

**The Our Ultimate Reality Newsletters**

**The  
Our Ultimate Reality  
Newsletters**

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# **The Our Ultimate Reality Newsletters**

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# The Our Ultimate Reality Newsletters

## 3 January 2010. The Power Of True Faith

Well here we are - a so called "New Year" - with so much hope for many.

Yet these notions are little more than superstitions.

"Time" itself is a human contrivance created for purposes that actually serve no practical purpose, but which suits those who seek to control and regiment humans.

I can prove, through Quantum Mechanics, that "time" and "space" do not really exist, but to do so would be pointless. Our relationship with our Reality must run deeper than an understanding at an academic level - interesting though it may be for some.

It is absolutely **Crucial** to know that there is only **One Moment - Now**.

Those who seek to dwell in the "past" become bound to the "past", those who "plan" for the "future" never arrive at their destination - it does not exist. Those who live in state of "wanting", "hoping", "wishing" will be bound to these "wants", "hopes" and "wishes" - perpetually - yet never realising them.

All "time" related concepts including the "clock" and "calendar" will lead adherents astray from That Which Truly Matters - Source - of Whom "We" are Divine Expressions.

All true cultures teach this - Buddhism, Taoism, Zen - which stands alone, not to be confused with other cultures - and others, all Live and Express through this Divine Universal Principle and Truth.

I myself as do my family Live in this Moment Which Is Always Perfect - it must be.

Also - on a more fundamental level, it is impossible to achieve Enlightenment while worshipping the clock and calendar. Enlightenment is always **Now**.

For what humans have labelled the "year 2010" of the "Gregorian" system of "time" keeping" I humbly suggest that you throw away your clocks and calendars, and live in the Only Moment that Matters - Now.

Follow your Inner Guidance in this Moment of Now, and your Live will be truly Blessed - it is the Only Way.

In this Newsletter I will talk about one the most Powerful yet misunderstood forces - **Faith** - that Which can literally "move mountains" once understood and applied.

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"Faith" has not been truly understood by most over the last two millennia since orthodox religion seized this word of the Master, and turned it in to a law.

The person who became known as "Jesus" - a Greek word - spoke of Faith probably more than any other word during his ministry - and for good reason.

True Faith is one of the most Powerful Forces available to Humans and all Expressions of our Divine Source.

Dogmatic religion twisted Faith to mean some abstract, blind acknowledgment of the deity created by the church for the purposes of control through fear and guilt.

The congregation is told, indeed warned, that unless they maintain "faith in God", demonstrated by being loyal to the church, bible and ministers, then a fiery end awaits after the event known as "death", which religion has turned in to an event to dread instead of one to embrace and celebrate as it should be.

So what then is Faith?

The word "Faith" translated from the word in Ancient Greek - from which the Bible was originally translated - was "Pistis" - which meanings include "conviction" or "assurance".

Pistis in turn is a derivation of the Ancient Greek word "Peitho" which means "to wax confident".

These are fairly acceptable translations keeping in Mind that Jesus spoke Aramaic which is a totally different language to Greek, and one from which it is very difficult to actually translate - only interpret.

The Old Testament, being written and maintained in a relatively pure state, with no agenda, in Ancient Hebrew says this of Faith:

## **Now Faith is the Substance of Things Hoped For, the Evidence of Things Not Seen -- Hebrews 11:1**

Now this is a much more accurate representation of True Faith for reasons we will discuss later.

**As Expressions of Source, First Cause, God, We Share the Same Unlimited, Unrestricted Powers of Creation - more correctly Expression - all we Ever need is to Realise those Powers with "Conviction", "Confidence" and Sublime Faith, in Complete Assurance and Knowledge of Our true Divine Nature.**

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The opposite of Faith is "doubt". Doubt is a very powerful, but highly negative and destructive emotion, related to "fear", that effectively blocks or retards the creative process by opposing Faith.

Alas many humans still, due to millennia of programming and control, find it much easier to embrace fear and doubt instead of Divine Faith.

If only people would reject fear and doubt to instead embrace Faith with Feeling, Emotion and Passion, then their lives would change beyond imagination to that of Joy, Bliss and Freedom.

"Faith" is the Energy, the power behind attracting everything "asked for" effortlessly - and make no mistake - Source intended us to be Effortless Expressions of Creation as a Expressions of Source, Realising the Resultant Experience.

Jesus made this point time and again:

***And the apostles said unto the Lord, Increase our faith. And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you -- Luke 17:5-6***

And:

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

Throughout the Bible you will find similar references to Faith and Belief.

The "secret" to Experiencing Anything Genuinely Needed, Wished For or Desire is therefore very simple and extremely powerful:

Know, beyond all doubt, with Complete Conviction, Confidence and Assurance that you are an Integral, Divine Aspect and expression of Source, God, with the same Creative Powers, and that Source will Express absolutely anything, without limitation in to our Experience by virtue of freewill with Which Source has Blessed every Human Being - Every Expression of Source Mind through Source Energy. 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.

For those that still doubt, consider then the words of the Master:

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***Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also. --Luke 12:32-34***

By "bags which wax not old" Jesus is stating the powerful truth that the true treasure, the treasure that is eternal, is within. So we should not seek ephemeral material possessions without, but rather the Kingdom of Heaven within. So before seeking to manifest anything into your physical experience, we should always look within and never without with Perfect Faith.

I hope then these Truths are becoming Abundantly Clear to You and of their significance and implications in your Life Experience - which you Express through Source Energy.

Do you see now why, in the words of the Master **"Your Faith Makes You Whole"**?

**It makes you Whole because in Reality you are Whole Already.**

**Your Faith simply serves to Emphasise That Which Already is.**

The "works" come automatically to the Heart that Believes With Perfect Faith.

**In the context of the Divine Principle of Faith, our tasks include:**

- 1. To Become Aware of That Which Eternally Is—the Omnipresence of Source.**
- 2. To claim the Good desired through Faith, Recognition, and Realization.**
- 3. To Accept the desire as Fulfilled.**
- 4. To Realize Our Oneness with Source until the Feeling of Fulfilment arrives.**
- 5. To Know that Which We Need is Already Ours Awaiting Expression.**

Faith Acts on the Level of Our Consciousness.

Life is a State of Consciousness. Nothing can come to us except As and Through Consciousness.

Life is All That We Are, All That We Are Aware Of, All That We Believe.

We Add or Subtract To or From Faith with every Expressed Experience.

This Level of Consciousness is an Expression of Faith in our own Experience.

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A function of Faith is to Make Source Real - **To Realise Source** - To Make Source as Real to us as to He known as Jesus, as well as His protégés, including John, and Paul.

Where then is Source, God?

Within each one of us

Not "within us" in the sense that He is "within our body", solar plexus, or "brain", but within Our Consciousness - or simply Within. Our Solar Plexus Chakra however is a Link to Universal Mind of Source.

We Are Source, We Are God.

Realisation of this Ultimate Truth must bring Faith in our Divine Expressive Powers.

## **I And the Father Are One. -- John 10:30**

This is one of the most misunderstood Principles used by religion, portrayed to imply to the congregation that **Jesus Is *The Son of God***.

**In Truth he was and is teaching the Ultimate Truth that All Humans - and All Life - are Expressions of God, of Source.**

**We and All Life are Expressions of Source, Experiencing Ourselves through Source Energy that we may Evolve towards and Ultimately Achieve Oneness With Our Source at the Highest Level.**

To this end Source has Blessed us with the "tools", abilities and Freewill needed to accomplish this, Which include, but not limited to Faith, Freewill and Realisation.

When you **Understand your Oneness with Source** and can not only say but also Believe that **I and the Father are One**.

**When you Believe that your Desire is Already Fulfilled, Believe that what you are asking for is Already Yours, you have put your Faith to Work and that Which you Desire must be Expressed in to your Experience.**

As the Master shared with us

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

And:

**Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye**



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**shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done And all things, whatsoever ye shall ask in prayer, believing, ye shall receive -- Matthew 21:21-22**

Now again these have been greatly misconstrued by the church to the extent that the impression has been conveyed that if the "believer" petitions God in the form of a request - a prayer - it will be answered and "given".

In Truth, these passages teach that if we have a desire, and we Think, Feel and Behave as if we already Experience that desire - Sublime Faith - then so shall it be.

Only worry, doubt and fear can prevent the Experience Itself.

**There is Truly Nothing on Earth We Cannot Experience, Nothing We Cannot Heal, Nothing We Cannot Be if We Have Faith Enough to Accept the Fact that Whatsoever We Seek is Already Ours. This is the Power of Sublime Faith.**

Here then is another Truth.

**It is Impossible to Imagine Anything that We cannot Experience.**

**In other words - if We have the capacity to Imagine It - We may Experience It.**

**Faith is the Power that Expresses Imagination In To Experience.**

Does this mean then that we, as Expressions of Source enjoy Unlimited Power?

Not exactly.

Our Unlimited Power is not inherent to the Individuated Energy Field that Humans Identify With the physical body.

**Our True Power As Source Energy - Expressions of Source Energy.**

As the Master known as Jesus aptly stated:

**I can of mine own self do nothing -- John 5:30**

**Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works -- John 14:10**

**All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him -- Luke 10:22**

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For clarity, the statement: **"Father is, but the Son, and he to whom the Son will reveal him"**

Reveals the Glorious Truth that The Father and Son - Source and Expression of Source are One and the Same, and that it is the Expression of Source - Humans and All Life - that Shall be the Physical Evidence of our Inner, non-tangible Source.

We Each Represent Source in this Physical Vibration - and Beyond - Eternally.

I hope now that you have gained a better understanding of The True Power of Faith and Who You Are. When You can Fully Understand, Assimilate and Express this Faith, then you can truly, as the Master suggested - Move Mountains - literally.

Now I have quoted many biblical passages so I would like to make it clear for the benefit of newer members that there are no religious implications whatsoever. I am simply quoting the words of the Master - known as Jesus - in His original context and meaning as He Intended.

So should we "have faith in God"?

No.

**We Should Have Faith In God.**

And So It Is.

For further reading I humbly suggest my book, Our Ultimate Reality:

### **Our Ultimate Reality**

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

Another highly relevant and immensely powerful book I recommend:

**Science of Being, By The Baron Eugene Fersen**

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

Brought to You In Divine Love and Light, Adrian.

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### **10 January 2010. The Principle Of Non-Doing**

Well here we are again - another "week" has "flown" by.

But what is a "week".

A "week", like the concept of "time" itself is but a human creation. "Time" is not objective, it is entirely subjective even though humans chose to create a science out of something where that "thing" actually has no basis in fact.

In a future newsletter we will take a closer look at "non-time" which is closely related to "non-space", that we may be liberated from the duality of "time" and "space".

It has been a while since I welcomed new members to this newsletter.

Since my brief hiatus while moving home there have been many thousands of new members joining us from all over the world, from every conceivable culture and life situation. I do hope you enjoy your newsletter which is published every Sunday.

I am often asked about further reading. There are two books in particular I suggest.

### **Our Ultimate Reality**

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

Another highly relevant and immensely powerful book I recommend:

### **Science of Being, By The Baron Eugene Fersen**

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

### **We are Human Beings, not Human Doings**

As humans on Earth, we are here to Be, not to "do".

So what then is the difference?

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**Being is of Source Mind**, of Which we are All Divine Expressions, while "doing" is of the Conscious, Ego, Luciferian Mind which relentlessly urges people to think about and "do" things, for example "work", in order to achieve their perceived wishes, needs and desires, which often originate from the same aspect of Mind.

This even applies to "recreation" which after all is pursued for pleasure.

No recreational pursuit that is "done" can even begin to compare to the absolute Joy and Bliss of "non-recreation" and just Being.

Sport can be a different matter, in that sport is often in the pursuit of excellence and perfection using the physical body as a tool. Even so, the physical body can achieve nothing without the close relationship of Mind.

There are no top athletes who have achieved their status without Mind at some level.

Any pursuit that Engages Mind is a worthy pursuit, even though it is still "doing".

So for the purposes of this newsletter, we will restrict ourselves to what most regard as their "everyday life".

Now before we look at this further, we should review how this situation has come to pass over the last couple of thousand years.

When the Individuality of our Higher Self incarnates a new Personality - your Present Awareness - into the physical world it is in full knowledge of who our parents will be, what challenges we will be faced with, what, if any special missions and objectives we have, and the inherent determination and means through which to realise these.

It is crucial to know that no person arrives in this physical vibration into an environment over which they cannot prevail, and/or with a mission or objective over which they cannot prevail. Our Present Experience is Perfectly Suited to our Present Level of Spiritual Evolution at all levels.

When hopelessness sets in it is because a person has "sabotaged" their own Divine Powers of Expression and Being through the demands of Conscious, Ego Mind.

We are all Expressions of Source, Supreme Intelligence , God if you will, expressed in all Spheres of Reality with Unconditional Love and the Natural, Instinctive, Intuitive desire to Evolve - ultimately back to Source as a Perfected Expression of Source.

This is indeed the absolute true meaning of All Life - "Sentient" or otherwise - ultimately all Expressions of Source Are Sentient and may be recognised as such..

We are All, each and every one, Eternal, Immortal, Spiritual, Divine Beings joyfully travelling the path back to Source Who first "gave" us the Precious Gift of Life.

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Over the years however mankind has steadily, and increasingly turned its back on Our Divine Source, our Creator, God, towards an alternative existence involving gross materialism, dogma and indoctrination, including contrived deities, thereby becoming the slave of mammon, at the mercy of those who seek power and control.

People are influenced by such erroneous factors such as what is expected by those around them, the pressure to conform to socio-economic demands in accordance with sets of human created rules and expectations, and the overwhelming desire to satisfy the demands of vanity and the Ego before family, friends and peers.

It is only when an individual realises these truths and has the courage, strength and determination, all of which will be fully supported by Source Energy, and to confront them, can that individual embark on the Path of True Freedom and the way to fulfil his or her destiny with True Joy, Meaning and Purpose, supported by the power to Express Anything and everything that they can possibly desire into their Experience.

In order to achieve this state of awareness it is necessary to consciously become an Open Channel through which the Universe, The Source, God Expresses.

This includes Always Being Totally Open to the Universe and acting accordingly in the same direction without the demands of the Conscious, Ego prevailing.

Many people today unfortunately do exactly the opposite, always endeavouring to conform and live up to the expectations of others, the pursuit of material gain, and forcing themselves in a perceived direction through physical means.

Instead of Being an Open Channel, an Expression of Source and of Higher-Self, they simply "think" about everything with a desire to physically "do" things in an attempt to force things the way they want or think they need them to go, which very often is totally contrary to the Knowledge of Higher Self and Flow of Source Energy.

Quite simply such people have failed to "Let Go and Let God", the only outcome of which is suffering, and failure to achieve Full Joyous Potential and Evolution, thereby ensuring that Higher Self will send another Personality to Earth or other Planet, in order to return once again and fulfil that which was not fulfilled in the previous life. In your case Such a Personality would still be Experienced as You - and another Life.

The vast majority of people incarnate on Earth today are stuck within this cycle of birth, physical life and transition back to the Astral worlds before the onward journey of return to Higher Self in order to review what has or has not been achieved.

In the 21<sup>st</sup> century, "society" is still operating a system of power, control and oppression that has been in operation for many centuries, trapping people from a very young age in to an insidious cycle that precludes Joy, Freedom and Evolution.

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From the first day a child is born into what should be a Glorious, Joyful and Fulfilling sojourn on Earth, they are immediately indoctrinated into the trappings of the material world and a dark system that recognises only power and control.

A child is taught from birth to focus on the five physical senses - and provided with the tactile "toys" to facilitate this - and to behave in a certain way that precludes maintaining their still strong connections with Higher Self and Source. Later children are taught to treasure material things, again through the toys and more recently video games that symbolise this, representing what their parents hope they will materially become, often hoping their children may achieve that which they never could or did, but while still indoctrinating them as they were once indoctrinated.

There is a gender differentiation whereby boys are given "macho" toys and video games and that represent war - GI Joe in the US, "Action Man" in the UK, whereas girls receive the symbols of domestication - dolls, dolls houses, toy kitchens etc.

This is all part of the programming.

Later children are told by parents, relatives and teachers that they must "go to school" in order to get the "qualifications" required in order to get a "job" so that they may "work" for food and shelter for the next 50 years, with a couple of days off per week to recover, before "retiring" on a "pension", but only after the physical body, Mind and Spirit has often been traumatised to such a degree, that the best they can hope for is to live out the remainder of their lives, surviving in a non-caring world, often with just enough to eat and stay warm - sometimes even this is not the case.

From the moment of birth the malleable Mind of most children is shaped by parents based upon their own perception of what life "is all about", the religion of the parents that goes back many generations, usually based upon their own circumstances in terms of type of "job", type of neighbourhood to live in and many other factors, all based upon the situation and aspirations of parents, relatives, peers and others.

Many children are taught that it is wrong to aspire to a situation that is outside of their "station in life" and that they should instead focus on the lifestyle and religion that their parents have always accepted as "true".

The Mind of a child at both conscious and subconscious levels is highly impressionable. It does not take many years of having the ideals of parents repeated to the subconscious of the child, for the child to accept it as reality. From that point onwards it will become the reality of the child just as it was for the parents.

