Masters - never the other way around.

The Our Ultimate Reality Newsletters

11 October 2009. Mind Over Health

Welcome to your newsletter.

I do hope that you have enjoyed a wonderful, healthy week.

As winter rapidly approaches in the northern hemisphere, increasingly more members are joining us as the long Summer days outdoors give way to the opportunity to spend more time with the PC researching the true meaning of life and other crucial life matters.

You are all most welcome. I do hope you enjoy this newsletter which has been published almost every Sunday since 2005.

If would like to receive this newsletter every week, then you very easily join us by completing the form at the top of any page of the website:

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

As we head rapidly towards the dark, cooler and damper days of Winter, the thoughts of many turn to the possibility of "catching" "seasonal diseases" such as colds and 'flu.

This year a much greater fear lurks in the Mind of many in the form of "Swine Flu".

Now there is much I can say about "Swine Flu" from my own investigations, but this newsletter is not about conspiracies, even if justified as in this case, and knowing the background and agenda's behind Swine Flu will not help in any tangible way. Suffice it to say that Swine Flu is not a natural occurrence - not by a long way.

So before moving on to more substantive aspects of health let us deal with the subject of Swine Flu because Knowledge is Power - literally.

From a practical perspective Swine Flu is not substantially different to normal seasonal 'flu of the sort contracted by millions every year both in terms of symptoms and risks.

What is different however is the way it is being hyped by the media who in turn are under the control of the dark, covert forces whose least concern is the welfare of humanity - the opposite in fact.

Again, without the conspiracies, the main agenda from all the evidence appears to be to vaccinate as many of the population as possible as quickly as possible.

Should you accept or seek such vaccination?

Of course that is entirely your decision to make of your own Freewill.

The Our Ultimate Reality Newsletters

What I can say however is that there is no way that myself or my three sons would ever consider such a vaccination - or any vaccination for that matter.

There is plenty of evidence to suggest that vaccinations administered from a very young age have resulted in damage in many ways, including to the immune system itself.

This is no coincidence.

The covert forces operate under a time proven model of Problem > Reaction > Solution.

In other words a notional "problem" is first created and driven home through the media, followed by the reaction and then the convenient and timely solution received by a grateful public who believe, erroneously, that the governments and other agencies of the World are doing a fine job, and really have the best interests of the country at heart.

This has always been a successful tactic because it facilitates so many objectives - none of which are in the interests of the general public - quite the contrary in fact. The more recent example is the "vaccinations" against cervical cancer being routinely given to young teenage girls supported by an expensive and evocative TV campaign.

Aside from the many complications - even deaths - that have directly resulted from this particular vaccination, it is a classic example of Problem > Reaction > Solution ploy designed only to pump even more dangerous chemicals in to our children.

Many of these vaccinations are responsible for isolating people from their Inner Being, stripping them of access to natural Spiritual and Metaphysical abilities.

In Africa, tribes people go to great lengths to avoid their children receiving vaccinations from "well meaning" missionaries. The children of those people very often have great Spiritual and Metaphysical abilities as a direct result including, Clairvoyance.

Consider this. The human race as it is today has evolved over 5 million years or so - countless generations - yet vaccinations have only been available for a few decades.

Similarly 99% of medicines are worthless chemicals which, as such, can do plenty of harm to the body without "curing anything". All healing is of the Mind. It is the belief in the efficacy of these synthetic chemicals that brings about healing, not the chemicals.

These same entities also endeavour to poison us in many other ways including, but not limited to fluoridation of water supplies, aspartame in "diet drinks" and foods - aspartame is a very dangerous substance - a wide range of "additives" in foods, airborne chemicals and much more. Even the radio frequencies from mobile phones are very damaging, especially to children with developing brains and other organs.

The Our Ultimate Reality Newsletters

So what are we to do to remain healthy?

Well the answer is simple and as it has always been - the Power of the Mind.

Our Individual Mind has Total Dominion over our Physical Body - in every possible way.

Every outer disease and affliction originates from within, due to the action of Mind at some level.

Even ageing is a function of the Mind due to a programmed expectation of the inevitability of ageing, supported by the "anti-ageing remedies" as advertised on TV.

The process of "ageing" is reinforced by the "vanity industry" who, through TV adverts, bombard people with a relentless series of "products" to mask or even prevent the effects of "ageing", often using impressive sounding chemical compound names, thus reinforcing the thought of ageing and vanity itself, and therefore becoming self-fulfilling.

By purchasing such products you are saying to yourself "ageing is inevitable".

Similarly if you go to the doctor for a prescription and start taking "medicines", you are saying to your Subconscious Mind "I have a disease".

Taking that medicine is the same as repeating the affirmation "I have a disease", and the physical action of taking that medicine reinforces the presence of that disease.

This is the true mystical meaning of the "Eucharist" as opposed to the theological concept of it as practiced by the Christian religions. The mystical or Magical meaning of the Eucharist is specifically the reinforcement of a Principle on the Subconscious Mind through the action of eating or drinking.

So why do people age or suffer long-term diseases?

Quite simply because the Subconscious Mind is continually building our body in absolute accordance with the our thoughts.

The original Blueprint of every Human Being is Divinely Perfect and would remain Perfect if the conscious Mind did not instruct the Subconscious Mind to modify it.

Whatever you believe and expect of your body will always become your Experience - positive or negative.

If you think you will "age" or suffer from an ailment, then that will be your Experience, every time, through Mind Principle.

Likewise with "body building" or "training at the gym" where it is generally believed that hard work and physical exertion will produce the perfect body.

The Our Ultimate Reality Newsletters

The Truth is that the body is already inherently Perfect having been created by Perfection. All we must ever do is to Realise, Express and Experience that Perfection.

Anyone can attain the perfect body shape and other attributes without even leaving the house, or using any equipment, and probably better results as well.

The only "workout" anyone needs is of the Mind, because Mind is Principle and has dominion over the Body. Attending gym etc. does not "build the body" in and of itself anymore than drugs cure diseases, - it is the expectation of the results that gives rise to the results - the physical work simply provides the justification and Belief to the Mind..

We always have absolute control over our body at every level through Mind alone, specifically our Subconscious Mind, over which our conscious Mind has absolute control and total dominion at every level.

So what then are the Principle factors for maintaining perfect health and appearance?

1. Love Yourself - unconditionally. This does not mean in a narcissistic way, but rather as a Divine aspect and Expression of Unconditional Love, Source Mind, God.

2. Realise and assimilate at every level the Divine Perfection in Which we are made - in Whose Image We Are Made.

3. Know the Power of the Mind for Perfect Well-Being at all levels

Let us look at these Principles more closely:

1. Love Thyself: God, Source Mind, First Cause from Whence we came in the beginning Loves every single one of us - Unconditionally - including those that many humans consider to be "evil".

In reality there is no "good" or "evil", only Vibratory Frequencies and Experience.

So if our Creator Loves us Unconditionally, then we should Love Ourselves Unconditionally both from a Personal and Collective perspective.

Again - I do not mean that in a vain, or narcissistic way, but rather to Honour and Reciprocate the Divine, Unconditional Love God holds in us, thus realising the same Unconditional Love within ourselves.

Unconditional Love is the highest Vibration in the Universe, and the higher the Vibration of Energy we associate with, and assimilate, the higher the effect upon our own body.

Unconditional Love is the Highest Vibration With Which we can honour our body, and the Vibration with the Greatest Healing Power.

The Our Ultimate Reality Newsletters

If you look in the mirror and dislike what you see, you are effectively disliking our True Source, First Cause, God, because you Are the Son or Daughter of God in Whose Perfect Image you are Made and can accordingly fully Realise through Mind.

Only when that Power is abrogated to false, human made ideas as propagated by family, friends, society, media and government is that power weakened.

So every time you look in the mirror, regardless of what illusion your physical eyes convey, say to yourself "I Love You Unconditionally as an Expression of Unconditional Love". Do this as often as you possibly can - you do not have to be looking in a mirror to do this - anywhere and anytime is perfect to Honour Yourself and therefore Divinity.

2. Realise the Perfection in Which We are Made: The First Cause, The Source, Universal Mind knows only absolute perfection.

"So God created man in his own image, in the image of God created he him; male and female created he them" -- Genesis 1:27

God's own image is Perfection. So we Are All made in the Same Perfection as God. It is a sacred duty to Fully Express that Perfection.

God never sent us to decay or to Experience disease, lack or misery - these are all creations of the Human Mind. God knows Only Perfect Life, Perfect Health and Perfect Love.

So all we need to do is to Realise God Within, as a Channel of Experience and Expression, and to Realise that Perfect Image.

3. Know the Infinite Power of the Mind for Health at all levels: It is crucial to know, understand and practice the Power of Mind.

Our Subconscious Mind has total dominion over our body at all levels. It is the Subconscious Mind that maintains our vital functions, breathing, heartbeat, blood flow, bodily defences and everything else at all levels. Likewise the Subconscious Mind responds to our every conscious thought.

Only think therefore healthy thoughts and of your most perfect ideal appearance at all times and that will be your reality.

Many have difficulty believing this, but this is only due to the influences, or rather illusions of "space" and "time".

It is a fact that when people "pass over" during the change known as "death", upon reaching the Afterlife - the Astral Spheres of Energy - they appear to themselves and others as they were in the "prime of life" - usually mid-twenties to mid-thirties.

The Our Ultimate Reality Newsletters

This is "residual self image" - the idealised image of their body.

If you hold an image of yourself in the physical world, e.g. of Perfect Health, it must become so through Universal Mind Principle. Never be influenced by others either knowingly or otherwise.

If you see someone sneezing or otherwise ill in any other way, do not think to yourself "now I will catch that cold or 'flu", rather think in terms of "I always feel so perfectly healthy" and "thank you for my perfect health".

That said you should not ignore those around you - especially if they are suffering. Because we are all One, you can feel their Love of themselves, and their perfect health, and thereby bring these things into their own reality, which is really a part of your reality.

If your Child or other Loved one or anyone for that matter has manifested an illness within the domain of their physical body, place yourself into a state of relaxation where you will not be disturbed, and then feel at one with them, knowing, beyond any doubt that they you are they and they you. Feel the absolute Oneness knowing it to be True.