Finally, often sooner rather than later, old-age and failing health finally takes its toll and the welcome release back to the non-physical worlds once again takes place.

Once the transition to the Astral worlds has taken place during the process known erroneously as "death", the Soul Personality will have every opportunity to reflect on

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what might have been for that most recent Earth life, realising what was not accomplished and why, but at least learning those valuable lessons to contribute to Higher Self that they may not be repeated by another Higher Self Personality.

Alright - I know this conveys a dark impression of humanity, but before the True Path may be Realised, it is necessary to acknowledge the current illusion with the resolve to change, or, as the much misunderstood expression goes - "be born again".

Most importantly - all new parents have the opportunity - as I did - to guide their children towards the True Path and Source of Inner guidance. My own three sons - now all in their late teens - enjoy Absolute Freedom - and for that I Thank Source.

Equally importantly every single person can change everything - Now.

**There is only the Eternal, Present Moment of Now - nothing else matters.**

Whatever your current circumstances, you can commence the Change - Now.

The beauty of this process is that it is so Divinely, Joyfully simple - Effortless.

If you endeavour to realise the object of a desire through "effort", in other words by "thinking" then "doing" something, then you are more likely to block that desire.

It is only possible to Realise genuine desires Through "Being".

Again - we are Human Beings - not Human Doings.

This applies at every level of Experience - even Enlightenment.

Those who strive for Enlightenment can never achieve Enlightenment.

Enlightenment is a state of Being, not a state of striving.

A few weeks ago I mentioned Zen, and that Zen is not always Buddhism.

Zen is the practice of Zazen - of simply Being - whereas Buddhism is a culture built on rules, philosophy and practice based upon "doing" and "thinking" to rules.

Around 2500 years ago, Prince Siddhārtha achieved Enlightenment, not through the philosophical practice that became "Buddhism", but through dedicated Zazen.

Prince Siddhārtha shunned the trappings of his royal birth in the realisation that only by sitting and Being can anything True and Worthwhile be Experienced - including Enlightenment - again Which is a Path, not a definable State of Being.

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So again, it is crucial to note that Prince Siddhārtha, in the practice of Zazen, was not "trying" to become Enlightened - that is impossible - he was simply practicing Zazen which is, in and of itself, a Path of Enlightenment - not "to" Enlightenment. During Zazen the Buddha State of Being is Experienced. Buddha is just a Symbol for the Experience of Being. Enlightenment is that Journey - not Enlightenment itself. "To" implies a start and finish, a beginning and an end - these are erroneous ideas.

In Being, All Is One and Now. There are no "paths, only the journey.

Those seeking Enlightenment are driven by Ego and Karma. Enlightenment is a process of Becoming in the Only Moment - Now. It is only possible Experience Enlightenment by Being - not by seeking or doing.

Zazen is not a "practice". To "practice" is to "do" rather than to Be.

Now I mention Zazen only because it is pure, and a phrase that anyone may research for themselves. Ultimately even giving "Zazen" a name is erroneous, born out of a need to identify with something that can never be identified with.

To identify with Zazen is a paradox that can never be realised.

Just as we All inherently Encompass and Express "God Nature", we also Encompass and Express "Buddha Nature" - indeed they are one and the same. We also inherently Encompass and Express "Christ Nature".

So how then may we proceed?

To answer this question we must once again review the Ultimate Divine Truth.

**Each of us Is an Aspect and Divine Expression of Source.**

**We are Already Whole. We lack nothing - We Have All That Is.**

Our Experience therefore - that which people call Life - is that Aspect of the Whole that we have Allowed to Express in to our Consciousness - Experience.

Now the more we Allow Source to Express Through us, the more we Experience and the more Perfect is that Experience, because Source is Inherently Perfect.

The main barrier to this process is the Conscious, Ego Mind which always thinks it "knows better" and will make your life a misery unless you obey its demands.

The Truth is this.



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Our Higher Self - Aspect of Source - Already Knows Everything each of us could possible need to Experience Absolute Joy, Fulfilment and to gain the necessary Experience for further Evolution on the Divine Path shared by All Life.

Source Expresses Through Us that we may Experience them at this physical level of Vibration.

Keep in Mind our discussions of last week:

*I can of mine own self do nothing -- John 5:30*

***Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works -- John 14:10***

***All things are delivered to me of my Father: and no man knoweth who the Son is, but the Father; and who the Father is, but the Son, and he to whom the Son will reveal him -- Luke 10:22***

The "Father" can only "Doeth the Works" if we Allow.

The Conscious, Ego Mind will block Source due to the fact Source has blessed us with Freewill, the tool of the Conscious Mind, which over-rides all else.

So if we choose to exert our Will at a physical level to "do" something, then Source cannot and will not Express an alternative scenario through us, even though it would always be Perfect.

As we discussed last week, it is Faith that provided Power to that Expression to the extent of that Faith.

So how then do we proceed?

By sidelining the Conscious Mind, we not only Realise and Experience Truth of Our Reality, our Needs, and Being, but Allow Expression of these to the extent of Faith.

It is all about Allowing Source and dis-allowing the demands of the Ego Mind.

**We Are Expressions of Perfection, therefore when we Allow Source to Express through us, our Experience can only be Perfect - nothing else is possible.**

Remember again the words of the Master: **Which of you by taking thought can add one cubit unto his stature? -- Matthew 6:27**

How True this Is. "Thought" is of the Conscious, Ego, Luciferian Mind.

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When we cease "thinking" and start Allowing - Allowing Higher Self to Bring to Us the Realisations of our True Needs, and then Allow Source to Express those True Needs Through us supported by True Faith, our Life must be Perfect - it can be no other.

I realise for most, this is not an over-night process, but the sooner you transcend your Conscious Mind thought processes, to simply Feel, Know and Allow using your Emotional Guidance supported by Faith, the sooner your Experience will be Perfect.

For further reading I humbly suggest my book, Our Ultimate Reality:

### **Our Ultimate Reality**

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

Another highly relevant and immensely powerful book I recommend:

### **Science of Being, By The Baron Eugene Fersen**

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

And so it Is.

**Brought to You In Divine Love and Light,**

**Adrian.**

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## 17 January 2010. The Only Moment Of Now

Welcome to your Our Ultimate Reality Newsletter - I do hope you have Experienced a Truly Wonderful Week.

With less than three years to go, I am receiving increasingly more questions about the subject known broadly as "2012", especially as there is so much, and increasing misinformation, opportunism and general confusion out there.

Soon I will address this subject in greater depth, but all I would say for now is do not worry. You will, in all probability, still be reading this newsletter in 2013. That is not to say that 2012 is not significant - it really is - but the physical world will not change - only humanity can change.

I would like to welcome all new members joining us during this last week.

I hope you enjoy your weekly newsletter which has been published almost every Sunday since 2005, and read by hundreds of thousands of people around the World.

Due to the increasingly close proximity of 2012 and associated implications, it is becoming increasingly crucial to make others aware of the need for change.

One of the most important aspects of 2012 - among others - is our attitude towards ourselves and others. **Service to Others Before Service to Self.**

Let me assure you, Dear Reader, that little or no progress can be made without Living this Principle - not with the thought of gain, but with the desire to Evolve through Enlightenment, thus fulfilling your Reason for Being in this physical vibration.

In the last two weeks we have discussed two crucially important matters - **The Power of True Faith**, and **The Principle of Non-Doing**.

Now there is another factor that prevents most from achieving needs, wishes and desires - an adherence to, or even obsession with the concept of "time", together with an attachment to the "perceived past" and imaginary "future".

The "past" and "future" are Energies that bind a person in accordance with the nature of their thoughts, feelings, emotions and all too often fears and worries as they relate to these concepts.

"Time" is an illusion, a purely human construct of mankind, designed for convenience in order to measure a perceived "past", "present" and "future", and also more recently an instrument of control - most notably as relates to "work" and "money".

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This illusion is perpetuated through the scientific observation and measurement, through physical instruments such as "clocks" and "calendars" using the relative positions of the Earth, Sun and Moon in the context of a three dimensional Universe.

It is very difficult to be anywhere these days without having the concept of "time" and "date" constantly bombarding awareness.

Everywhere there are clocks - from those on your PC to those in the town square.

Whenever you switch on the car radio or TV the time is always being quoted or displayed as if it is a matter of life or death.

The Truth is though, these concepts bind people to a fixed three dimensional illusion.

Beyond the perceptions of most of those in the physical world, "time" simply does not exist.

There is Only **Now**, the **Eternal Now**, **The Only Moment of 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 therefore the concepts of "past, present and future" are meaningless.

This become immediately apparent to everyone after passing through the change known as "death".

In the "afterlife" - mystically known as the "Astral" - residents have no concept of time - it simply does not exist. After a while they cannot even comprehend "time" even though they subjected themselves to it for many decades on Earth.

The entire Universe from Source outwards is Energy vibrating at a frequency relative to Source, Source Vibrating at the very Highest Frequency at the very centre of the Universe of Energy, with the physical world of matter being the outermost shell.

Since the beginning of the human concept of "time" mankind has sought to live life based around that concept, thereby always thinking in terms of "past", "present" and "future" rather than Now.

The Universe and the Energy we influence in the creation of our own individual realities have no concept of "time", **Only of Now**.

As a result there is a no "past" or "future" irrespective of how much mankind organises his or her own existence around those erroneous notions.

This tendency to force everything to happen in compliance with a notional concept of "time" has a very profound effect on the lives of those who do not fully understand these realities.

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When a person thinks in the future tense, for example "I will", "I want", "I could" then the Expression and of that thought is displaced accordingly.

So if someone thinks, says or behaves in a manner that implies "I want", then that person is placing themselves into a perpetual state of "wanting" but never of actually receiving - which becomes the source for frustration, anxiety and hopelessness.

These notions are the result of social programming going back thousands of years that conveys the idea that All we need, wish for or desire is "out there" somewhere, and needs to be "obtained" in some way, usually through "work", the product of which is "money".

The Absolute Truth is much more glorious.

**We are Eternal Expressions of Source Mind - Source Energy.**

**There is "No-where" and "No-when" in the context of All Creation that we do not Already, Eternally, Immortally Exist.**

**There is "No-thing" in All Creation that is not Already an Integral Aspect of Us - including Each-Other.**

So before we proceed, let us Understand this Glorious Truth:

**As a Divine Expression and Aspect of Source We are Already Whole. We are Omnipotent, Omniscient and Omnipresent to the extent that we Are Aware. If we hold a genuine wish, need or desire therefore, we simply Become Aware of that Aspect of Our Inherent Whole-ness, that we may Experience Within this Eternal, Present Moment of Now.**

Now I have already greatly expanded on this through that I have called "**The Principle of Expression**".

The Principle of Expression is Fundamental to Our Being, and it is this I will discuss in our next Newsletter.

Before progressing, a word about what has become known as "The Law of Attraction".

This term is totally erroneous, and almost all "teachings" pertaining to "The Law of Attraction" that I am aware of are completely erroneous - and here is why.

To "attract" implies "bringing something to you" that pre-exists "outside" of you.

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This is incorrect on every possible level.

Again - there is nothing "outside of us".

**"Neither shall they say, Lo here! or, lo there! for, behold, the Kingdom of God is Within You". -- Luke 17:21**

This passage means precisely what it says:

**The Kingdom of God, Heaven, Source is Within.**

So how can we "attract" any "thing" that is outside of us when there is no "outside"?

The importance of the Eternal Now simply cannot be over-emphasised.

I also wish to make clear another fundamental Truth.

We do not "create our reality".

**We Express our Experience From the Universe of the Whole Eternally Within.**

The importance of the Eternal Now must be fully grasped and fully understood as a continuous aspect of enjoying total fulfilment, joy and evolution.

It is not sufficient to only recognize and express these fundamental Universal Principles when it suits us.

**We Must Be These Universal Principles because We Are Those Principles.**

We cannot "apply" these Principles when it suits us - because we "need" or "want" something.

It simply does not work that way.

In fact, in order to Evolve beyond the physical vibration, we must know that there are no "wishes", needs or desires.

**When we are in tune with Source, In The Only Moment of Now, then we Always Experience that which is Appropriate in that Moment.**

**When we are in Tune with Source, that Moment is Always Perfect, Joyful and Divine - Always.**

It is the "small mind", the Ego mind, the Conscious Mind, The Lucifer Mind, that originally "fell" - became disconnected - from Source Mind - God - that drives humans

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towards the world of material desires and the need to "get" them in any way possible - very often without regard for others.

Always think in terms of **Perfection Now**.

Two of the most powerful words that you can possibly think or say are "**I Am**".

As you Experience your life therefore, the first stage of awareness is to always stop your thoughts short of a statement that implies the future tense and to transmute it into the present tense.

So "I will" becomes "I Am", "I want" becomes "I Have" and "I might" becomes "I Do".

Should Lucifer sit on your shoulder and whisper temptations to the contrary, immediately think, or better still say "Cancel!, Cancel!, Cancel!....." until those temptations have fully dissipated, leaving you in the Present, Only Moment of Now.

Also keep in Mind that there is absolutely no such concept as "try".

We either Express and Experience something in the Present, Only Moment of Now, or we do not Do Not.

"Try" simply does not exist except as a concept of a person wishing to achieve something which that person believes is "beyond" them in some way.

I "want to feel well" should not be allowed to proceed as a thought and should be immediately become "I Feel Perfect".

This thought takes the reality of feeling well from some point in the perceived future - that never arrives - to actually feeling Perfect in the Present.

So a strong thought of "I Am Feeling Perfect Now" must be Expressed in to your Experience Now, and you will Feel Perfect in accordance with the degree of your Faith in that feeling of Perfection - as discussed in last week's Newsletter.

Similarly, for example, if you have a "bill" that needs paying and you believe that you do not have the money, another human construct, to pay the bill, never think in terms of "I want the money to pay this bill", but rather "The bill is already paid".

Bringing this statement into the present tense rather than a future statement of lack will cause the means by which the bill can be paid to manifest into your reality, and the bill will be paid in full.

That said, I feel bound to mention that we should not even be thinking in terms of "bills". Source provides for our every need providing we allow, Now.

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This is what everyone should aspire to. Please always keep in Mind though that Source always delivers in absolute accordance with your thoughts without exception.

Source Blesses us with the Divine Freewill to Evolve back to Source in accordance with our own Individual Mind.

Source will never intervene in or influence that process, which is why religious prayers of petition - asking or pleading God to provide something - go unanswered.

So in summary, keep in Mind these 7 Fundamental Truths:

- 1. The Kingdom of God, Heaven, Source is Within.**
- 2. We Express Experience From the Whole Which is Within Us.**
- 3. When we are Consciously Connected in Tune With Source, In The Only Moment of Now, then we Always Experience That Which is Appropriate to our Evolution and Well-Being.**
- 4. When we are in Tune with Source, that Moment is Always Perfect, Joyful and Divine - Always.**
- 5. Always think in terms of Perfection Now.**
- 6. Two of the most powerful words that you can possibly think or say are “I Am”.**
- 7. The Only Moment in Which We Experience Is Now.**

I realise that this discussion is a lot to assimilate, but I would suggest that you read it also in the context of our previous two Newsletters.

Next week, as mentioned, I will discuss in greater depth **The Principle of Expression**, and also discuss how this relates to Quantum Mechanics which fully supports the Principle of Expression - there are no contradictions.

Until next newsletter I wish you every Joy and may you always Express your Perfect Experience in the Only Moment of Now - Which is All There Is.



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For further reading I humbly suggest my book, Our Ultimate Reality:

### **Our Ultimate Reality**

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

Another highly relevant and immensely powerful book I recommend:

### **Science of Being, By The Baron Eugene Fersen**

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

And so it is.

**Brought to You In Divine Love and Light,  
Adrian.**

# **The Our Ultimate Reality Newsletters**

## **31 January 2010. The Experiential Loop**

Welcome to your Newsletter.

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

I would like to extend my most grateful thanks for all of the most generous messages received after our Newsletter of last week. It is my Pleasure to be of Service.

Although I have answered as many of your messages as I could, please do be absolutely assured that I do read every single word of every single message I receive without exception - All are Equally Valuable Before Our One Source.

I was particularly surprised at the messages received regarding "The Lucifer Conspiracy". Whilst being delighted to have "set the record straight" it is somewhat worrying that such an utterly fictitious, and relatively recent addition to church doctrines and dogma could exert such an onerous effect on the Lives of Billions of Humans - All Equal Expressions of Our Source Who Loves Us All.

There is nothing orthodox religion can offer during these transitional times. The Only Quest is For Truth, and above all Our Inner Being and True Path.

I would like to add that I do not included such cultures as Buddhism, Hinduism, Taoism and others. These are Noble Paths with Noble intent focussing on the Evolution of the Individual as opposed to power and control through fear and guilt.

As always it gives me great pleasure to welcome all those joining us recently. I do hope that you enjoy reading this newsletter as much as I enjoy being of Service.

Last week we discussed "The Perception Deception" where we observed that all is not as it seems in the realm of what most think of as "reality".

This week then we will take a much closer look at how this "deception" actually occurs, given that it does seem very "real" and pervasive to most - and understandably so.

After all - would you doubt what you "see with your own eyes".

Most would not, and those who did may be regarded as "abnormal" in some way - but are they.

Look around you now.