Then visualise, sense and feel that person smiling joyfully, in perfect health knowing the truth of the words of Genesis: *"in the image of God created he him; male and female created he them"*, knowing that image can only be one of absolute perfection.

All is Spirit, be it another person or an "object", and therefore the Principle is identical.

In order to influence something or someone else, whether to move it as in the case of Telekinesis, or to heal them in the case of an ailment, you must first, beyond all doubt, know the truth that They are really You - As One. In fact there is no "they" and "you", there is only the Unity of Spirit originating from Source Mind within Universal Mind.

Once you Know this Truth, Feel this Truth, and Assimilate this Truth into your very Being, a whole range of seemingly "miraculous" abilities will open up to you, especially when supported by two of the most powerful emotions in the Universe - true "Faith" in your inherent Divine Powers and Abilities through Source Energy flowing through you, and true "Belief" in your own identity as an inseparable aspect of God, made in the image of God, Source Mind, First Cause, and therefore of the Infinite God-given powers of your Subconscious Mind, because -

"Neither shall they say, lo here! or, lo there! For, behold, the Kingdom of Heaven is within you". -- Luke 17:21

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

The Our Ultimate Reality Newsletters

8 October 2009. The Conscious Paradox

Welcome to your newsletter. I do hope that you have enjoyed a wonderful, health joyful week.

Once again many new members have joined us since last week - all most welcome. I do hope you enjoy this newsletter, published almost every Sunday since 2005.

As I have mentioned often, there is a truly great awakening taking place right Now - a defining era for humanity which our Higher Self has chosen to Experience.

I saw a trailer for a movie recently due for release in December, simply entitled "2012".

This appears to be the first in a series of movies that depict 21 December 2012 as a day of catastrophic destruction for mankind - the "end of the World".

This type of movie usually has an agenda, and can be very destructive on the consciousness of humanity. Whatever the collective consciousness of humanity focuses on and accepts as truth will manifest as Experience - through Universal Mind Principle.

Should you choose to watch this movie, do so as a science fiction novel - not fact which it is not unless humanity chooses. We always have a choice - choose Enlightenment.

If you would like a more complete guide to the meaning of your life and destiny:

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

Over the years I have received countless emails from people telling me that they have "tried" to do this, or "tried" to do that without success.

The "try" comes from the conscious Mind and is always bound to fail every time.

As Yoda said to Luke in Star Wars:

Do or do not - there is no "try".

Wise words indeed.

The fact is, throughout my excursion here on Earth this has always been totally True.

The moment we "try" to do something we fail - it is inevitable.

So why is this?

The Our Ultimate Reality Newsletters

Well "try" is of the conscious sphere of Mind activity which erroneously believes that "effort" brings "results" - it never does or can in absolute terms - at least not enduring or worthwhile.

Many have observed in fact that that the more they "try" to "do" something, the more they fail. This is no surprise at all.

All the wisest cultures of the World know this to be true, none more so, in my view, than Zen - an offshoot of Buddhism.

Now I never promote any culture over another because we all have Freewill which must be exercised as an integral aspect of our Experience here, but if you were to ask me to suggest a culture whose practices are closest to Universal Mind Principle I would respond with Zen.

Actually Zen is an offshoot of Buddhism and the only one that I am aware of which preserves the original values of Buddha himself. Many branches of Buddhism have become a religion like Christianity, following the "teachings" of The Buddha instead of those of Jesus,

The Truth is it is impossible to achieve anything worthwhile from an intellectual level because it engages the extremely limited conscious Ego Mind.

True Buddhism is a state of Being, never a state of "learning".

True Buddhism can only ever be experienced through Zazen.

For followers of the Christian system of belief, the person known as Jesus once said:

"Which of you by taking thought can add one cubit unto his stature?"

-- Matthew 6.27

and:

"And which of you with taking thought can add to his stature one cubit?"

-- Luke 12:25

What was meant by this?

Well quite simply that "thinking" about something can never result in actually achieving anything worthwhile.

My own life experience over the decades has always aligned with this truth and does so today. To "think" is to deny the Infinite Power of Source Mind that flows through us because it takes it out of the Realms of the Infinite and in to the realms of the limited consciousness.

The Our Ultimate Reality Newsletters

A fundamental aspect of Enlightenment is transcending the conscious, Ego Mind. The main vehicle for Expressing our Experience is the so called "Subconscious Mind".

As we have discussed previously however, there is no distinct "Subconscious Mind", it is rather the Subconscious, Subjective Sphere of Mind Activity, or to put it another way our Personal Aspect of Source Mind. Subconsciousness is Source Mind, with All the same Powers, All of Which we have the Potential to Express.

So how then do we Express our desired Experience?

The first thing we should always know beyond any doubt is that the entire Universe and everything within the Universe at all levels, all dimensions and all manifestations is "Mind".

Everything, without exception is an Expression of Supreme Mind - Source Mind, First Cause, most know as "God".

The Entire Sphere of Activity of Source Mind is Universal Mind.

The extent to Which we can Express Source Mind is the extent to Which we have control over our Personal and Individual Experience, the main power behind which is Faith - True Faith - not the blind faith of religion.