Everything you see - your PC, desk, chairs, drink, food - everything in fact - seems very solid. After all, if you sit on a chair you do not end up on the floor.

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Clearly everything around us must be "solid" otherwise our hands would pass through objects and we could walk through walls- which most people cannot.

To look at this further we must look at what is generically known as the "material" of which "solid objects" are composed.

What is "material"?

How may "material" be defined?

Science informs us that material is comprised of Molecules and atoms" you may reply.

This is clearly true to the extent that "atoms" and "molecules" exist. Assuming for now this is the case the question must be asked what do "molecules" and "atoms" consist of?

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

But herein is the paradox.

None of these "sub-atomic particles", including their derivative materials, actually really "exists", in other words can be perceived, unless a conscious attempt is made to observe or "measure", i.e. quantify or qualify them in some way.

So then - do these "building blocks" of "matter" have any real sort of "existence" or basis in fact at all, if, only "appear" or more specifically are only perceivable, qualifiable and quantifiable during the process of intended observation?

If the elementary atoms form the basis of molecules which in turn form the basis of the material compounds used to "manufacture materials", then the only conclusion that we can possibly arrive at is that every "thing" that humans currently perceive as "materially real", only exists because someone chose to "subscribe", or "opt-in" to its very existence through the process of observation through an act of intent, reinforced by life experiences and implicit belief in its reality or potentiality to actually "exist".

In other words the sense of material reality is an entirely programmed, i.e. learned response, arising from previous expectations, experience, and beliefs aggregated over a lifetime, and many other factors deeply embedded in Subconsciousness.

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

So let us now review that which already know about the role of the sensory organs and organic brain in perceiving our apparent environment.

Millions of sensory inputs per second from the five organic sense organs are transmitted to the organic brain, which in turn, mechanically, without any sort of inherent intelligence or consciousness - the "brain is not the Mind or the seat of Consciousness - collates

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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, Intellect and intelligence, but as with a computer - if a circuit board, 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, accumulated during the course of 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. It is in fact a self-perpetuating illusion, the nature of which becomes more apparent - as we will see later.**

When "mentally disabled" people "die", even those with most profound brain damage including those in a "persistent vegetative state", they are immediately freed from the layer of processing performed by the damaged organic brain to experience Mind directly, feeling "whole" once again, with full mental capacity, as if they were never subjected to the perceived limitations arising from the malfunctioning organic brain.

"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.

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The same applies to all physical or mental disabilities. Once a person is freed from the organic shell, 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.

Moving on with the process of perceiving experience then.

The composite image from the organic brain is presented to the Subconscious Sphere of Mind, which then applies the corresponding 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".

The Conscious Mind, the Ego, happily accepts this image as "experience" or "reality" in that Moment.

However the "experience" has been skewed by the Subconscious Mind to make it acceptable to the Ego, otherwise the Ego would reject summarily reject, or at least disregard it.

Without this safeguard built-in, the person would rapidly become confused, disoriented and perhaps even "psychotic", soon be unable to function at all.

The Conscious Mind never, ever thinks to question the image presented, because the Subconscious Mind has already ensured that it is already in complete alignment with ongoing learned and programmed expectations and beliefs. So the Conscious Mind, the Ego, feels secure within its own microcosm of experience or "reality".

But the crucial factor to consider here is that in the case of most people who have no conscious Mind Power over their own experience, **the Conscious Mind is perpetually subscribing to its own illusion** - an illusion that the Subconscious Mind always "satisfies and adjusts as necessary".

So from the perspective of the person, their experience is always "correct" and "real", regardless of whether it is perceived as "good", "bad" or indifferent.

For example - if a person believes it is "cold" outside because they have looked out of the window and seen that it is snowing, the Subconscious Mind will always ensure that the Conscious Experience matches the expectations. If a person saw that it was snowing, but upon leaving the house felt hot and humid, considerable confusion may well result. This is because the Conscious Mind has learned that "snow" is "cold".

If I walk around in cold weather with few "winter" clothes and people ask me why "I do not feel the cold", I would simply reply "because I choose not to".

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

This equally applies to all levels of human experience, from the personal to the collective, since all Mind is ultimately One and therefore Intimately Connected and Inclusive with "each other" at all levels, and with All that Is within Universal Mind.

**Therefore total "experience" from the perspective of each person, is a function of both Personal Subjective Experience and the Collective of all Personal Subjective Human Experience within the same Sphere of Consciousness, independent of time or "history" upon the Mental Plane of the Human Mind.**

No human is capable of experiencing or perceiving "anything" beyond their current sphere of imagination, comprehension or programming - their beliefs - because their Subconscious Mind is not resonating on the same Vibratory Frequency of the Collective Mental Plane corresponding in which they are focused in accordance with their own relative state of Spiritual Evolution and Initiation.

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

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

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

In both cases - the "products" in the "shopping mall" or the "sights" in the "foreign country" are only available to your sphere of conscious awareness during the process of experience and observation, because they pre-exist as persistent Thought Forms Within the Collective Human Consciousness on the corresponding Mental Plane of Vibration, in accordance with the collective observations, experience and programming of billions of other "people" - Conscious Spheres of Mind Principle - throughout "history". In reality of course there is no "history" - only Now.

Towns and cities for example are shared, collective experiences, simply because the Conscious Minds of thousands or millions of people subscribe to, and interact with that shared experience continually, as has always been the case in the "past" history of that environment. These people accordingly choose to interact with and accept these experiences "normal" within the context of the sphere of their own comprehension,

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imagination and programmed beliefs and expectations as they relate to that environment.

This then gives rise to the perception of "normality. In fact there is no such condition as "normal", because all experience is entirely subjective, in accordance with the perspective of the observer.

In this way the shared experience is infinitely perpetuated to the Collective, "shared" Sphere of the Human Mind on the corresponding Vibratory Sphere of the Mental Plane that anyone at the same Mental Vibratory Frequency also may choose to subscribe to at a Subconscious level, even if they have never "seen" them before, and which is accepted by the Conscious Ego Mind as "normal" within their own sphere of "normality".

Again - this is so due to the fact that Personal Mind and Collective Mind as well as the Conscious and Subconscious spheres of activity, are really One, simply being Spheres of Activity within the overall context of Universal Mind, and can therefore share and experience either at a Personal or Collective frequency, but always subjective level.

Due to the comparatively low Vibration of matter and the intervention of the concept of "time", these collective experiences - towns, cities etc - can persist for many "millions of years" as measured by human calendars - currently the Gregorian - long after they have been "lost" and forgotten at a Conscious level by the peoples that originally "built" them.

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

This for example is the basis of the "Remote Viewing" which has been very successfully used for "military intelligence" and now in the public domain.

Remote Viewing implies overcoming "time" and "space" to "view" or more accurately "sense" objects or events which are non-local, and/or non-temporal. But to the Subconscious Sphere of Mind, locality and temporality are not relevant, All exists Now - the Only Eternal Moment That Is.

In the next Vibratory sphere of human experience, for most people the Astral Spheres - or the "Afterlife"- which exist at a much higher Vibratory Frequency of Energy, beyond the concept and illusions of "space" and "time" relative to Earth - "experience" is much more transient, fluid and dynamic in nature than within the context of the much lower, denser Earth Vibratory Frequency of the temporal "space-time continuum" and matter dependent environment of Earth.

No atomic or other intermediate, albeit transient particles exist within in the Astral, or are necessary to the environment. Within the context of the Astral Vibratory Spheres of Experience, of which there are potentially infinite, the environment is broadly comprised of Unique Energy Fields known as "Thought Forms" which are decoded directly through

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the Mind - in the absence of the organic brain - although still very much with the same learned and programmed beliefs and filters applied, accumulated from physical life on Earth, which filters are still retained after "passing", but which of course will be progressively modified with interaction within the context of the "new" experience.

When a person passes on to the "afterlife" of the Astral Spheres of Vibratory Energy, they appear to themselves and others as an idealised version of how they would most wished to appear to others in physical life. Typically this is 25 to 35 years of age, slim, no marks or deformities etc - their ideal Self.

This is known as "Residual Self Image".

Our true Reality is as a Conscious, Aware Point of Energy, with no form. Of course most humans are not yet ready to Experience their True Nature in this way, yet it is the destiny of all humans during the course of their Evolution.

The Astral Spheres are actually an excellent illustration for the purposes of this discussion, having removed one layer of processing - the organic brain.

If a person in the Astral chooses to experience "something", or believe or fear they are in the presence of "something", whatever they wish to experience, believe in or fear will "manifest" and be experienced instantly at the "speed of thought". The experience will generally be deemed to be "real", because it is consistent with existing learned and programmed fears, even if they are irrational.

When the person becomes bored and ceases to focus on that particular "thing", the "thing" - a Transient Energy Thought Form - instantly dissipates back to native Energy potential where it may coalesce to become another Thought Form under the influence of Mind in its infinite states. All potentially coalescent Energy possess identical and infinite potential in its Native State.

So in the "Afterlife" the processes we have been discussing relative to the material world may be subjectively experienced and thereby verified instantly, thereby providing useful personal experience and evidence of the immutable Principles applying to all Spheres of Vibratory Frequencies with the All of Universal Mind.

In the Astral Spheres of Vibratory Energy - the more a "person" or "people" - duality is still accepted and accordingly experienced there as on Earth - interact with any such created experience or locale, the more persistent it is.

Most Thought Forms are completely transient in nature, arising from "fleeting thoughts". But when attention and focus is applied and fuelled by emotions, expectations and intent, the very nature of the "Thought Form" becomes less transient and therefore more "persistent", to the extent that reference to duality implied "persistence" in a timeless, spaceless, environment is appropriate.



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Everyone in the Astral Spheres - the "afterlife" - believes in exactly the same material form and function they were so used to, and often indeed addicted to and dependant on while living on Earth. So when people "pass-on" and duly arrive in their new Astral environment, often welcomed by various generations of previously "deceased" relatives, they can subjectively "experience" anything that they can possibly imagine, comprehend and believe in, thinking that all of their proverbial "Christmas's have come at once". They are as the "kid" in the proverbial "candy store".

After the novelty wears off somewhat, they might experiment by creating a more enduring environment or experience that they feel most comfortable with, but always within the context of the collective environment upon the Energy Vibratory Frequency of the Astral Plane in which they are focussed in that moment, centred on Ego.

This propensity for Astral residents to re-create familiar Earth environments is the main reason why most recently "deceased" people immediately notice that the "afterlife" looks and feels remarkably familiar to their home "back on Earth" - so much so in fact that very often newly transitioned people do not even realise and believe they have "passed on" at all, especially in cases of sudden, violent and unexpected death, due for example to a sudden trauma or accident. These newly arrived "residents" consequently need to be "convinced" by other residents that they are in fact no longer "living on Earth". This process followed by a thorough debriefing that can be quite extensive, especially in the case of atheists who have no belief of an "afterlife" and scientists who cannot conceive of an "afterlife" because of the conflict with their rational, learned scientific paradigm in their universities on Earth, which conflicts in turn with their own perception and concept of what is actually "possible".

This is reinforced by the fact that the very nature of their own beliefs and expectations has taken the newly "deceased" person to a Native Energy sphere of Astral Frequency of very similar Vibratory characteristics as the their recently departed Earth life, accordingly populated by people with a very similar mindsets and beliefs. This is one reason why the "afterlife" is so harmonious compared to Earth.

On Earth people of every type of personality, character trait, beliefs, Evolutionary level and so on live within the same environment - a major reason for human conflict.

I should reiterate that there is not just one Astral Plane - there is a potentially infinite "number" of these "planes" or spheres of Vibratory Frequency, all very slightly out of phase with each other, "each" corresponding to every human character trait, belief, culture, history and so on.

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

But "amazing" though the infinite possibilities of the Astral spheres seem to be, where all desires are realised instantly, this is also a trap in many respects, because once the

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people there become so used to, and often infatuated with this utopian world, experiencing anything they have ever desired on Earth but could never "have", instantly, without the need for "money" or "work" or "government" any other prerequisite, condition or restriction, then the experience and novelty can so totally infatuate and consume the Mind and Consciousness of the person, that they become "addicted" thereby preventing them from evolving and progressing. They become lost in their own illusion or delusion

Ultimately of course all free themselves of a persistent experience, often with the help of others, realising how frivolous the experience really is. Wishing for a more "real" and fulfilling experience, Vibratory Frequency increases, and automatic transition to a "higher" - actually inner - plane of Energy with a the correspondingly higher Vibratory Frequencies and Energy Thought Form characteristics. The person must then reconcile the experience of this new current Energy Frequency through the process of realisation so they can move on again. This eternal phasing out of one Energy Frequency and on to the next may be likened to infinite "deaths" and "rebirths", of which Earth is the first.

Of course the "afterlife" generally seems much more "solid", "real" and "vibrant" than Earth ever did, or could, due to the much higher, finer vibration of Astral Energy Frequency, with a spectrum of colours and sounds far exceeding physical human comprehension, experienced without the extremely crude but necessary Earthly organic five physical senses operating through the mechanical organic brain.

I would also like to mention that when humans make the transition from Earth to the Astral Spheres, the Afterlife, everyone will experience themselves precisely in accordance with how they most prefer to be thought of on Earth.

On Earth people tend to spend vast amounts of time, money on vanity products, "anti-ageing" products, "weight-loss" products and so on, simply because they wish to remain perpetually "young looking", and attractive to the "opposite gender".

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

Once a person makes the transition from physical life to the non-physical Astral Energy Spheres, the Conscious Mind determines how the "Astral Body" is perceived as opposed to the organic processes of physical life, which are often a function of lifestyle choices, so they invariably appear with a replica of their previous physical body as it would have been experienced in their "prime of life, which is typically within the range of 25 to 35 years. This is why very often new afterlife residents do not recognise parents, grandparents and so on until they introduce themselves, simply because they would have been remembered as "being much older".

Comparing the experience of the Astral Spheres of the "afterlife" with physical Earth, may be likened to the visual sensory experience of watching a new movie filmed in high definition, on a very old tube based TV with its low, curved, flickery, pixellated, "blocky" image screen, as compared to a modern High Definition Flat Screen TV.

## The Our Ultimate Reality Newsletters

To people in the Astral - and increasingly so as they progress inwards, visiting or "viewing" Earth - the Earth plane seems like a horribly dull, dreary, misty sort of environment, visiting which is likened to wading through a muddy swamp in dense fog and drizzle. To "afterlife" residents visiting Earth fully perceive the thoughts, feelings and emotions originating from the collective people on Earth, which, to them, is like experiencing their very worst nightmares, the only difference being that they are no longer part of that same nightmare - at least from the same perspective.

This anomaly will be fully corrected as Earth completes this Vibratory Transition, and all "dark" low Vibratory Energy Forms will be reprocessed and effectively neutralised.

Increasing frequencies provide for increasingly higher, finer, more detailed, defined and refined resolution and clarity.

And so it is as we travel inwards beyond Earth and the crude physical, material Universe of matter. The further from the Sphere of Vibration of the so called physical Universe - universe of physical potential - and the nearer to Source, the "higher the resolution" is the Experience, and therefore the more vibrant, vivid, "solid" and indeed "real" it seems, albeit far beyond the old paradigm of "form", with an ever increasing range and spectrum of sounds, colours and other experiences.

This is all due to the greater overall potential that increasing Vibratory Frequencies of Energy facilitates - the higher the Frequency, the more "detail" can be decoded through Mind Principle at the same frequency, but with the now complete Spheres of Mind - Conscious, Subconscious and Superconscious Spheres now functioning as One Continuum of Consciousness, All decoding Energy, Thought Forms directly.

Even in our human form we may bypass the organic senses and brain through an "expansion of consciousness" which may be invoked through a lowering - a lengthening - of brainwave frequencies, to facilitate the potential to both create and decode these Thought Forms directly. Note that lowering brainwave frequencies provides perception and assimilation of higher Vibratory Frequencies of Energy. Brainwave frequencies and Personal or Individual Energy Field frequencies, are not related and should not be confused with each other. The former is physical and organic, the latter is metaphysical.

This is also the process that facilitates the entire gamut of experiences generically known as "psychic" experiences, including, but not limited to clairvoyance, remote viewing and meditation related experiences.

The dreams you experience every night also originate within the non-physical sphere of the Mind, never the organic brain. Clairvoyance is actually the conscious as opposed to unconscious "viewing" or more accurately "perceiving" of events - either on Earth or even the Etheric or Astral - directly through Mind Principle - bypassing the influence physical senses and organic brain altogether.

## The Our Ultimate Reality Newsletters

I would like to mention in the context of "psychics", "fortune tellers", "tarot card readers" and so on that it is absolutely impossible to "tell the future" - absolutely cannot be done. There is no "future" - Only Now - Eternally.

As an aside the true "Tarot" is an Egyptian "book" of initiation which may be decoded - not something to be used for mantic, divination or prophetic purposes.

All of these "instruments", whether in the form of cards, tea or other leaves, palm reading and so on are simply ways of allowing a reader with true psychic abilities to sample the Vibratory Frequency and Nature of their "client" to provide an overall "impression", but always a result of the learned and programmed beliefs of the client.

Again, for the avoidance of any possible doubt - "sampling" the "future is impossible.