As human beings we are individuations Source Mind within the context of Universal Mind.

As Expressions of Source Mind through Universal Mind, Source Mind Expresses and Experiences through each Expression, Expands and the Universe Expands in All Spheres of Vibratory Frequency culminating with the Physical Universe of Matter - which actually is an illusion of the physical senses, still Being Pure Energy.

The immediate Expression is Higher Self - Individuality - which then mirrors Source Mind by "sending" numerous Expressions of Itself to Earth. Almost everyone on Earth is just such an Expression, the exceptions Being the "Ascended Masters", Avatars etc Who already have a complete Higher Self, and consciously manifest as such by lowering the Vibratory Frequency of their Spiritual Body. They can dematerialise just as easily by raising their Vibratory Frequency.

This Infinite Mind of "Source" through which "Source" Experiences and thereby Evolves and Expands.

The entire Universe is in a perpetual state of expansion and evolution.

It also is important to keep in Mind however that although we are ultimately "Individuations" of The Source, i.e. individuated Energy Fields within the Universal

The Our Ultimate Reality Newsletters

Energy Field of Universal Mind, we are also still Integral, Inseparable Aspects of this Energy field and therefore of Source.

There is no separation in the Universe - All is One.

In order to understand this better we only need look at Quantum Mechanics.

Because the Universe - Universal Mind - is Infinite Intelligence of which we are All integral aspects, Quanta of Energy are influenced by Mind at Personal, Individual and Collective levels, Thought itself also Being Pure Energy.

Whenever you look at a physical "possession" such as a house, a car, a television set, they are in fact nothing more or less than an arrangement of Energy, or "Quanta", ultimately created by thought processes of the Mind through the local, temporal collapsing of the Quantum Wave to particles - or more properly the illusion of particles. It is only the physical senses that perceives particles as such.

If an "object" was scrutinised very closely, for example through an infinitely powerful electron microscope, it would very soon become apparent that it is not solid at all but are rather composed of Quanta of Energy Vibrating and moving at extremely high frequency rates in an out of the object being observed, as the Quantum Waveform collapses from a Wave to Particles and back when "observed" - under the influence of Mind.

Nothing can exist permanently unless it is observed because it is Mind that influences the way Quanta of Energy are perceived by the physical senses. Without that focus of Mind the Quanta revert to a Wave of "quantum potential" for something else.

Quantum physics completely confirms this by recognising that some "thing" can only actually come into "existence" when observed as a local, temporal event.

To "create", or more accurately Express our desired Experience we must focus our thoughts accordingly, causing Quanta of Energy to "collapse" and Vibrate in harmony with the desire.

This "focus" is the "observation" and is of the Subconscious Sphere of Mind activity.

So where does the conscious sphere of Mind come in to this?

Well therein is the paradox referred to in the title of this article

Where most people "go wrong" in "manifesting their desired reality" is that they have little or no control over this creative process.

The conscious Mind, our everyday, waking Mind is heavily influenced by the demands of the Ego, expectation of family, friends and society, pressure to conform to perceived

The Our Ultimate Reality Newsletters

socio-economic "norms" and so on - which are actually completely arbitrary - seeking to filter and logically analyse everything presented to it through thought processes or any of the five senses, only allowing thoughts to persist that are consistent with what it considers to be "logical" and in accordance with the "norm".

This is why so many people today are constantly creating unwanted experiences without ever realising why.

The solution therefore is to bypass the filters of the conscious Mind in order to access our infinite and unlimited personal Sphere of Universal Mind activity - Subconsciousness, usually known as the "Subconscious Mind".

Increasingly more people are becoming aware that they can "create" their own "reality", thanks to the movie "The Secret" and masses of information on the Internet on the "Law of Attraction".

What they do not realise is that there is no "Law of Attraction". "Attraction" is impossible because it implies some "thing" exists outside of us in some way, floating around in the ether, which can be "attracted" using the prescribed methods.

In fact even as humans on Earth there is nowhere in the entire Universe that we do not already concurrently exist.

Awareness is simply focusing the Mind on one aspect of that Wholeness as opposed to "moving to it" or "attracting" it in some way.

This then is where many traditional methods of "creating" either fail or bring transient results.

Where there is success it is due to invoking other powers of the Mind, notably Faith, in the process.

Affirmations are often intercepted by the logical, Ego driven conscious Mind, analysed and then rejected as being "impractical" in some way.

For example, repeating an affirmation such as "I have a new house", the rational conscious Mind immediately says "don't be ridiculous, you are still living in the same place"..

The immediate objectives are clear therefore.

The rational filters of the conscious Mind, built up over a lifetime, must be bypassed.

The paradox is that any "attempt" to do this is also of the conscious Mind.

The Our Ultimate Reality Newsletters

What is needed then is a complete shelving of the conscious, Ego Mind, instead to Express the Power of Source Mind through Subconscious Mind activity.

Now there are pitfalls here in that the moment you begin to "think" about your perceived wishes, needs and desires, your conscious Mind has taken over once again.

Whatever you desire must therefore be an aspect of your Being through which it is Expressed.