The "future", to the extent that it exists at all relative to the illusory temporal space-time experience, in Energy terms exists only as "quantum potential" - possibilities that can only become subjective experience through the process of observation in the present and only Moment of Now, always in accordance with the learned and programmed filters arising from a lifetime of perceived experience.

So what people think of as the "future", exists only as Native Energy with Infinite Potential.

"Ideas" do not originate in the organic human brain - in fact they do not even originate within the human sphere of Mind.

Ideas "arrive" directly to Subconscious Mind, which acts as a "receiver" in the same way as a TV for example, from the Mental Causal Plane, of the range of Energy Frequency corresponding precisely with the Vibratory Frequency of Collective Human Mind at any Level or Sphere of Evolution, always in accordance with the capacity for that idea to be received by the person.

The idea originating within the Mental "plane of ideas" is first transmitted first to the Subconscious Sphere of Mind in accordance with the nature, in other words Vibration of Thought Forms originating from the Conscious Sphere of Mind activity.

The Subconscious Mind creates a Thought Form corresponding to the nature of the thought as determined by the Vibratory properties of its Energy Field.

This Thought Form then attracts "ideas" of the same unique Vibratory and Energy "Signature" from the corresponding Causal Human Mental Plane of Ideas, shared by all humans of similar level of Evolution and accordingly Vibrating on the same Frequency.

The Subconscious Mind then, as usual, applies all the learned and programmed belief "filters" received from the Conscious Sphere of Experience of Mind activity as previously discussed, and then forwarded on to the Conscious Sphere of Mind itself which accepts the "idea" in accordance with its current mental capacity, biases, beliefs etc to do so.

## The Our Ultimate Reality Newsletters

The idea is then received as a modified Thought Form in the same way as an impression originating from the sensory inputs of the physical senses as mechanically processed by the organic brain, and accordingly as being as an "original idea".

But again, as with all subjective experience, the very nature of the original, pure, undiluted "idea" is filtered, biased and skewed in accordance with the specific beliefs, expectations, "hopes" and so on of the Conscious Mind.

So, for example, a very religious person might think about metaphysical concepts, but will invariably reject them as being "outside their belief system" or "not in the Bible" and therefore not the "word of God". These are Evolutionary Limiting Beliefs.

Human Beings can and do therefore actually originate "Thought Forms", but cannot originate unique "ideas". Humans can only "receive" ideas from the "Plane of Ideas" which they can "tune in to", in accordance with their Mental capacity to do so.

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

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

A baby is a Spiritual marvel of Consciousnesses, a perfect, uncorrupted, wonderful Being with Infinite Potential, and latent capacity to achieve anything without limitation. A baby inherently knows no limitations, even having the latent capacity to access to all knowledge without ever attending the human construct of "school".

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

The "imaginary friends" of the child are very real indeed, but the Conscious Mind of parents cannot perceive and therefore accept these "friends" of the child as "real", through their learned and programmed belief filters, so the child is told to "quit imagining things" as if the child is guilty of some form of misbehaviour.

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

These are often toy versions of "adult" material possessions to "prepare" the child for the "real world". In these case of boys, these "toys" become increasingly military and violent in nature, culminating in extremely violent video console games.

## The Our Ultimate Reality Newsletters

Female children are prepared for their domestic and later reproductive "roles" through increasingly realistic "dolls" and role playing games.

As a child becomes "older", brainwave frequency increases, as does natural conscious sphere of perception, and with it capacity and speed of learning and experiencing. Along with age comes the socio-economic and peer programming that lays the foundations for physical life, while often burying the Spiritual Life, at the same time greatly weakening the Connection With One The Source of All That Is.

As it is - parents, as soon as their child can understand, commence the indoctrination of the child in to the "ways of the world", imprinting the child with their own choice of religion, various prejudices including racial and societal, and of course their expected "station in life".

By the age of 7- 10 years at the most, the child has thus been heavily programmed, true Spiritual connections buried under many, many layers of material, religious and prejudicial beliefs, and, unless, like Neo in the Matrix, the child has the ability, driven from their "Spiritual connections", and can break that programming using the Power of their own Mind - there is no one around that can or would help - or approve - their power of will and Spiritual connections, the child will be running on that childhood programming as the basis for the remainder of their physical experience, thereby constantly creating and recreating their own life "model" around that learned and programmed model which is generally accepted as an adequate representation of "reality", whether the experience happens to be "pleasant" or unpleasant in nature.

The overwhelming number of children therefore experience the current "model" of life which may be summarised briefly as - birth, nursery, kindergarten, school, university, work, money, a few days "off" each year for weekends and holidays, vacations, retire after 50 or 60 years of labour, endeavour to get by on a " state pension" - which they have paid for all their working life anyway - lose interest in life, physically and mentally degenerate and finally "die".

Now this may seem cynical, and of course this is a typical model which may vary in the details between personalities, but most people who are honest would have to admit that it is them. to a greater or lesser extent.

Is this really what Source Mind, Supreme Intelligence behind All that Is", really intended for humans? Is this even what Higher Self really expected of its representatives?

So concluding the subject of ideas - an Idea, in and of itself, is Always Pure, Always True and Always Complete, because the Sphere in which the Idea originated is in and of itself Pure and Perfect.

Only the Conscious, Ego Mind can and invariably does corrupt a pure idea based upon learned and programmed biases, prejudices, preferences, fears and beliefs, which are continually impressed on to the sphere of the Subconscious Mind, in turn determining ongoing conscious experience, in accordance with individual perception.

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This is why humans have such a propensity to "reject" the ideas of others, no matter how "good" the idea is in isolation. The Ego always insists on having the "final word".

Getting back to your physical existence, in which after all you will be mostly interested as a physically focused human being, it is clear then that there are three fundamental factors that determine of your own "experience" or concept of "reality".

**1. The inherent limitations of the organic human body**, including sense organs - sight, hearing, smell, taste and touch - and the organic brain, which has no inherent "intelligence", consciousness or capacity to either originate or receive thought.

**2. The Personal Conscious Mind - the Ego - continually impressing the immutable and immensely, indeed infinitely powerful Subconscious Mind with deeply rooted and learned beliefs, expectations, biases, prejudices, fears** and so on, arising from programming of parents, society, religions, and later greatest influence of all - the popular media, including, but not limited to news papers, TV, films/movies, and their corresponding websites.

The Subconscious Mind then applies those "experience filters" to the composite image received from the organic brain, and then presents the Conscious Mind with a corresponding impression - experience - that it can readily accept as "real", being totally consistent with its sphere of expectations and current experience.

The frequent human propensity of rejecting potentially positive experiences as being "too good to be true" epitomises self imposed restrictions all too well.

**3. The very nature of "matter" itself from which the brain, through the five sensory organs, compiles its initial "best guess" composite image, is, in reality totally transient in nature**, only having any form of perceived but not "real" existence at the moment at which it is observed or an attempt is made to quantify it.

So, Dear Reader, Ultimately it is the Conscious, Ego Mind that both determines and creates its own Sphere of Experience with which to Interact, believing it to be "Real".

The Subconscious Sphere of Mind passively processes the data in accordance with these factors and the freewill with which all humans are blessed.

At a Quantum Level we know, and can prove, beyond doubt, that "matter" does not exist, and therefore "space" does not exist, "time" does not exist, "locality" does not exist, and accordingly none of the mainstream sciences have any real basis.

What you perceive as your immediate Experience is a Projection of your own Mind, based upon the feedback of the organic senses and the Conscious, Ego Mind, with the Subconscious Mind acting as the intermediary, perpetuating the illusion.

Well this has been a long Newsletter, but necessarily so in order to lay the foundation for the final part in this trilogy next Sunday - The Principle of Expression.

# **The Our Ultimate Reality Newsletters**

For further reading I humbly suggest my book, Our Ultimate Reality:

## **Our Ultimate Reality**

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

Until next newsletter I wish you every Joy and may you always Express your Perfect Experience in the Only Moment of Now - Which is All There Is.

And so it is.

**Brought to You In Divine Love and Light,**

**Adrian.**



# The Our Ultimate Reality Newsletters

## 07 February 2010. The Principle Of Expression

Welcome to your Newsletter.

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

As always I have the greatest pleasure in welcoming all new members to this Newsletter, published every Sunday.

As we accelerate towards the Great Transition, we approach the Point by which Moment every human being should know their path and position upon it, a Path concealed from humanity for thousands of years due to the ambitions of the few.

Before anyone can awaken and joyfully set foot on their True Path they must be aware of the choices - just as you once were.

So please do forward this document, or the link to download it to as many people you know, care about and Love as possible, and let them decide for themselves.

If you are receiving this Newsletter for the first time, and wish to receive it every

During our previous two newsletters we discussed **The Perception Deception**, which introduced the illusory nature of what people regards as "reality" and **The Experiential Loop** which is the mechanism through which it is propagated.

This week, in the final part of this three part series, we will discuss, in the Light of this Knowledge, precisely how we may Express any Experience we desire.

I have named this process in the interests of understanding, "**The Principle of Expression**".

Now the fundamental basis for Personal Empowerment is **True Understanding**.

In the past, most notably with orthodox religions, the nominated representatives, e.g. the "clergy", tell the congregation how things are supposed to be, and the congregation is expected to blindly believe it.

Even the "Law of Attraction" has assumed the characteristics of a religion, with thousands of "experts" preaching about it.

Now let me say right away that the reason The Law of Attraction fails for most people is for the same reason that religious prayer fails for most people - they are abrogating their personal power to self-appointed intermediaries, e.g. the clergy, and/or, to some external fictitious deity, generically known as "God".

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As Expressions of the Divine we have, flowing within and through us, All of the Same Powers of The Divine - Source.

Our Experience, in any Moment, is proportional to our ability of Divine Expression.

With Understanding comes True Faith, and through True Faith we Claim Our Divine Inner Strength, Power and above All - Love.

An intellectual or academic understanding is not enough, it is rather an All Encompassing Knowing and Feeling Within Our Very Being.

Let us first look at 10 Fundamentals for Invoking The Principle of Expression:

## **1. Implicit Inner Knowing of the Truth that We Are Expressions of The One Source Energy, First Cause, "God Principle".**

When we Express our wishes, needs and desires in to our material, experiential reality, we do not do so through our own "power".

It is Crucial to Understand, Know and Feel, beyond doubt that.....

**We are not "attracting" anything from anywhere. There is No "Where"**

**We are Already Whole and Cannot Be Added To or Subtracted From.**

**The Entire Universe, All Creation, All That Is, Eternally Exists Within Us.**

**Nothing exists outside of or apart from us.**

The Great Master who became known as Jesus taught this Truth thus:

**"I and the Father are One".**

**"The Father within me doeth the works."**

It is crucial to know and understand that when Jesus uses the singular "I" or "Me", He Actually means You, I and Every Human Being.

We are all Equal, Infinite, Immortal, Divine Expressions of Our Source, and All Co-Creators in the Universe Through and With Source..

Our Experiences here on Earth are very simple but necessary in the Grand Scheme of Things.

The Physical Universe - Earth in our case - may be likened to the Kindergarten of the Universe, a Sandbox where those Spirits just setting out on the Divine Path may play and learn without affecting the World outside the Sandbox.

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It is because of our Unlimited, Divine Power that this is necessary, that we may learn, through Experience and Divine Freewill, and through numerous incarnations of Higher Self, that we become prepared for a Role in the Greater Universe, beyond the comprehension of most, and one that carries with it Great Responsibilities

Only When Higher Self has completed Its missions, and gained the necessary Spiritual Maturity - proportional to the Vibratory Rate of our Spiritual Body here we move on to Experiences as Expressions of the Divine Which are Glorious, far beyond the comprehension of Mortal Humans as we take our place in the Great Works of God, which are Splendid, perfect and Eternal.

The Incarnation of the Higher Self that achieves Enlightenment and thus completes the mission, assumes the Identity, Individuality of Higher Self, which, thus complete, goes on as a Whole yet Evolving Spiritual Being on to far Greater adventures, all Ultimately leading to re-Unity with Our Source from Whence we were Expressed.

## 2. Faith

Perfect Faith is the most important Principle and Power behind Expression.

Faith can have two polarities - Positive/Creative and negative/destructive.

Hebrews 11:2 of the Old Testament, most succinctly said of Faith:

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

Faith is therefore the Certain, Absolute Feeling and Knowing that we Already Have Everything we could possibly wish for need and desire.

Anything we can possibly desire Already Exists as Part of Us and Part of The Whole, all we ever need do is Become Aware of it.

Much more could and should be said about Faith but which would occupy many pages, if not an entire book.

I will dedicate future Newsletters to this Most Fundamental Factor in our lives.

Suffice it to say - **True Faith** is immensely powerful as opposed to blind faith which is utterly powerless and has no value except for perhaps comfort factor.

## 3. Expectation

Expectation is quite simply Faith in progress.

An absolute Knowing that You Can Experience the object of your desires, your Faith.

Expectation is The Faith that whatever you are Choosing to Express through Source is available to your Experiential Reality - your Experience - In Your Life.

# **The Our Ultimate Reality Newsletters**

There is no such condition as "hope".

"Hope" is weakness.

"Hope" is lack of True Faith

Expectation is Strength.

## **4. Belief**

Belief goes hand in hand with Faith.

"Belief" is not some abstract belief in some deity which will only help you if you follow a set of rules.

Belief is True, Unshakeable Belief in Your Own Divine Powers of Expression.

This is why the Master known as Jesus spoke of Belief so frequently, often in the context of Faith.

Belief is the unshakable Belief in Who we Are as Expressions of the Divine, and therefore the Certain Belief that All Experience is possible with Perfect Faith.

## **5. Trust**

Trust is Trusting in our own Infinite Power and Potential as and Through, The Divine, Source Energy, God.

If we do not Trust Our Divine Reality, how can we Trust our Divine Powers?

Trust supports Faith and Belief.

It is through Trust in Who We Are that We Experience.

## **6. Acceptance**

As we know already that the Expression of our wishes, needs and desires are already part of us, we must Accept them with Joy, Love and Gratitude.

## **7. Gratitude**

Gratitude is not simply an uttering of thanks - indeed such uttering's are so often stated in the interests of politeness.

True Gratitude is rather a Feeling, Knowing and Energy that recognises that the Expression of needs, wishes and desires has already been Realised through the Expressive Energy of Divine Providence.

# The Our Ultimate Reality Newsletters

Gratitude is never a pre-condition of experiencing our wishes, needs, and desires, but rather an Inner Knowing that we already have and enjoying them.

Gratitude therefore goes hand in hand with Faith and Belief, all of Which already acknowledge beyond such sentiments as "hope" that Whatever we wish for is Ours.

These final three factors in The Principle of Expression are not States of Consciousness in the same way as our first seven, they are rather Expressive Forces or Energies that give Power to the Expressive Principle.

## 8. Imagination

Imagination is an important Expressive Quality of Mind that Crystallises, the Nature of that which we are Expressing in to our Experiential Reality.

The Clearer we can Visualise, Feel, Hear, Taste and Smell - not at a physical level but at a mental level - the Aspect of Mind Principle The more Real" and persistent it becomes

Now it is impossible to Imagine anything that does not Already Exist within the All of the Eternal Now.

If We can Imagine it, We can Experience it - without limitation.

It is impossible to Imagine something "too big" to Experience.

If it was "too big to Experience at our stage of Evolution, then we would not vibrate in harmony with it, and would not be available to our Field of Imagination.

Never be afraid of being "greedy", or "unworthy" or minimalistic.

If You Can Imagine it then you are Worth of it and may accordingly Experience it.

## 9. Emotion

Emotion is a state of Consciousness that influences the Expression of our Experience in accordance with the quality of the Vibration of the corresponding Emotion.

**Emotion can therefore be thought of as E-Motion, or "Energy in Motion".**

The more Positive Emotional Energy we Invoke Within, in the context of the Expressive Nature of our needs wishes and Desires, the "faster" relative to the concept of Earth "time", will those needs, wishes and desires be Expressed in to our Experiential Reality.

Such Emotions are for example Excitement, Joy and even Euphoria.

E-Motion is therefore a powerful catalyst in the Expression process.

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## **10. Feeling.**

Feeling works hand in hand with Emotion, in that the more we can Feel that which we are experiencing, the Expressed Fruits of your Imagination, the sooner we will Realise those Feelings in our Experiential Reality.

I hope that these last three newsletters have helped you to understand and assimilate our true Divine Nature, and therefore Empowering you to Express the Experience of your choosing.

It is not enough to understand at an academic or intellectual level. True Understand is the True Inner Knowing of our Divine Reality, Powers and Responsibility.

This I promise you.

When you have assimilated all we have discussed and live your Life in this way - In Source, In God - then your Experience must and will be Truly Magical, for this is True Magic in its Purest Form.

Until next newsletter I wish you every Joy and may you always Express your Perfect Experience in the Only Moment of Now - Which is All There Is.

For further reading I humbly suggest my book, Our Ultimate Reality:

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

And so it is.

**Brought to You In Divine Love and Light,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **14 February 2010. In The Beginning**

Welcome to your Newsletter.

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

As always I have the greatest pleasure in welcoming all new members to this Newsletter, published every Sunday.

As we accelerate towards the Great Transition, we approach the Point by which Moment every human being should be aware of their Path and place upon it, a Path concealed from humanity for thousands of years due to the ambitions of the few.