Once this is accomplished simply choosing to become aware of a different aspect of yourself - the aspect you wish to Express and Experience.

The more Source Energy you can assimilate and become One with, the more power and success you will enjoy.

This was a main basis of the teachings of the person who became known as Jesus.

As long-term readers of this newsletter will know, we are only interested in the Spiritual, never the religious.

However, the words of Jesus were turned in to a religion for the purposes of power and control by the Romans three hundred years later, thus obfuscating the true meaning of the teachings of this Master.

We will conclude then by considering the following verse:

"Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works. Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake. Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son". -- John 14:10 - 14

This literally means that we as individual Expressions of Source have no inherent powers whatsoever. All powers originate from Source and Expressed through us to the extent we have the ability to Express such Power, the main factor being True Faith.

This is what Jesus meant in the final part of the passage, going on to state that he is subject to the same Universal Principles, and that we will all go on to Evolve to greater things as Evolution brings the capacity to Invoke and Express Source to ever Greater.

In a future newsletter we will look more closely at this process.

The Our Ultimate Reality Newsletters

25 October 2009. The Zen Mind

Welcome to your newsletter. I do hope that you have enjoyed a wonderful, health joyful week.

First of all I would like to advise you that my inner guidance has prompted me to move home after 19 years of living happily in my present home.

As this is a big move for us back to the UK, involving a sea crossing, myself and family will be completely focused on all that needs doing to complete the move. During the move and for a time after the move we will be without access to the Internet.

I would like to advise you therefore that this will be your last newsletter for a few weeks.

This is the first time since I first started publishing your newsletter in 2005 that there has been a break, but I trust you will understand.

You can be absolutely sure, in fact I promise you, that once myself and family are established in our new home and we have Internet connectivity, your newsletter will continue as ever, and will continue for as long as is possible during this transitional era.

If you would like a more complete guide to the meaning of your life and destiny:

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

After last week's newsletter I received several messages from newsletter readers on the subject of Zen.

These messages varied from asking for further information about the philosophy and practice of Zen, to questioning how Zen relates to the Buddhist culture.

These are excellent questions which I will address in this week's newsletter.

First I would like to make what might appear to be a surprising, even controversial statement:

Zen is not Buddhism and Buddhism is not Zen.

Any practice that requires a philosophical approach, practice or idolisation of a central individual is not Zen and never can be Zen. Even calling Zen "Zen" is to misunderstand the very nature of Zen, because the word "Zen" originates from a non-Zen state of Mind.

"Buddha" is not a person, but rather a state of Being or not Being.

The Our Ultimate Reality Newsletters

Every human being can be Buddha just as every human being can be Christ.

Zen is not something that can be "learned" at a philosophical, academic or intellectual level, because to do so would be to completely misunderstand the true nature of Zen.

The person who became known as the "Buddha" attained Enlightenment through the practice of Zazen, now associated with Zen. Later the Buddhist culture arose, which can be likened to the rise of Christianity after the passing of the person called Jesus.

True Zen is at once a state of Being and not Being which cannot be described but only experienced through Zazen. Zazen is the basis of Zen but is not meditation. The phrase "Zen Meditation" is therefore a contradiction in terms and in reality does not exist.

Although I never advocate the practice of any particular religion or culture, I regard what we may refer to as Zen as neither of these, but rather Experiencing a state of Being and not-Being which anyone can experience through the dedicated practice of Zazen.

Ultimately Zen ceases to become a practice as it merges with ongoing Life Experience.

Zen is the purest state of Mind that a human can attain, leading to Enlightenment.

In order to begin to attain Zen Mind it is crucial to approach with zero preconceptions of not only what Zen is or is not, but also what human "experience" is or is not. The human experience of most is a learned, duality based state of conscious Mind and Ego, that has been accumulated over a lifetime of parental and social programming.

All this must be set aside so the Mind is pure with no barriers or pre-conceived ideas.

In Japan there is a word for this Pure State of Mind and Being - "**Shoshin**" - the closest translation of which would be "**Beginners Mind**".

The Mind of a "Beginner" has Infinite Potential. The Mind of an "expert" in contrast has none until such a person realises this, and is ready and willing to become a non-expert.

Beginners Mind is not an observation that the practitioner is a Zen neophyte, or just "beginning" Zen - far from it. Rather that the aspirant approaches Zen with the Mind of a new born child. No other approach will do - it is an absolute prerequisite.

Before I continue I would like to make it clear that even writing about and describing Zen is not Zen because describing Zen it is dualistic and not of the Zen Mind, but since this is all we have in the context of this newsletter it will have to suffice. I can show you the Path, but it is for each to step on to and walk the path.

So to step on the path to Zen requires a totally void, Beginners Mind. No more, no less.

In Zen there is no thought of "achievement" or "pride" because they are not of Zen. As progress is made in Zen, to acknowledge such progress or achievement is not Zen.

The Our Ultimate Reality Newsletters

True Zen is the Realisation and Expression of our True Nature - there is no "other" True State - there cannot be. Any other state would be based in a duality based existence.

Zen does not recognise "life" and "death" - only Now - Being and not Being.