Before anyone can awaken and joyfully set foot on their True Path they must be aware of the choices - just as you once were.

So please do forward this document, or the link to download it, to as many people you know, care about and Love as possible, and let them decide for themselves.

Over the centuries and millennia Humans have enjoyed the luxury of Evolving through trial and error - through Experience. As we approach the Transition, we approach a "water shed" of the type that takes place every few millennia, is as if the Universe "reviews" progress to date, determines the course of Humans accordingly.

This is not of course pre-meditated as such. It is a natural part of Divine Perfection in Which we All have our part to play.

Over the years this Newsletter has been published, we have often spoken often of Source, our Divine relationship with Source, of the Source Energy Flowing Through Us All, and of the Power and Divinity that we are all blessed to Express.

The fundamental difference between individual Human Beings is delineated between those Who Know and Live these Truths, and those who do not - at least yet.

It is ultimately in, and through the Realisation of these Truths that Humans Evolve.

The Bible, of which we speak frequently, but never on a religiously, has many levels, in accordance with the degree of Spiritual Awareness of the reader.

At one level, it's most basic level, it is an interesting account of historical events, parables, verses etc that may be read and enjoyed as such.

Alas, these have also become the object of religious power and control.

## The Our Ultimate Reality Newsletters

On a deeper level, the Bible is at once a book of Initiation and account of the Emancipation of the Human Beings- from the "beginning" to where we are Now.

One of the most important books of the Bible, if not The most important, is the very first Book - Genesis - because at that deeper level it describes the Evolution of the Human Spirit, and of our Divine Relationship with Our Source - God if you prefer.

Religion asks, indeed expects the "congregation" to accept the word of the church - purporting to be the "word of God" - and sets out the penalties for not complying.

Spiritual Truths cannot be simply accepted, they should be understood, felt, and ultimately assimilated in to our very Being - otherwise they are meaningless.

The first book of the Bible, Genesis, is in my view also probably the most important, in that at it's Inner Level Genesis sets out the very foundation for the Human Spirit.

So this week therefore, I will discuss the True Inner meaning of Genesis. This is no small task, so it may well be that I will need to continue this next week - we will see.

We will focus our attention upon the first chapter of Genesis, for it is this chapter which sets out how Individuated Spirit was Expressed from Source "in the beginning", giving rise to Human Mind and Spirit.

I should also note that Genesis is by no means the only esoteric account of this process.

The Emerald Tablet of Master Hermes Trismegistus and the Kabbalah both also, at the Inner level of understanding, set out this Creative Process in great detail.

Starting then with Genesis 1:1-5:

***In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.***

Now we have to be Mindful of the fact that the original words have been modernised over the centuries, and different meanings and interpretations placed upon the original Ancient Hebrew and Aramaic texts - neither of which can be literally translated in the way that modern languages can.

So before beginning we need to be clear on the Fundamentals.

References to "God" are references to "Source Mind".



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The "Word" is an "Idea".

So at the most basic level, All Creation came from, and exists as, Ideas in the Mind of God - indeed we all exist as Ideas in the Mind of God - Source Mind.

So the Creative Process is in reality, a flow of Ideas originating from Source Mind, a Flow which is Eternal and Perpetual, Only Existing in the Present Moment of Now.

Now Genesis concerns itself with the "Flow of Ideas that gave rise to Human Beings.

We should note that we are not referring to modern Human Beings as we exist today, but rather the original pre-cursors, our ancient ancestors, the "original idea" which, like all ideas, may be refined over time.

So getting back to the text of Genesis.

In the beginning Source Mind, God, set in to Being a flow of ideas that first provided the "fabric" upon which the future ideas rest.

The references which, at a basic level, appear to refer to the creation of the Earth, is actually a metaphor for the "Creation" or Expression of Human Spirit.

So the opening words:

***In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep.***

Describes the original Expression of the basic Human Spirit, but which, at this initial stage, could be likened to an empty "vessel", waiting to be filled.

***" And the Spirit of God moved upon the face of the waters."***

"The Spirit of God", Source Mind, is actually described as "Elohim". Elohim represents the Creative, or more correctly Expressive Power of Source - of God.

The embryonic Human is represented by "The Waters".

So in this next stage Source Energy, Spirit, focuses attention upon this embryonic Human "idea".

The next phase in this process is both crucial and iconic:

***"And God said, Let there be light: and there was light."***

This was the moment in Which Source Mind, God, Expresses and fills the Human Vessel, Human Potential, with Awareness, Spiritual Identity, Life.

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"And God saw that it was good" - in accordance with the original idea, thus the Proto-Human Spirit came in to Being.

Next ***"God divided the light from the darkness"***.

This represents the Moment in Which the Human Spirit first became distinct from Universal Energy as a Whole, i.e. when the Human Vessel first became an individuated Energy Field within the context of the Great Energy Field.

***"And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day."***

The "Light" represents the Illumined Human Spirit while the "Dark" represents that Infinite Field of Universal Potential Which was yet to be Illumined.

Thus "Light" and "Dark", "Day" and "Night" represent the Expressed and un-Expressed Aspects of Universal Energy.

Moving on to the next phase of this process as set out in Genesis: 1:6-8

***"And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament Heaven. And the evening and the morning were the second day"***.

During this phase of the process Source, God, enhances the original "idea" by endowing it with specific Spiritual Qualities.

So "The Waters" represents Human Potential waiting to be realised.

In order to begin this Realisation Process several qualities need to be "added".

The most Important Quality of Human Mind, as we have discussed frequently, and for good reason, is "Faith" - True Faith. It is upon True, Spiritual Faith that all else rests, as we know from Experience, so it is not surprising therefore that Faith is the first quality imbued by Source in the Embryonic Human Spiritual Vessel.

***"Let there be a firmament in the midst of the waters"***

This then is an absolutely crucial stage in the Expression of the Human Spirit.

We now know that "The Waters" represent the, as yet unrealised, potential of the embryonic Human Mind and Spirit.

The "Firmament" then represents **Faith**.

## The Our Ultimate Reality Newsletters

So then Source Mind adds the Quality of Faith to the Human Spirit, Without Which Human Spirit Has no potential to individually Express, because Human Spirit would have no way of directly accessing the Expressive Power of Source Mind.

So what we have, even at this stage, is the foundation for all Human Potential.

The "Waters" then represent the Unexpressed Potential of Human Mind and Spirit, above Which we have The Firmament, Faith, the fabric which endows Humans with the Potential to "firm" and "idea" and bring that idea into Experience.

Now we are beginning to see very special developments.

Source Mind, God, "creates" humans "after His own Image". In other words the Human Mind and Spirit is Being "Created" as a Perfect Reflection of Source Mind, thus representing the beginning of a very special relationship with Source, God.

This was also stated by Master Hermes Trismegistus, **"As Above, So Below"**.

The Human aspect of Mind now has two aspects. **"The Waters"** below and **"The Firmament"** Above.

**"The Evening"** represents the completion of this phase of the process, giving way to the next phase the following "Morning" of the "Second Day", the "Second Phase" of this process, as set out in Genesis 1:9-13

***"And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called He Seas: and God saw that it was good. And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. And the evening and the morning were the third day."***

In the next phase in the process then, Source, God, endows The Human Mind and Spirit with the ability to access the Firmament, Faith for Creation in its own right.

Although Faith is the "force" behind Creation, or more correctly Expression, there must exist a means by which the detail of such Expression can be conceptualised.

The "Dry Land" represents another Fundamental Human Quality - **Imagination**.

Now if you remember from last week's Newsletter on **The Principle of Expression**, both Faith and Imagination are Fundamental to the process.

## The Our Ultimate Reality Newsletters

It is through Imagination backed by Faith, that we may bring the "unseen" in to the realms of the "seen", the "un-Expressed" to the Expressed that it may be Experienced.

***"and let the dry land appear:***

Describes this process.

"The Dry Land" represents the tangible Expression of Experience emanating from Imagination backed by Faith.

This is consolidated in the next sentence:

***"And God called the dry land Earth; and the gathering together of the waters called He Seas:"***

"Earth" represents not the planet, but the Expression of The Formed from The Unformed, thus applying to all Creation - not just our planet.

"The Seas" represent "The Waters" - the un-Formed, with the Potential to become Formed under the influence of The Firmament - Faith.

***"And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind:"***

This refers to "seeds of the Imagination" whereby Humans now have the potential to originate ideas, thus "sowing the seeds", supported by the Firmament, and with it the potential to Express an Infinite Variety upon the "face of the Earth", yet all still "Made In The Image of God", Who Is also the Ultimate Power behind this Expression. In Genesis 1:14-19 we see the next Crucial stages in this process:

**And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day.**

This stage is highly significant in this Divine process that gave rise to the Human Spirit.

In order for Human Beings to Express The Firmament, further qualities are required, qualities represented in these sentences.

## **The Our Ultimate Reality Newsletters**

"The Sun" represents Self-Recognition, the "Spiritual I", enabling Human Beings to become Self-Conscious and thus Self Aware.

"The Moon" represents the Human Intellect, necessary to "regulate" the other Human Qualities and thus the means through Which to regulate "Day" and "Night", "Light" and "Dark", "Created" and "un-Created".

**The "Greater Light" represents the Subconscious Mind, and the "Lesser Light" represents the Conscious Mind.**

As we know, it is the Greater, Subconscious Mind that Expresses Infinite Power as Source Mind, while the Conscious, Ego, "Lesser" Mind is responsible for our Conscious Expressions, governed by the Ego.

Through these qualities of Mind, supported by The Firmament, Faith, Individual Mind may rule over The Waters, and thus the potential to bring Light Upon The Earth.

Again - this still describes the Evolution of Human Potential before it is fully Expressed, and has nothing whatever to do with the physical creation of "planet Earth". In fact, back then, planet Earth was not even recognised or named such.

Observing completion of this process, Source, God, concluded this "day", phase, of the Creation of the Human Mind and Spirit, in readiness for the next, Fourth Day.

Well Dear Reader, having discussed the first "Three Days" or "Stages" of our "Creation", which, after all, leaves much to be considered, and a good place to end this week I feel we should leave it there for this week.

Next week then we will continue with the final "Days" of our Creation.

Until next newsletter I wish you every Joy, and may you always Express your Perfect Experience in the Only Moment of Now - Which, After All, Is All There Is.

For further reading I humbly suggest my book, Our Ultimate Reality:

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

And so it is.

**Brought to You In Divine Love and Light,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **Our Ultimate Reality Newsletter 07 March 2010**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been many of you joining us - very much a sign of these awakening and most pivotal days for Humanity - the most important in the last 26,000 years or so.

As we rapidly approach these transitional times, offering the opportunity for those prepared to take that next evolutionary leap to the next development of the human being - which the Aztec and others call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

I say this in most newsletters but I will say it again.

While it should be the primary objective of every awakened person - and that means You - to prepare for the final stages of this pivotal era - Body, Mind and Spirit - it is also the Highest and Most Sacred Duty of Each and Every One of us to offer those who are ready for this Transition the same opportunity.

Separation is an illusion - albeit a most convincing and persistent one. The ultimate direction of the human race this time around will therefore be determined not only at a Personal Level, but also a collective level upon the Mental Plane of the Human Mind.

It is such a simple task to share this newsletter with others, yet could, and often does have very profound consequences for the people who were not yet aware.

If you are receiving this newsletter for the first time and would like to receive it every week, you can simply add your details at the top of any page on our site:

**<http://www.ourultimatereality.com/>**

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

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

## **The Our Ultimate Reality Newsletters**

### **14 March 2010. Service To Others Before Self**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter.

Over the years it has been most interesting and Joyful for me to observe the shift in Consciousness of Humanity, which has been consistently and progressively reflected through the members joining this newsletter and the messages I receive.

Like most gradual changes they may seem almost imperceptible when being so close - like watching a flower grow - but for anyone visiting Earth - or the flower - some time ago, and then re-visiting some time later, the changes are massive.

Yet as part of Humanity awakens, other parts are sliding to the lowest extremes that Humanity can possibly reach at this stage in overall Evolution.

This is and always has been the way of the Universe and of the history of Humanity and indeed of life on Earth generally.

Throughout the 5 billion year existence of Earth in this physical vibration - keeping in Mind that Earth is a Great Planetary Spirit and Expression of Source, Who existed within the Inner Spheres before being "born" in the physical Universe - there have been countless such events, including many "extinction" events such as those in prehistoric times, when Life on Earth "resets" after reaching its conclusion in that phase of Earth's history.

Of course we know of several such events such as the one 220 million years ago that brought in the age of the dinosaurs, who in turn became extinct to make way for the age of the mammals from which Humans eventually emerged.

The Human family tree also contains many such extinction events, the most recent of which was the Transition from Neanderthal to Homo Sapiens, the precursor to "modern Humans".

Scientists have for decades been seeking the "missing links" between these Evolutions of Humans, but they will never find them - they do not exist. These "gaps" represent the Evolutionary events that take place periodically, and are absolute.

Earth Experiences countless "cycles" of Evolution, some too tiny to notice, others too distant to know about for sure, being before recorded history.

# The Our Ultimate Reality Newsletters

There is one cycle - the Great Cycle, that takes place every 26000 years or so. It was around 26000 years ago that the last of the Neanderthals finally "expired".

Now "time" - as measured and experienced by humans - is being "compressed", so the time scales over which these Evolutionary events take places is also being "compressed". Humans have advanced more technologically for example in the last few decades, than in the last two thousand years.

The dinosaurs went extinct over hundreds of thousands of years, the Neanderthals over tens of thousands of years - it is all relative.

The current Evolution of Human Being will therefore most likely become extinct during this current Great Cycle over decades to make way for the next Evolution - Homo Luminous - Enlightened Man.

Now each great Extinction Event left behind the "seeds" of the next Evolution of Life that Life may continue.

And so it will be with Humanity.

There is much being said about an absolute "Event" on 21 December 2012 - some preaching cataclysm, others preaching "ascension".

Neither will happen on 21 December 2012.

You will still be reading the Our Ultimate Reality Newsletter in 2013, 2014, most likely even 2020 - although Humanity will already be looking very different.

2060 - it may be all over.

Do I know for sure?

No.

This knowledge is being withheld from me and others, because such knowledge would probably alter the natural course of events, which is against the Natural Order of the Universe.

Many of you reading this Newsletter today are potentially the "Seeds" for the next generation of Human Being - Homo Luminous.

If this were not the case you would not be reading this Newsletter - indeed you would not have been guided to it.

You are among what I estimate to be the 5% or so of Awakened or Awakening Members of Humanity who will participate in these events.



# **The Our Ultimate Reality Newsletters**

This does not make you a "chosen one".

It means the your Higher Self has Evolved to the point where You can Evolve and progress to a much Greater role Within the Inner Spheres - a role infinitely Greater and more Glorious than you can even possibly begin to imagine.

But you need not concern yourself with that just yet.  
Knowing your Potential and Realising your Potential are two entirely different matters.

We are here to Evolve through Experience - it is the Only Way.

The Knowledge and Opportunity is being presented to you - only You can take that opportunity and make it happen.

I am here, writing these Newsletters and providing you with the means - of which there are more on the way - to accomplish this. I am not a "teacher". I am a Messenger of Source and Guide. I can only show you The Path - only You can Walk The Path.

Anyone claiming to be a "teacher" or claiming to know the absolute "truth" should be avoided - they are little more than their own religion.

I am not the Only Guide here on Earth. It is for you to allow yourself to be Guided to those who can Genuinely show you the Way and The Path, but only if you Resonate with the Guide.

Everyone knows the Truth for what it is - providing you are Open to The Truth.

I will always be Here for You, In Service, for as long as You and Earth needs me.

If you no longer resonate with my Guidance, you absolutely must leave and seek a Guide with Whom you resonate. This is your Divine Duty to your Higher Self.

What then of 21 December, 2012?

This is the Crucial "tipping point" - the Moment in Which All Those ready and willing to make the next Glorious Step on the Path must be Ready to do so.

For those not ready Life of course will continue - we are All Eternal, Immortal, Divine Expressions of Our One Source. Their Higher Self will continue to gather Experience on Earth if it is habitable - which is highly questionable - or another suitable Planet in the Cosmos which even Now is Ready and Waiting through Divine Providence.

The Most Fundamental of All Evolutionary Principles is:

**Service to Others Before Service to Self**

# The Our Ultimate Reality Newsletters

We are being guided in Eternal Unconditional Love by Great Beings of Light, more Powerful, Glorious and Loving than you can possibly know - yet.

They are Dedicated to this Divine Mission above all else. Through Service Comes Further Evolution - such is the Way of the Universe under the Guidance of Our Divine Source Who Unconditionally Loves All.

I dedicate my Life in Service to Them and to You but I can only do so much from my Earthly Perspective.

I am often asked how a person may progress. The simplest way to progress is by Living your Life in **Service to Others Before Service to Self**, and there is no better way than by showing others the Path that they too may choose - if they are ready.

This, Dear Reader, is why, every week, I ask you to share this Newsletter with others that they may make that choice.

Yes I know it seems difficult. Many are afraid that by revealing their Spirituality people will think them "strange" in some way, and often take the path of least resistance.

21 December 2012 is less than 3 short years away - and "time", as experienced by Humans is accelerating due to the Cosmic Forces exponentially exerting its influence from the Event Horizon at the Centre of our Galaxy, our confluence with which we are rapidly approaching.

So now is the time to "stand up and be counted".

You always have a choice, and the Freewill to make that choice.

It is such a simple task to share this newsletter with others, yet could, and often does have very profound consequences for the people who were not yet aware.

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

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

**And So It Is.**

Until your next Newsletter I wish you a Joyful, Healthy, Abundant week.

**Brought to You In Divine Love, Light and Service, Adrian.**

# **The Our Ultimate Reality Newsletters**

## **21 March 2010. Got Life, Got Mind, Got Freedom**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter.

It is always a Source of Great Joy to me to see so many new members joining us every week, during this era of Great Awakening, Transition and above all the opportunity to Evolve to the next level - Homo Luminous - an opportunity that presents itself only every 26000 years or so at the end of this Great Divine Cycle.

Opportunity however does not mean certainty. We are here on Earth not to merely "survive", "make do", conform to the demands and expectations of family, friends and society, but rise to Joy-Fully accept the challenge to rise to whole new Glorious Heights on a level that very few can yet Imagine or appreciate.

Trust me Dear Reader - this is an opportunity you would never knowingly miss, if only you knew.

It is my Greatest Pleasure to be of Service to helping you to achieve this Glory, but I cannot achieve it for you. I can - and will - show you the Path, but only You and You alone can rise above the challenges of mortal Life to bravely, fearlessly and above all Joyfully step on to, and Walk the Path, thereby claiming your rightful place in the grand scheme of things, and to take the next Glorious Step in your Own Evolution.

Last week we discussed "Service to Others Before Service to Self. You can be of Service simply by sharing this Newsletter with others, that they at least might be shown the Path - it is for them to decide whether to accept or not.

It is such a simple task to share this newsletter with others, yet could, and often does

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

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# The Our Ultimate Reality Newsletters

This week we will begin by addressing more "Earthly" matters.

Usually in these Newsletters we discuss matters on a "Higher" level in preparation for this Great Transitional era.

I receive countless messages from people however that serve to remind me - not that I need reminding - who are really struggling with the challenges of "everyday life" - often bemoaning what they "do not have".

This feeling of "lack" is an illusion on so many levels.

One of the greatest catalysts for this "lack feeling" is comparing themselves to others. They see things they "wish they could have" owned by people "more fortunate than themselves".

Well let me first of all say this.

Take a look at people in many countries of the world.

Read the history books and see how people lived even 100 years ago, and then go back to the medieval times and see how those people lived.

Yet very often the people of those times were vastly happier than today with their "simple" lives, simply because "society" itself was much simpler, and accordingly vastly less, almost non-existent, material "things".

Indeed we do not need to go far back.

When I was a child, growing up in the country, I had no modern gadgets, no TV, no games console, no computer, no Internet, sometimes even no heating. All I had for the cold Winter nights was a few books to read from the local library.

Yet I was extremely happy.

I thought - indeed knew - I had it All.

Wonderful countryside, fresh air and a simple, uncomplicated Life.

For money I did a "paper round" or "paper route" as I think it is called in some parts of the world. I would arise at 5am every morning - seven days per week - get on my old bike, and cycle 5 miles, delivering two large bags of heavy papers before school for which I earned £4, which is about \$6 per week which I used to buy simple things.

Yet to me it was Heaven. Cycling in the quietness of a Beautiful Spring morning, with the birds singing, wild flowers blooming and creatures of all shapes and sizes going about Life, was Extremely Joyful - because I allowed myself to Be so.

# The Our Ultimate Reality Newsletters

Now I would like to put this in to a proper perspective at two levels - Physical and Spiritual.

On a physical level, material things are only as meaningful as you make them.

One of my very favourite poems is "Desiderata" in which there paragraph:

***"If you compare yourself with others,  
you may become vain or bitter,  
for always there will be greater and lesser persons than yourself".***

And this is indeed so very true.

Here is a link to the full text of this great work, written by Max Ehrmann, which I strongly recommend you read frequently and meditate upon:

## **Desiderata**

***Go placidly amid the noise and the haste,  
and remember what peace there may be in silence.***

***As far as possible, without surrender,  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even to the dull and the ignorant;  
they too have their story.  
Avoid loud and aggressive persons;  
they are vexatious to the spirit.***

***If you compare yourself with others,  
you may become vain or bitter,  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.  
Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.***

***Exercise caution in your business affairs,  
for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals,  
and everywhere life is full of heroism.***

## **The Our Ultimate Reality Newsletters**

***Be yourself. Especially do not feign affection.  
Neither be cynical about love,  
for in the face of all aridity and disenchantment,  
it is as perennial as the grass.***

***Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.***

***Beyond a wholesome discipline,  
be gentle with yourself.  
You are a child of the universe  
no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.***

***Therefore be at peace with God,  
whatever you conceive Him to be.  
And whatever your labors and aspirations,  
in the noisy confusion of life,  
keep peace in your soul.***

***With all its sham, drudgery, and broken dreams,  
it is still a beautiful world.  
Be cheerful. Strive to be happy.***

**-- Max Ehrmann**

Make no mistake Dear Reader - if you compare yourself with others, are strive to conform to the expectations of others, you can never be happy.

Our Source of Joy comes Only from Within - and it is Truly Infinite.

I am grateful to my youngest son, Declan, who is 16, for recently reminding me of a great song by a great singer and songwriter - Nina Simone - which encapsulates this perfectly. It is called: Ain't Got No...I've Got Life

Here is the link to the video on YouTube:

**<http://www.youtube.com/watch?v=GUcXI2BIUOQ>**

## The Our Ultimate Reality Newsletters

I strongly recommend that you listen to, and enjoy this wonderful song, and above all take to Heart its profound message.

Whenever you feel your Life is lacking in some way - watch this video. And then read Desiderata.

You know - our true needs, even on a physical level, really are very basic. It is only so called "modern society", often with covert and dark agendas, that has sought to complicate our true nature, seeking to enslave humanity for their own ends.

But you always have a choice.

Whenever you feel "lack" or "less fortunate" read Desiderata, watch the Nina Simone video, and then relax quietly and consider not what you think you "do not have", but rather everything you do have.

Put yourself in your Imagination in a world without material possession, a World in which you eat healthily and you have shelter, and above all have the great Beauties of the Glories Expressed for us by Source - by Divine Providence - and know, beyond all doubt, just how Truly Wealthy you are.

Take heed of these great words in Desiderata:

***"Beyond a wholesome discipline,  
be gentle with yourself.  
You are a child of the universe  
no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should."***

Know Dear Reader that Source, God if you will, Loves you Unconditionally.

Know too that I Love You Unconditionally. However you perceive your "situation", I am always here for you. Never feel alone.

Now we have looked at the physical, corporeal, material aspect of our Being, let us look at the Higher, and most Fundamental aspect - Mind, Spirit, Being.

An inscription was discovered at the Temple of Apollo in Delphi:

**γνῶθι σεαυτόν *gnōthi seauton***

Which was later translated in to Latin: ***"Nosce Te Ipsum"***

# The Our Ultimate Reality Newsletters

Sometimes abbreviated to: ***temet nosce***

Which broadly translates to: ***"Thine own self thou must know"***

Or quite simply but profoundly ***"Know Thyself"***

My Dear Reader - if you Know Thyself - no "thing" else matters.

So the question might arise from an individual perspective:

## **Who Am I?**

The answer to this question is so simple, yet so profound, that once you Know, Feel and Be this answer, you will Know, beyond any doubt, that not only do you "have it all", but **"You Are All."**

We have discussed the Greatest Truth of All in many Newsletters, but we should never tire of reminding ourselves:

**We are Divine Expressions of Our One Source. We Are Divine, Eternal, Immortal and Unconditionally Loved. We Are The All, The All Is Within Us All.**

The fundamental importance of this Greatest Truth cannot be adequately expressed in mere human words, so let us keep it simple:

**You are Source Mind Expressed. You Have All. You Are All.**

We, as in All Divine Beings throughout All Creation, in All Realms of Life are Fully Inclusive of The All.

**All Creation, All In Existence Is Within You.**

Or as the Spiritual Master who came to be known as Jesus said:

**The Kingdom of Heaven Is Within You. -- And It Truly Is.**

**Mind and Mind Alone Expresses Your Experience.**

Dear Reader - there is no need to look around you wishing you had this, or that - you already have it. All you ever need to do is to Express it in to your Experience.

It is not a "privilege" - it is a choice. A choice we all have. Ask yourself this: What do you choose?



## The Our Ultimate Reality Newsletters

We have discuss what I have termed "The Principle of Expression" in previous Newsletters, and will doubtlessly do so again, but for now the detail matters not.

It is the Knowing that really matters. But first and foremost know this.

Do you really "want" what you "think" you want, or are, in the words of Desiderata, "comparing yourself to others"?

**So Remember - You Have Got Life, You have Got Mind, and Therefore You Have Always Got Freedom. All you ever need is to Know and Realise it.**

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

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

And so it is.

Until your next Newsletter I wish you a Joyful, Healthy, Abundant week.

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 04 April 2010. Your Faith Has Made You Whole

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

I would also like to extend my gratitude to all those of you who have forwarded the Newsletter to others, that they too may enjoy the same opportunities as you during this Transitional era.

As mentioned in last week's Newsletter, the ultimate outcome of the Great Transition will be determined on both a personal and collective level, which is why it is so crucial that All participate in the Spirit of Service to Others Before Service to Self.

It was my intention this week to continue our discussions on the matter of 2012, but this week, due to prior commitments, I find myself with less "time" than usual, when I usually dedicate my Sunday's to You and in the Service of writing this Newsletter.

We will return to the subject of 2012 therefore next week, but this week I will address an exceptionally important subject that we have discussed before, and will discuss again, such is its crucial importance - **Faith**.

I am sometimes asked "what is the most powerful force in the Universe".

This, ordinarily, is one of those "infinite" questions, due to the fact that humans only have the potential to become aware of, and utilise, those "forces" or "powers" available to us on Earth on this physical vibration, to the extent that we can realise, assimilate and Live our Lives by them.

My Dear Reader, there are "forces" and "powers" within the Universe beyond the Imagination of most, until such time as we Evolve to the level in which they become available to us. This is of course as it should Be.

**There is however one "force" or "power" that is always available to us - Faith.**

Now straight away we must once again remind ourselves of the True meaning of Faith, for the true meaning of "faith" has been corrupted - especially over the last 2000 years or so - when the words of the Spiritual Master who came to be known as Jesus, have been misconstrued, twisted and generally taken the wrong way.

But yet this Newsletter is not about Jesus or anyone else, but rather the True Meaning and Power of Faith as a Fundamental Spiritual, Divine State of Being.

## The Our Ultimate Reality Newsletters

We are All Divine Expressions of our One True Source. We therefore have exactly the same Potential as Our One True Source. We are here to Realise that Potential.

All that differs between Human Beings is the extent to which we can Realise Source Within, and accordingly to Express Source Within in defining our Human Experience.

The more Source Energy we can Express, the greater are our Powers of Expression and therefore control we may exert over our Personal Experience.

It is for this reason, as opposed to religious, dogmatic or covert reasons, that Faith is so crucial and fundamental to our very Being and Evolution - the reason that the person known as Jesus spoke of Faith so often.

He said for example: ***According to your faith be it unto you*** and ***"thy faith hath made thee whole"***.

Now the reason that our "Faith makes us Whole" is because we are already Whole, Complete. It is the Conscious, Ego, "Lucifer" aspect of Mind that denies people there inherent, Divine Wholeness through fear, doubt, indoctrination and other factors.

Absolute, Complete, Uncompromising Faith in its Truest sense, provides us with that unshakeable connection with our Divine Source that literally Makes All Possible.

So what then is Faith?

Well Faith, like so many other Divine "forces", is so Sublime, that it cannot readily be described in human language. Faith can only be truly Experienced in absolute terms.

What we can do however is to provide examples of Faith in action.

At a very basic level, when you go to a restaurant for a meal, do you ever doubt the abilities of the chef, the origin or cleanliness of the food, or of the kitchen in which the food is being prepared, so you will not experience food poisoning?

No - of course not. You therefore have absolute Faith in the restaurant, chef and kitchen helpers to serve healthy food with no detrimental effects.

When you visit your doctor who then prescribes a medicine, do you ever doubt the suitability of the medicine or the dosage prescribed?

No of course not.

Should you, or a loved one require an operation for a health condition, do you ever doubt the ability, experience or steady hand of the surgeon, one slip of which could be fatal.

No of course not.

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When the Spring arrives and you plant seeds in your garden to produce beautiful blooms a few months later, do you ever doubt that they will germinate, poke their shoots through the soil, grow and Develop in to those beautiful blooms?

No of course not.

These are all examples of Faith in action.

A more esoteric example of Faith is the Healing Shrine at Lourdes - one of many - where numerous apparent "miracle healings" take place.

Do you think it is really "special properties of the water", or the fact an apparition of a holy figure was once seen there that brings about these "miracle healings"?

No of course not. As Jesus himself said:

***"Thy Faith Has Made You Whole".***

Actually he said this after, in his presence and with his guidance, blind men were able to see again, their eyesight restored.

In the case of both Lourdes and Jesus, it was quite simply the absolute, unshakeable Faith that the healing would take place, due to the Faith in Jesus and Lourdes, that the healing actually took place. Without this Sublime Faith they could not.

Without such Faith, even in the presence of Jesus or the shrine, no healing could or would have taken place - these people healed themselves through Sublime Faith.

This then is the fundamental difference between the religious "faith in God" and the Spiritual **Faith In God**.

Do you see the difference?

The religious "faith in God" is simply a superstitious hope against hope that there is "someone up there" who will take pity if only you ask nicely and dutifully follow "his" word as set out in the collection of ancient texts known as the Bible.

**Faith In God** is totally the opposite.

**Faith In God is the Absolute Knowing that You Are God - Source Mind - Source Energy - Expressing here in the physical world for the "time" Being, in order to gain valuable Experience and Ultimately Enlightenment, and in doing so Encompasses All of the Unlimited, Infinite Power of God - Source.**

You see "in the beginning" - although there was truly no beginning no more than there will ever be an end - Source, God "sent"- Expressed - countless aspects of "Him-Self" -

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God is neither male or female, but both and neither - to Expand upon the inherent Perfection of the Whole in the Grand Scheme of Things.

Do you really believe that our Divine Source and Creator would "do" this without first providing you with the necessary tools through Which you may ultimately prevail?

Your "tools", as and in God, Source, are the same "tools" that Source "used" to Create All That Is.

Does this begin to give you a concept of just how much Divine Power we All Wield?

Humans, indeed All Expressions of Source, only differ therefore in just how much of this Divine Power can be Realised and Expressed.

This is why the person known as Jesus emphasised Faith above almost all else:

***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***

But what does he mean?

Well the "mustard seed" he refers to are not the familiar mustard seeds often associated with "mustard and cress" for example - those large dark coloured seeds that we grew as kids at elementary school on moistened blotting paper and saucer, but rather the seeds of a tree that grows in the Middle East - the mustard seed most know would almost certainly have been unknown in that part of the world then.

The reason he used this seed as a metaphor - very frequently - is because it was said to be the smallest seed in the World, but yet grew to become a mighty tree.

How much Faith is involved in something so tiny becoming something so large?

Does the miniscule Mustard Seed ever doubt that it will become a large tree?

The "mountains" referred to are not the physical mountains of stone, but rather everyday issues that people feel they must surmount - such as "mountains of debt".

With Perfect Faith **In** Source these challenges are no longer "challenges". Only Perfection is Expressed - we are Expressing Source Which Is Inherently Perfection.

An important part of this process is to subjugate the constant demands of the Conscious, Ego Mind - that "Lucifer" sitting on your shoulder, constantly fearing, constantly doubting, and above all constantly urging you to "do" things.

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However, Dear Reader - we are not "human doings" we are "Human **Beings**".

Only by Being In Faith, In Source, can we actually Realise all that really matters.

If you focus on your "mountains" they may seem like insurmountable objects.

With Faith **In** God - Faith **As** God - As Source of Which We are All Divine, Infinite, Immortal Expressions, no "mountain" is too high to scale or too large to "move".

If you however look at the mountain with a feeling of doubt, hopelessness, even fear, and trepidation, then scaling or even moving such a mountain will seem impossible.

If you look at the "mountain" - nothing is really a "mountain" - humans create their own "mountains" - with the absolute Faith In Source and Source Energy flowing through All, then the "mountain" will dissolve as a pile of dirt dissolves in the rain.

On a Quantum level it is important to realise that no human-made "thing" really exists. Every "thing" is an illusion - a projection of the Human Mind and senses.

Source projected Earth, a great and glorious Planetary Spirit, in all Her Glory, Beauty and Divinity, as a "training ground" for the Evolving Divine Human Spirit. Material "things" are simply projections of Human Mind that have been superimposed.

Once you realise and Know these Divine Truths, beyond All doubt, then you will realise that no "thing" is impossible, and no "mountain" is too large to conquer.

So how may we set aside our base human impulses and emotions and Live, have True Faith In God - Our Divine Source?

This, My Dear Reader, is one of the greatest challenges every Human must confront here on Earth, but a Divine Challenge and Key to Evolution to Greater and more Glorious States of Life and Being, Beyond the Imagination of most.