Before I continue, lest you think that Zen is to simply "exist", then let me tell you that Zen can be your ongoing Experience. Instead of behaving in a conscious, dualistic, Ego oriented manner, our Life is Zen and thereby becomes Infinite and Effortless.

In Japan the "practice" of Zen is experienced through many activities, which, although outwardly appear to require physical and mental action, actually requires none.

Zen in Japan is approached not only through Zazen - which is "sitting" - but also through painting, calligraphy, flower arranging, archery, the martial arts and other activities.

The Zen martial artist defeats his opponent seemingly without effort, no matter the "size", strength" or experience of the opponent. If the Zen martial artist where to "try" and defeat his opponent through strength and skill alone, he would often fail.

You may well have noticed in your own experience that the more you "try" to "do" something, the more you fail to achieve that which you are "trying" to "do".

Only by completely dissolving the conscious Mind can you achieve that which you wish to achieve effortlessly, because Zen is always effortless and limitless.

But always be aware that to approach Zen with the idea of achieving something is not Zen. The Central principle of Zen then is **No Mind**. Only then is your Mind truly Zen.

All the great Masters and Avatars taught this Truth, but those who followed failed to understand, which is inevitable once they tried to "understand".

As we discussed last week, the person known as Jesus knew this:

"Which of you by taking thought can add one cubit unto his stature?" -- Matthew 6.27

and:

"And which of you with taking thought can add to his stature one cubit?" -- Luke 12:25

This means quite simply that you cannot achieve anything by thinking about that which you wish to achieve and by taking actions by which to achieve it at a conscious level.

By "achieving" nothing, your life does not become empty, but rather Infinitely Full.

So what then does Zen "mean". Keeping in Mind that "mean" is not Zen but rather a word I use for the purposes of this newsletter.

The Our Ultimate Reality Newsletters

To help us answer this question, the following series of pictures and commentary by a fifteenth century Zen Master symbolises Zen from neophyte to Enlightenment. The pictures follow an ox herder and the untamed, wild ox



1. Undisciplined

*With his horns fiercely projected in the air the beast snorts,
Madly running over the mountain paths, farther and farther he goes astray!
A dark cloud is spread across the entrance of the valley,
And who knows how much of the fine fresh herb is trampled under his wild hoofs!*



2. Discipline Begun

The Our Ultimate Reality Newsletters

*I am in possession of a straw rope, and I pass it through his nose,
For once he makes a frantic attempt to run away, but he is severely whipped and
whipped; The beast resists the training with all the power there is in a nature wild and
ungoverned, But the rustic oxherd never relaxes his pulling tether and ever-ready whip.*



3. In Harness

*Gradually getting into harness the beast is now content to be led by the nose,
Crossing the stream, walking along the mountain path, he follows every step of the
leader; The leader holds the rope tightly in his hand never letting it go,
All day long he is on the alert almost unconscious of what fatigue is.*



4. Faced Round

The Our Ultimate Reality Newsletters

*After long days of training the result begins to tell and the beast is faced round,
A nature so wild and ungoverned is finally broken, he has become gentler;
But the tender has not yet given him his full confidence,
He still keeps his straw rope with which the ox is now tied to a tree.*



5. Tamed

*Under the green willow tree and by the ancient mountain stream,
The ox is set at liberty to pursue his own pleasures;
At the eventide when a grey mist descends on the pasture,
The boy wends his homeward way with the animal quietly following.*



6. Unimpeded

The Our Ultimate Reality Newsletters

*On the verdant field the beast contentedly lies idling his time away,
No whip is needed now, nor any kind of restraint;
The boy too sits leisurely under the pine tree,
Playing a tune of peace, overflowing with joy.*



7. Left Alone

*The spring stream in the evening sun flows languidly along the willow-lined bank,
In the hazy atmosphere the meadow grass is seen growing thick;
When hungry he grazes, when thirsty he quaffs, as time sweetly slides,
While the boy on the rock dozes for hours not noticing anything that goes on about him.*



8. All Forgotten

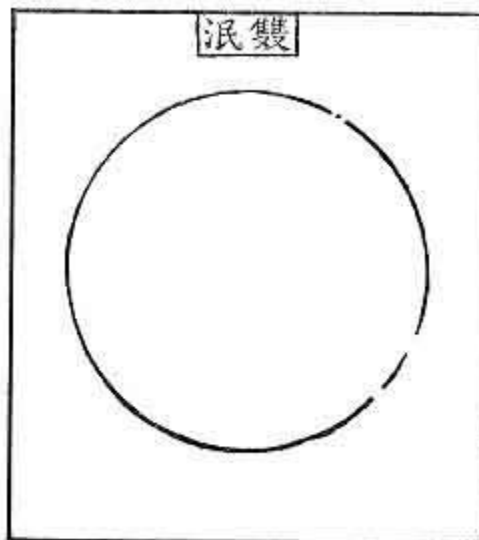
The Our Ultimate Reality Newsletters

*The beast all in white now is surrounded by the white clouds,
The man is perfectly at his ease and care-free, so is his companion;
The white clouds penetrated by the moon-light cast their white shadows below,
The white clouds and the bright moon-light-each following its course of movement.*



9. Solitary Moon

*Nowhere is the beast, and the oxherd is master of his time,
He is a solitary cloud wafting lightly along the mountain peaks;
Clapping his hands he sings joyfully in the moon-light,
But remember a last wall is still left barring his homeward walk.*



10. Both Vanished

The Our Ultimate Reality Newsletters

*Both the man and the animal have disappeared, no traces are left,
The bright moon-light is empty and shadowless with all the ten-thousand objects in it;
If anyone should ask the meaning of this, Behold the lilies of the field and its fresh
sweet-scented verdure.*

This then is the Zen Mind after taming the Ox - the Ego Mind - nothing remains yet All is Complete - as it is meant to Be in its natural state without the intervention of Ego Mind.