There is a word which describes our fulfilment of this - **Enlightenment**.

So you see Dear Reader - our real "challenges" are not those of the illusory phantasm of the Conscious, Ego, "Lucifer" Mind through the five physical senses, but with our own Mind and Being - by realisation of Source, Divinity, "Father" Within.

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

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

**And so it is.**

## **The Our Ultimate Reality Newsletters**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **11 April 2010. The Mystery Of Galactic Centre**

Welcome to your Newsletter.

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

As I briefly mentioned last week, I have been away on a long journey, but still of course sent your Our Ultimate Reality Newsletter, albeit a little shorter than usual.

Nevertheless, I do hope that you found the extremely important subject of True Faith, in its most Divine sense, of value, an key to unlocking All you aspire to.

I would like to start with an apology to all those who have sent me messages over the last week, to which I have not been able to reply. Upon my return there were just so many messages it would be extremely difficult to answer them all - much though I would dearly Love to.

As mentioned before however I do read every single message - regardless of number or length of messages - and I would like to extend my most grateful thanks for all of the most kind and generous words contained within many of them.

Always be assured that I Love you All Unconditionally, and it is my Greatest Pleasure to be of Service.

As always I would like to welcome the many new members joining us since our last Newsletter.

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

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

This week Dear Reader I will continue with discussions on the matter of the iconic date 21 December 2012 which forms the central focus of this Transitional Era, as well as the object of so much confusion and alas propaganda and opportunism.

The entire "2012" scenario first really appeared in the consciousness of humanity a few decades ago, when the glyphs located on the stelae - standing stones - at the many Classic Mayan sites in Mesoamerica were first deciphered.



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There are those who claim alternative dates - mostly 2011 - but I am personally satisfied that 21 December 2012 is indeed the date the Ancient Mayans chose for the "re-setting" of their Long Count Calendar.

Now let us be absolutely clear before moving on that the Mayans did not represent this date either as "the end of the World" or "the end of the calendar", but rather the end of one cycle and the beginning of the next. Actually even this is not strictly accurate since all cycles are a continuum - as is Source Life Itself.

Many have taken 21 December 2012 to be a "prophecy" to which have been attached all manner of events - mostly "doomsday events".

Now let us be absolutely clear on this also.

**There is no such thing as a "prophecy".**

"Prophecy" implies "seeing the future" in some way.

Likewise there is no such thing as "psychic readings" or "fortune telling".

These are all nothing but superstitions.

**Plain and simple - the "future" does not exist. There is Only the Eternal Now.**

Can prophecies and fortune telling "come true"?

Yes - but not because the "prophet" or "psychic reader" has "foreseen the future", but because the person receiving or reading the prophecy believes it so deeply, and with so much Faith, that they Express it in to their own Experience - it became self-fulfilling.

Always remember:

**We All Express Our Own Experience - or Reality - in the Present and Only Moment of Now.**

To understand the date of 21 December 2012 in its proper context, we must first understand more about the Maya and their culture.

Now this is, in and of itself, a massive and most interesting subject, far beyond the scope of a single Newsletter, but suffice it to say that the Ancient Maya were a brilliant and in many ways advanced race who probably originated elsewhere, or at least were guided by advanced Beings, the origin of which we can only speculate.

By "advanced" I am not speaking of "technology" - to the contrary in fact - technology is not advancement, in many ways it is the opposite - or of their own unique customs and

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traditions, many of which may well have been brutal - it is not for us to judge - but at a much more fundamental Spiritual and Metaphysical level.

The Ancient Maya were truly great Cosmologists, Mathematicians and Astronomers, as well as understanding the True Nature of Life and most crucially the Cycles of Life at many different levels from the micro level to the macro level, and by which they ran their own lives with great precision through their various calendars and other systems, all of which were and are very advanced - so much so in fact that very few can even begin to understand them.

One such calendar is there "Long Count Calendar" each full cycle of which represents a timescale of 5125 years as measured by the modern Gregorian Calendar, the latest cycle of which commenced in the year 3114 BCE and concludes in 2012.

So what then is the fundamental basis of the Long Count Calendar?

Well to answer this question we must look again at one of the Mayan core activities - observing the Cosmos from their observatories. The night skies back then were totally unpolluted by human activity, the lights of cities and so on, and were often at high altitude, so their view of the Cosmos was pristine.

Now given that the Maya did not have - or need - the luxuries of modern day scientific equipment, there is clearly only so much they could observe with the naked eye - the same observations that could be made by anyone without being restricted by the air pollution of "modern" man.

The Maya also had a very deep understanding of the Eternal Cycles of the Universe, not the least of which is the relationship between Earth - and the Solar System generally - the Sun and the centre of our Galaxy - the "Milky Way - Galactic Centre.

While modern scientists endeavour to rationalise the cosmos in "logical", "rational" ways, the Maya observed the Galaxy from the perspective of Nature.

To record their observations, teach the Maya populous, and above all to create and maintain their calendars, the Maya associated differently aspects with their "Gods", which were not "deities" for "worship" in the religious sense, but rather held a much deeper significance.

These were recorded in their codices - thousands of beautifully created documents created on various materials - and standing stones - Stelae.

When the Spanish arrived several hundred years later, with instructions from the Pope to convert the "heathens" - as they saw them - to the Roman Catholic religion, they rounded up all of these codices, placed them in large piles, and forced the Maya to watch as they were burned and totally destroyed. Only very few survive today.

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Based upon the amazing content of these few codices alone, and from what has been learned from the Stelae - most of which have been worn by weather over the centuries - we can only begin to imagine what we could have learned about the Mayan culture and 2012 if these primitive, brutal, violent and misguided acts by the RC church had not been committed.

However, let us focus upon what we have learned, which has been considerable, thanks to the dedicated efforts of the Mayan specialists.

So the Maya associated their "Gods" with these Cosmic features and events also mythically representing the "underworld" and the process of death and re-birth which of course is directly relevant to everything related to 2012 and the transition process. The Maya also certainly knew about the Energy and other forces originating from Galactic Centre, which featured prominently in their creation myths and deities, including their chief deity, Hunab Ku, metaphorically associating these forces at Galactic Centre to be the origin of time and therefore the controller of time.

The Maya also used the Sun to reference the central point of our solar system, and one that can be used in conjunction with Earth and the plane of the Galactic Centre to describe the "Galactic Alignment", which, according to the Maya, will take place on 21 December 2012, and used as the focal point for both their Long Count Calendar representing the transition from one great "age" to the next".

Another important feature of Mayan philosophy is that time, rather than being linear in nature as currently believed by science, is rather spherical, and therefore time, like the Universe itself has a beginning and an end. At the end of a cycle of time however, there is a renewal or evolutionary event. Again this forms the basis of the Mayan Long Count Calendar which has proven to be extremely accurate. This cycle of time ends, according to the Mayan Long Count Calendar on 21 December 2012.

Let us then look now at the facts relating to the "Galactic Alignment", what it really is and means, and how it can affect us at every level, Mind, Soul and body, as well as all life on Earth and planetary Spirit Gaia, to Whom we are inexorably connected, Herself.

At the very centre of our Galaxy there is what astrophysicists call a "super-massive black hole". The Energy and density of this super-massive black hole is so great that not even light itself can escape, photons of light being sucked into the black hole along with everything else that approaches it including stars and planets.

This is why it is called a "black hole", because light itself no longer exists in that region having been subsumed by the massive Energy vortex of the super-massive black hole.

Now this super-massive black hole is absolutely fundamental to the entire issue of 2012 and what we are and will increasingly continue to experience, and here are reasons why.

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The gravitational Energy and therefore spin rate of the super-massive black hole is so immense that it actually flattens out to form a "super-massive black hole plane", like a massive, intensely dense disk, characterised by an immense outwardly radiating Energy vortex. It is this planar characteristic of the black hole due to the gravitational Energy being radiated out from the super-massive black hole that gives rise to the very "flat" appearance of galaxies generally, all of which I believe have a super-massive black hole at their centre. I am personally of the view that a black hole and associated dark matter may be the precursor of a galaxy.

There are probably countless other younger black holes with associated dark matter in the Universe that have not yet began to form its own constellation of stars and later planets and moons, each with the so called "dark matter" forming the fabric of the galaxy, which, together with the gravitational Energy of the super-massive black hole and associated cosmic material, forms and then binds the galaxy together.

In absolute terms a galaxy, including our own galaxy, the Milky Way, is extremely, amazingly in fact thin. When viewed edge on it could be likened comparatively to viewing the blade of an extremely thin and sharp blade. In practice of course this plane of the galaxy is still a huge distance across, but still comparatively speaking, taking into account the vast scales involved, the Galactic Plane is extremely thin.

So we have our galaxy, at the centre of which is a super-massive black hole manifesting an inconceivably massive gravitational Energy vortex that, together with dark matter, holds together as well as influences the fabric of our galaxy, of which we, on Earth are on the outer edge of a spiral arm.

As this black hole gravitational super-Energy extends to the very edges of the galaxy - it must do to hold the form of the galaxy together including our solar system on the outer edge, just as the gravitational pull of the Sun extends far enough to hold the planets of our solar system in orbit or planets in turn hold their moons in orbit - it is all relative to scale, range and the gravitational Energy potential being manifested.

So this Energetic influence of the super-massive black hole over the galaxy, our Sun, the Solar system and of course Earth always exists - there was never a time when it did not exist. The only factor that varies is the degree of Energy being exerted over the solar system and therefore Earth at any one time - and therein is the crux of the matter, and the very key that unlocks the mystery of 2012 as we will see later in this and future Newsletters.

We must therefore, as did the Maya, turn our attention then to the potential effects that may be exerted over Earth radiating from Galactic Centre.

Well there are many possible forms of Energy radiating from Galactic Centre which we simply do not know about in absolute terms.

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The Maya would not have understood these manifestations of Energy in purely scientific terms, but may have known the potential through history.

As far as radiation is concerned, we know little about the specific forms, but what we can say is that as humans are fundamentally Beings of pure Energy, manifesting in a physical form, we have the potential to be influenced by this cosmic Energy in many and various ways.

Much for example has been speculated about changing the DNA of humans, or increasing the number of strands comprising our base DNA, but as far as I am concerned this is pure speculation.

Of greater significance, and much more importantly in my view is the potential for the massive Energy radiating from the plane of Galactic Centre - the Event Horizon - to influence the very fabric of the space-time continuum which humans are subjected to at a purely physical level.

I believe it possible that the way humans perceive "time" could be changed dramatically of indeed "stripped away" altogether, leaving humans in state of "spaceless", "timeless" Being, where humans can experience their true Spiritual nature.

Of course this, for most, may be simply too much to handle, the only outcome being to "leave" the physical body, and to "escape" to the Astral Realms - the "afterlife", where evolution will continue on the path most appropriate for the individual.

For those prepared however this would represent a once in a 26000 year opportunity to fully realise true Spiritual Being in the context of a physical body, a truly transformational event that would usher in the next evolution of human being - Home Luminous - Enlightened Man.

Dear Reader - I have this far only summarised what is potentially an extremely complex series of events that are without precedent in recorded human history.

What we do know however, from the paleoanthropological record is that the culmination of the last 26000 year cycle, corresponding to the time when the Mayan Long Count Calendar would have "reset", many of our ancient ancestors "died out" as humans evolved from the "Neanderthal" to "Homo Sapien" - "modern" human.

I have much more to say about these events, but will leave these for future Newsletters. You can be sure that these events are so crucial, I will do my best to bring you as much knowledge as possible that you may prepare for what is to come.

## **The Our Ultimate Reality Newsletters**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **18 April 2010. Ego-less Expression**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

I would also like to thank those existing members who responded to their inner desire to be of Service to others by referring new members.

Service to Others Before Service to Self is of Principle importance throughout All.

It is impossible to attain Enlightenment in fact without embodying this Truth.

With the exception of Earth and other planets in the physical vibration, for the most part, Beings who have transcended the physical vibration devote their Being in the Service of Guiding those Expressions of Source who have not yet advanced to the same level to Evolve and progress on the Great Path to Source.

In fact through such Service comes Evolution, yet this is not the primary motive.

Service to Others Before Service to Self Embodies the Greatest Truth of All - we are All One, there is no duality, there is no "them and us", there is Only Source of Which "we" are All Divine Expressions in One-Ness.

To deny this, or to focus on Self to the exclusion of others is to deny Who we Are.

I have written this Newsletter almost continuously since 2005, and will continue to do so for as long as it is possible to do so - that I promise.

You can provide a large but simple Service by offering the opportunity to others.

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

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

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Every week I receive many messages from people who are desperate to improve their "life" in some way.

Two words that feature in these messages are the same two words that do not exist in my daily vocabulary, and neither should they in yours.

These words are "try" and "fail".

People "try" to "do" something, often very hard and over a long period of "time", but yet they still "fail" and cannot understand why this is so.

This week therefore we will discuss this apparent paradox in depth.

A great Truth about Life itself is that it should be effort-less. We are Expressions of the Supreme Power and Intelligence we know as Source - God if you prefer - the name matters not.

This of course, for many, even most, is far from their experience.

Why is this?

Well Dear Reader there are many and varied reasons, but most, if not all arise from the attitude and belief of "modern human" that all achievement and attainment can only "come from" hard work" - physical effort.

This is further compounded by the role "money" exerts upon this process, accentuated by the perceived need to "go to work for a living" to "earn money" with which to purchase perceived needs and desires.

On another level, the Conscious, Ego Mind is always demanding to be allowed to "do" things, to be better than others - to satiate its own self-serving "wants".

Now of course this does not make the Conscious Mind, the Ego, "evil" or undesirable in some way - it simply is.

In fact the Conscious, Ego Mind is absolutely necessary to our existence in this physical vibration.

The Conscious, Ego Mind allows us to make the decisions we make in order that we may Experience and thereby Evolve - which is our Primary Objective here.

The objective therefore is not to "destroy" the Ego Mind - which is impossible - but rather to Subjugate it - to apply it purely in the direction of Personal Evolution, ultimately leading to Enlightenment and the transcending of the physical vibration altogether.



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This accomplished, our Higher Self has achieved this initial stage of its Individual Evolution, and progress to far more glorious pursuits as a Whole Spiritual Being.

I am sure that many of you have noticed that the more you "try", the less you succeed in achieving that which you are "trying" for.

The fundamental reason for this is because in "trying" the Conscious Ego Mind is "blocking" our True Nature, blocking the Natural Expression of Source through us.

If, on the other hand, we simply Be, and Allow, all of our genuine needs wishes and desire can Express to our Reality effort-lessly.

True effort-less Expression must also be Unconditional.

It is the Conscious, Ego Mind that wants to attach conditions such that "if I do this, I will achieve that".

This again arises from a lack of appreciation of Who We Are.

We cannot remind ourselves enough that we are Divine, All Powerful, All Knowing, Omnipotent, Omniscient, and Omnipresent Expressions of Source - we already have "it" All. So how then can "effort" be required in order to "gain" something?

**We cannot "gain" That Which we Already Have.**

All we can and need do is to Allow that Which we Desire to Express itself from Within - from Source - from All That Is.

This Truth even applies to Spiritual and Metaphysical "practices".

The more you "try" to meditate, the more you will "fail" to meditate.

The more you "try" to Astral Project, the more you will "fail" to Astral Project.

The more you try to bend that spoon or move something with your Mind, the more you will "fail".

This, Dear Reader, is an absolute certainty.

The same applies to Life itself.

The more you "try" to make money, the more you will "fail" to make money.

The more you "try" to be happy", the more you will "fail" to be happy.

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The more you "try" to attain Freedom - everyone should be Free - the more you "fail" in attaining your Freedom.

I could go on, but I am sure by now you understand in principle.

There are famous movies that embody this Truth, knowingly or not, for example: Yoda, in one of the Star Wars series, said:

*"Do or do not, there is no 'try'".*

In the first movie in the Matrix trilogy, Neo was sparring against Morpheus in the combat training simulation in the Dojo. Neo, although his Mind had received all of the technical knowledge necessary for many of the martial arts, could not, initially, prevail over Morpheus, until finally Morpheus told him to:

*"Stop trying to hit me, and hit me".*

After which Neo was finally able to prevail over Morpheus.

Yes these are simply movies, but the both of these examples are absolutely relevant.

The Truth is simple. Only when we subjugate the Conscious, Ego Mind and allow that which is already within us to Express itself naturally and without "thinking", can those abilities Express to the fullest extent.

The same Principle applies to "attachment". The more you "attach" ourselves to something at a Conscious level, the more distant it becomes.

We can only attract and embody that which we wish to be attached to through non-attachment. When we desire no-thing, we gain every-thing.

Two other words that should not exist in your Consciousness are "hard" and "easy".

These concepts also spring from the Conscious, Ego Mind, from erroneous thinking.

As Expressions of Source Every-Thing should be Simple and Effort-Less.

**We are the Eaxact Same Source Energy Who Created All That Is, including the physical Universe with its countless Galaxies, Stars, Planet and other heavenly bodies without "effort" of any kind.**

By comparison, how can any-thing be "hard"?

It is not when we allow that same Source to Express through us. Only the Conscious, Ego Mind makes it hard.