Notice how the Ox changes colour from black to white while becoming Zen Mind.

This then is Zen Mind and ultimately Enlightenment.

What then does this story mean in practical terms?

When you Experience Nothing You Have Everything.

The Universe - Universal Mind - is Truly Infinite and Complete. The Infinite only becomes finite when it is made finite through limited human thought arising from the activity of the Ego - the conscious Mind - which believes only action can bring results.

When the conscious is rendered Subconscious we are Complete.

Now of course we must "exist" in a physical world.

Well actually our objective is Enlightenment which is to transcend the physical world but first we must attain Enlightenment at which Moment we choose whether to remain at the Vibratory Frequency of Earth to fulfil some purpose of the Higher Self, or to "ascend" to a Higher Vibratory Frequency of Universal Energy.

People in the physical world today still strive to attain their needs, wishes and desires through physical effort known as "work" which is "rewarded" by the transfer of "money".

Such people measure their "wealth", social status and happiness in the context of physical possessions acquired through the transfer of money, to the point obsession in many cases, this being a major factor of suffering in the world today.

In Zen Mind we have no need of "work".

In Zen Mind we are already Complete, Lack no-thing yet Encompass Every-thing.

Through Zen Mind therefore we Express All Experience.

We cannot say "any experience we wish", because "wish" is not of Zen Mind.

In Zen Mind All is Experienced or not Experienced Effortlessly and without thought.

The Our Ultimate Reality Newsletters

20 December 2009. Following Inner Guidance

Every week I receive so many messages from people, many of them very sad, often desperate, who perceive themselves to be in a very serious situation of some kind, and one in which they feel a sense of hopelessness, despair, even abandonment.

Little do they know that such Thoughts and Feelings are Always Self-Fulfilling.

We are Always that Which we Believe, Feel and Know we Are

The saddest aspect of these situations is that the suffering person does not yet fully appreciate that they are an Eternal, Immortal, Unconditionally Loved Expression of Source Mind, and therefore of Perfection, with All the Same Infinite Powers of Creation, or more specifically Expression without Limitation.

As the Master who came to be known as Jesus wisely said two millennia ago:

"The Father Within Me Doeth the Works".

Now of course we know that dogmatic religion almost completely fails to understand this and most other True Teachings of the Master, in addition to the controlling influence of some religion through fear and guilt, so we must take the opportunity in these newsletters to reveal His True Wisdom and Teachings.

The statement "The Father Within Doeth the Works" is quite simply that as an Expression of Source Energy - as are We All - His Power, as with Our Power - comes directly From and Through Source - God - as Source Energy.

It is our Purpose as Humans who elected to incarnate in to the trials and tribulations of the physical vibration to Express Source Energy as Directly and Completely as our State of Evolution permits.

Herein then is the stumbling block for many, if not most people.

For most, the belief, originating from two thousand or more years of misunderstanding, indoctrination and control by the dark, controlling, power crazed few is that humans are creatures who must "work" or "earn" everything they desire, and conform to certain socio-economic norms, laws, religious practices etc.

People are indoctrinated that to "get on in life" they must "go to school, get qualifications and get a job to earn money for food, shelter and basic pleasures".

In my book, Our **Ultimate Reality, Life, the Universe and Destiny of Mankind** I write extensively about this situation in the chapter entitled, "**The Human Paradox**".

The Our Ultimate Reality Newsletters

For the benefit of the thousands of new members joining us since my last newsletter - I welcome you All - The book may be purchased from Amazon.com from this link:

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

Now the reason many people find themselves in "trouble" can be summarised in just two words "Conscious Mind".

An Ultimate objective of every Expression of Higher Self, in turn an Expression of Source - via an expanding range of "Group Expressions" - is to achieve that State which is broadly known as **Enlightenment**.

There are many factors towards Enlightenment, the main ones of which are:

- 1. Realisation and Assimilation of Source Within**
- 2. Realisation and Assimilation of the Oneness of All**
- 3. Transcending the Influence of the Conscious Mind - the Ego**

Of these, item 3. - Transcending the influence of the Conscious Mind - the Ego - is a hard one to attain for physically focused humans, but yet absolutely crucial if an idyllic Life is to be Experienced and 1. and 2. above are to be achieved.

It is the relentless urgings of the Conscious Mind, the Ego, in response to countless stimuli that represent the direct cause of All human misery and failure to Evolve.

The Conscious Mind is, in and of itself powerless, yet, in its own Egocentric way believes, at the same time, that by "thinking" and "doing" objectives may be met.

Now it matters not whether a person is endeavouring to "achieve" something - such as "earning money" - a major pursuit of the Ego - or to extricate themselves from some undesirable situation - the Conscious Mind - the Ego - always believes that it knows best, and by "thinking" and "pushing" the physical World around - and often other people in the process - the desired objectives may be met.

The Conscious, Ego, Lucifererian Mind also believes that it can "think" itself in to or out of situations and achieve it's objectives in this way.

All these are false notions that can only lead nowhere at best, misery and suffering at worst, but yet are the ones governing the Experience of most people today.

So what then is the better way forward?

Well again it is always extremely powerful to keep in Mind Who we Are - Source Mind. We Express Source or more specifically we are each Divine Channel Through Whom

The Our Ultimate Reality Newsletters

Source Mind Expresses in the physical World through Higher Self and then through the Individual Expression of Higher Self - the Incarnation Being Experienced.

This means that not only can we manifest Infinite Power - the same Power Who brought in to Expression All That Is - but also that We Each Express and Manifest the same Infinite, All Knowing, All Seeing, Omnipotence, Omniscience and Omnipresence as Our Source.

In other words we are Infinitely Powerful, Eternal, Immortal, Unrestricted, Unlimited Divine Beings - but only if the Conscious, Ego Mind - allows it to Be So.

Alas, as previously discussed, this is all too often not the case. The Conscious, Ego Mind always likes to believe it is in control, and will go to any lengths to prove it.

Now while it is the physical action that my get most in to "trouble", all actions are preceded by one factor "**Thought**".

It is **Thought** - or rather the act of "thinking - then that is the cause of all misery.

Referring once again to the Master known as Jesus this is one of the most profound and important passages - Matthew 24 to 33 - and one that is most misunderstood.

I shall discuss the true meaning of this Fundamental, Crucial, Important Wisdom:

24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

The "two masters" are the Conscious and Subconscious Mind

Here Jesus is stating the Truth that we cannot concurrently Serve - be Loyal to - take heed of - both the Conscious Mind - the Ego - and Subconscious Mind Through Which We Express Source Mind.

God refers to Source Mind, First Cause, Prime Creator, mammon refers to the materialistic demands of the Conscious Ego Mind.

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Here He states the Truth that We should Never Think, Wonder, Worry, Fear, Dwell on etc Where, How or Through Whom our Genuine Wishes, Needs and Desires will Manifest.

We are More than a Physical Body.

The Our Ultimate Reality Newsletters

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Here we discover another very profound and observable Truth.

When we observe the Divine Creatures around us in Nature, Flora and Fauna, they do not simply sit around "thinking", "going to work", pursuing frivolous activities etc, they Simply Are.

All Creatures - Without Exception - Live in the Present Moment of Now, Expressing Source to and with absolute Perfection. They Live Perfectly, in Joy and above all in Freedom.

No One can ever be Truly Free if controlled by the Conscious, Ego Mind. Any such "freedom" is illusory and transient.

27 Which of you by taking thought can add one cubit unto his stature?

Here He states the Truth that it is Impossible to Improve your Life Experience - even by one iota - by "thinking" about it.

All "thought" is of the Conscious Mind - the Ego - which simply does not have the benefit of that Direct Connection with Source Through Higher Self.

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

Here the Master is asking "why worry about where your clothes will come from?" If we look at the Glories of Nature - All Divine Expressions of Source - we see that they are far more beautiful than any "clothes" a human can make - effortlessly - **Simply Through Being**.

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Here he reminds us of this Truth by stating that even King Solomon with all his material riches appeared to be nothing by comparison.

30 Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Here we discover a further profound Truth. Even if something "happens" that causes you to temporarily lack something you genuinely need, then **through True Faith - not the "blind faith of religion - but True Faith, your situation will resolve itself - Effortlessly and without doing or thinking.**

The Our Ultimate Reality Newsletters

Again he mentions the Power Behind Expression - True Faith.

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Again He reminds us that we should Never, Ever Wonder, Worry or Fret about where your food, drink and clothes shall come from.

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

In Jesus day the Gentiles were the "non-Jews" who had a reputation for craving material things. The Gentiles are the equivalent of much of society today.

33 But seek ye first the Kingdom of God, and his righteousness; and all these things shall be added unto you.

And Finally we are reminded of the Ultimate Truth.

Rather than "think" and "do", looking to material means for your needs, look instead Within to the "Kingdom of God" - Source - and then, without effort Everything will Manifest, Be Expressed to Our Experience.

Now it is human nature to believe this would be "too good to be true.

However, as we are reminded in Luke 12:32:

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

In other words - we need never worry.

Source will Always Express to our Experience our Every Need.

This then is the way I Live my Life as do my Sons. Six months ago I had not the slightest inkling that I would be moving from my home of the previous 19 years, yet a few months ago my Inner Source Guided us to this Event.

I never questioned it - even for a single Moment. My Life, and that of my three Sons could not be more Perfect.

So resist the urge to "think", "do" and "follow", and instead simply Be.

Follow your Inner Guidance - it is Divine, All Knowing and All Powerful.