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In fact in many cases the Conscious, Ego Mind likes to believe some objective is "hard", that it may feel "good", "brave" even "heroic" in "trying" to "achieve" them.

It matters not, Dear Reader, what you wish to "achieve" in Life - you have **already** "achieved" it. All you ever need to do is to allow yourself to Experience it.

It is always of value to examine your motives for "wanting" something.

For example - do you wish for a newer car because it will bring you Joy and Freedom, or because a neighbour has just purchased a newer car, and you do not wish to be seen to be a "poorer" neighbour?

The latter springs firmly from the Conscious Mind - the Ego.

In order to Express some-thing in to your Experience, it should be Ego-Less. If it is not Ego-Less you are placing an attachment which will prevent you from Experiencing it.

The same is True if you seek to attach conditions to Experiencing some-thing. If you say to yourself - "I can get this if only that happens", then you are applying a condition.

True Expression, like Love, is Unconditional, arising from Faith.

Let us conclude this Newsletter then by reviewing the conditions associated with Ego-less Expression:

### **1. Implicit acceptance of the Truth that we are all Expressions of God, Source Energy, First Cause, "God Principle.**

When we Express our wishes, needs and desires in to our material, experiential reality, we do not do so through our own "power".

We rather decide, of our own Divine Freewill, and then through our thought processes, emotions, feelings, expectations and above all Conscious Intent, which is then Expressed, not as an individual personality, but as an Expression of God, in to our Conscious Awareness.

We are not attracting any "thing" from any "where".

We are already Whole in every possible way - The Kingdom of God is Within Us.

No-thing exists apart from us.

We are simply Feeling that which we wish to Experience, which is then Expressed in to our Sphere of Consciousness through Source, Creative, God Principle.

The Master who became known as Jesus taught this Truth thus:

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**"I and the Father are One".**

**"The Father within me doeth the works."**

When Jesus uses the singular "I" or "Me" he means "You and I".

**We are all Infinite, Immortal, Divine Expressions of Source, God, and All Co-Creators in the Universe.**

Our Experiences here on Earth are very simple but necessary.

Upon completing our missions here we move on to Experiences as Expressions of the Divine Which are Glorious, far beyond the comprehension of Mortal Humans as we take our place in the Great Works of God, which are Splendid, perfect and Eternal.

**2. Faith.** Perfect Faith is the most important Principle behind Expression.

Faith can have two polarities - Positive/Creative and negative/destructive.

Faith is the Evidence of Things hoped for but not yet seen.

Faith is therefore the certain feeling that we already have everything we could possibly wish for need and desire, and that all we need do is to "take delivery" of it.

Faith is a very large and crucial subject, that cannot properly be summarised.

Suffice it to say - true Faith is immensely powerful as opposed to blind faith which is powerless.

**3. Expectation.** Expectation is Faith in progress.

Expectation is therefore the Faith that whatever you are Expressing through Divine Energy will soon be delivered in to your Experiential Reality.

**4. Belief.** Belief goes hand in hand with Faith, which is why Jesus also spoke of Belief so frequently, often in the context of Faith.

Belief is the unshakable Belief in Who we Are as Expressions of the Divine, and therefore the Certain Belief that all is possible with Perfect Faith.

**5. Trust.** Trust is Trusting in our own Infinite Potential as and Through, The Divine, Source Energy, God.

Trust is necessary to support our Faith and Belief.

**6. Acceptance.** As we know that the Expression of our wishes, needs and desires are already part of us, we must Accept our Good with Gratitude.

**7. Gratitude.** Gratitude is Expressed in the certain knowledge that as we are already Whole, and that we have the Perfect Faith, Expectation, Belief, and Trust, that we are

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already Grateful that our Expression has duly arrived in to our Conscious Awareness and accordingly our Experiential Reality.

Gratitude therefore is an Energy that recognises that the Expression of needs, wishes and desires has already been Realised through the Expressive Energy of Divine Providence.

These final three factors are not States of Consciousness in the same way as our first seven, they are rather Expressive Forces or Energies that give Power to the Expressive Principle.

**8. Imagination.** Imagination is an important Expressive Energy that Conceptualises, Consolidates and Crystallises, the Nature of that which we are Expressing in to our Experiential Reality.

The clearer we can Visualise, Feel, Hear, Taste and Smell within the aspect of Mind Principle that corresponds with their equivalent corporeal senses, the more the resultant Expression will correspond to our wish, need or desire.

So do not leave God guessing. Make your Wishes Known, and as Jesus said " It is God's good Pleasure to Give You the Kingdom.

It is impossible to Imagine anything that does not already Exist within the All of the Eternal Now.

So it is impossible to Imagine something "too big" to Experience. Our only consideration is to Express the factors discussed in 1. through 7 above to the maximum possible extent.

Never be afraid of being "greedy", or "unworthy" or minimalistic.

If you are going to Express something at least Express it gloriously.

As Jesus said - even something as tiny as a "Mustard Seed" - and he was not referring to "mustard seeds" as in "mustard and cress", he was referring to a large tree that grows in the Middle East, the seeds from which are very tiny. But as Jesus said, if you can Imagine it, and have the absolute Faith, it will be expressed as a magnificent tree.

**9. Emotion.** Emotion is a state of Consciousness that influences our Experience in accordance with the quality of the Vibration of the Emotion.

Emotion can therefore be thought of as E-Motion, or "Energy in Motion".

The more Positive Emotional Energy we Experience in the context of the Expressive Nature of our needs wishes and Desires, the "faster" relative to the concept of Earth "time", will those needs, wishes and desires be Expressed in to our Experiential Reality.

Such Emotions are for example Excitement, Joy and even Euphoria.

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**10. Feeling.** Feeling goes alongside Emotion in that the more you can Feel that you are already Experiencing the Expressed Fruits of your Imagination, the sooner you will realise those Feelings in your Experiential Reality.

So you see Dear Reader, when you are Ego-Less, Life is Effort-Less.

Conversely, only when the Ego Mind seeks to engage itself and exert its influence does natural Expression from the Infinite All Inclusive Whole-ness that is our True Divine Nature become "trying" or seem "hard" in some way.

Every-thing in Life is only as "hard" as the Conscious, Ego Mind makes it, often through misguided vanity - comparing ourselves to "others".

From "failure" springs bitterness, resentment, hopelessness - all arising from the activities of the Conscious, Ego Mind.

When we cease "trying" to simply Be, then we are Whole, Joy-Full and Free.

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

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

**And so it is.**

Until next Sunday, I wish you a most Joyful, Healthy, Abundant and "effortl-less" week.

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **09 May 2010. The Jesus Enigma**

Welcome to your Newsletter.

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

As I have often mentioned, millions of people in the World today are aware, at some level at least, that "something big" is taking place, both at a physical level - manifesting as extreme weather and geological conditions, and at a more intangible level. Many are also aware that events such as these have taken place before formally recorded as indeed they have, both at a physical and Spiritual level.

For example, at a physical level scientists have recently proven, beyond any doubt, that the Sahara Desert periodically changes rapidly between lush, vibrant rain forest and fertile ground, to Sun baked, parched, arid desert - as it is today. They have determined that major changes occur every 20,000 years or so, and minor changes every 12 years or so. The reason - indeed only possible reason - is simple. During these changes the Earth shifts around 23 degrees about its axis, rotating the entire planet into a different band of meteorological conditions. This of course also means that previously habitable areas of the world become inhabitable, the most well known manifestations of which are the "ice ages", which appear to coincide with the changes noted in the Sahara desert.

Scientists have recently confirmed that "modern" humans include Neanderthal DNA. The Neanderthals, as a species, gave way to Homo Sapien 26000 years ago.

As these same changes are taking place now as we once again align with the Event Horizon at Galactic Centre, it is crucial that as many people as possible are prepared, and equally crucial that every awakened person helps others to prepare.

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

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

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

As many readers who have been reading this Newsletter for some time will know, I often quote the person known as "Jesus" in the appropriate context.

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I also usually make it abundantly clear that there are absolute no religious implications intended in these quotations whatsoever - quite the opposite in fact.

It is always with reservation that I write Newsletters on subjects that include or border on religion for various reasons, but mostly because I know that there are thousands of members who still adhere to religion as part of their lives, many of whom will find my words just too much to accept and will as a result leave us.

Some will send me messages accusing me of heresy, others will offer to "save me" or advise me that I will "burn in damnation for all eternity".

I send any such member my thanks for their concern, and my Unconditional Love and best wishes in following whichever Path you choose during your time on Earth.

I am however only concerned with sharing what I personally know to be the Truth.

I would be failing in my Service to You, as well as my reason for Being here and sending your weekly Newsletter if I avoided issues that may not be "popular" with some members, or worse, issues that make me more popular with members.

"Popularity" is utterly meaningless to me. I deliberately maintain a "low profile", rarely speak of myself, and never publish pictures of myself - not even in my book.

My words are not about me. They are about and for You - out of Love, Light and Service - nothing else matters.

Every Newsletter I write and send to you each week originates within - from the Source of Higher Truth, which I know to be pure. If I were to overlook the guidance of the Great Spiritual Guides of the past, the person known as Jesus being an example, this would be of the Conscious, Ego Mind, based upon my own choices - to do so would be failing you and failing my Inner Self and reason for Being.

I never ask you to accept what I share with you as absolute Truth. To do so would make me no better than a religion. I rather suggest to you that you embrace those words which resonate with you deep within - the Source of All Truth which is always Perfect - and reject any words that do not resonate with you for whatever reason.

I can and Will always guide you towards The Path, but it is for you to Walk the Path.

The subject of religion is always, as mentioned before, a difficult one, and one in which I approach with the utmost care, due to the fact that religions are so deeply embedded in the psyche of billions of people, and the potential therefore to invoke a reaction that will cause people to reject my words completely and potentially their Path, due to the resistance that arises from religious subjects causing Inner conflicts.



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With these reservations and caveats duly noted, I can inform you that I cannot simply ignore the question of the person known as Jesus, for two fundamental reasons.

The Gospels have deep, Inner teachings that are both of great value but not seen or understood by dogmatic religion - indeed they are used as instruments of control.

Christianity - or to be more specific the Roman Catholic Church - has set back humanity both Spiritually and Culturally for many thousands of years - since the 4th century in fact - resulting for example in what history calls "the dark ages" and the associated misery, suffering and desolation associated with these times.

When I quote the person known as Jesus, or write about his life and teachings in depth, as I will do today, I do so to keep his True Spiritual Guidance alive and in his intended context, that his life and Divine Service will not have been for nothing. Jesus would not have been interested in any form or recognition, and especially not fame, but only that his words and guidance live on in the purest possible form.

This week therefore I have been inspired to depart from my usual Spiritually focused subjects in order to help unravel the Mysteries - the Enigma - of this single person known as "Jesus" who has influenced the course of humanity - for better or for worse - more than any other.

There have of course been others we should recognise including, but certainly not limited to Gautama Buddha and Muhammad, both equally misunderstood, and each of whom, in the interests of balance, I will discuss in future Newsletters.

Now we must begin by separating "Jesus the Man" from the doctrines and religion with which he is now associated - Christianity.

Let us then take a look at the origins and motives of Christianity first.

It is a historical fact that the Christian religion was contrived by a Roman Emperor - Constantine - and formalised in the year 325 CE at Nicaea, Turkey, at a time when the Roman Military Empire was in sharp decline.

The Romans knew that they could no longer exert worldwide domination by military means, and therefore needed an alternative strategy.

Ever since the dawn of humanity, people have believed in, and most significantly feared an invisible power, or powers which came to be known as "gods".

Such was this fear that in most cultures sacrifices and offerings would be made in order to appease these gods, believing that failure to do so would result in the wrath of these gods, manifesting in all manner of terrible consequences.

The Romans knew very well that "gods" are feared at a very deep level.

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For the leaders of these religions, these gods were very convenient, simply because they were invisible, and therefore could not be disproven. It was also therefore a simple matter to attribute events - good or bad - to the "will" of these gods.

At the time of Constantine, the prevalent religion was Mithraism which worshipped - and made sacrifices to - the god Mithras. Constantine also worshipped Mithras, and indeed history has shown it likely that although he was complicit in the creation of the "new religion" which became the Roman Church - now the Roman Catholic Church - he never actually "converted" himself, remaining a Mithras worshipper to his death.

Now Constantine and his council knew that they could never create a power motivated religion out of Mithras - the god was too familiar and lacked the elements required for absolute control - and therefore a new "power figure" was needed.

They also knew that this new "power figure" must be acceptable to the Roman populous, and later the world.

The Romans already knew of the life and works of a man who lived around 400 years previously, who later became known as "Jesus", and around whose life and teachings much had later been written, notably in the form of the "Gospels".

Here then was the ideal candidate. Jesus was already well known, and the Gospels would form the perfect focus and literature to which people could relate to.

Much could be said about the origin of the Gospels themselves, but this is a large subject more appropriate to a future Newsletter.

Constantine and his council knew that they would need more texts than these central Gospel texts, and so they set about compiling the "canon" of the new "Bible" from a disparate collection of additional texts that had been collected from throughout the Roman Empire.

At the Council of Nicaea Constantine and his cohorts set about sifting through all these texts, retaining the ones which best suited their purpose - power and control - and discarding - usually burning - the rest. Thus the canon of the original Bible was created.

It should be briefly mentioned that although Jesus spoke Aramaic, a form of Ancient Hebrew, the Gospels were written in Ancient Greek by people unknown, many decades after his death from stories passed on through the generations by word of mouth - they were not written from stories that had been kept alive by the disciples to which they were attributed.

Aramaic is not a literal language in the same way that English is, and is therefore subject to creative interpretation. Also of course, like the game "Chinese whispers", they were changed and embellished over the years to suite the story tellers.

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Over the centuries the Bible has been further changed numerous times to suit the ambitions and objectives of the various, often competing, factions of the Christian religion, largely to maintain their stranglehold over their congregations, often adding and subtracting doctrines at the same time.

Having compiled the basis for the new Bible which was to form the doctrines of the new religion, they realised that selling it to the populous would be no easy task, due to the fact that - as today - people generally like to cling to things they were already familiar with.

To overcome this Constantine and his council decided to "graft" on to the basic texts the pagan myths that the populous was most familiar with, especially Mithras.

So they added the "God-man", "virgin birth", ministry, crucifixion and resurrection myths.

Now these "God-man", "virgin birth", ministry, crucifixion and resurrection myths which have been circulating for thousands of years, are well known to many, always following an almost identical format, starting with Osiris in Egypt and ending with Mithras - a theme which was applied to 16 previous God-men before Jesus.

I will not go in to the specifics because it is suffice to say that if you know the story surrounding Jesus, then you know the story surrounding these previous God-men.

As with the previous God-men, there is absolutely zero historical evidence, written or geological, that supports these myths in any way whatsoever.

These myths were of course necessary to give these God-men a mythic, Divine air of importance, without which they would not have been accepted.

I am personally, absolutely certain that the central myth and basis of the Christian Religion - the virgin birth, crucifixion and resurrection of Jesus did not take place, but are rather metaphors which, the significance of which, while being understood in the times of the Ancient Egyptians, had long since been lost.

But what of the ministry? Here the plot thickens.

I am equally certain that the person who came to be known as "Jesus" did exist.

I am sure you will be asking, quite rightly, how I may be so sure?

Well the evidence lies in the actual words contained within the Gospels themselves.

I refer not to the Christian interpretation of the Gospels - if they understood the true meaning they would surely not have been included - but the Inner, Deeper, Spiritual, Divine, Metaphysical meanings that lie below the surface.

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The man who came to be known as Jesus presented his teachings in such a way that only those who could understand, would understand. This was a "safety valve" so as not to disorientate those who were not ready to receive such teachings.

I feel almost certain also that the man known as Jesus was an advanced Spiritual Being who came to Earth around 2000 years ago - he was born well before his "official birthday" 4 days after the Winter Solstice when the Sun begins to "rise" again, bringing "Light to the World" - to begin the Awakening process in readiness for the Transition we are now Experiencing.

It is worth noting that had his teachings not been hijacked by the Romans for their own agenda, he may well have succeeded in his mission to Awaken a much higher percentage of humanity than is now the case, instead of being used as an instrument to enslave billions of people within a prison of materialism, fear and guilt.

Now I was inspired to formally reject Christianity - which was taught in schools as a fact decades ago - at the age of 8 years, and for many years shunned the Bible - especially the Gospels - as part of the religious conspiracy of the church. It was not until I was inspired to read the Gospels many years later that it struck me just how profound these words are at a deeper, inner level.

However - I was not seeing the words as taught in church, I was seeing only the very deep Inner Wisdom which abounds throughout the Gospels. It soon occurred to me that there was absolutely no way that the Romans could have seen and understood these meanings, and if they did they would be so contrary to their objectives of power and control that they would have been destroyed and most certainly not have been included in the Bible.

In fact I am certain that because the Gospels are so fundamental to the Christian religion, the Christian religion might not have been invented at all. The "new religion" would have been based on a whole different set of texts and characters.

Ironically - the very precautions the man known as Jesus took to prevent his teachings falling in to the wrong hands, eventually resulted in them actually falling in to the wrong hands.

Had Jesus been born, and sent his message a few hundred years later, the outcome would have been very different and humanity would look very different.

Equally ironically we would know vastly more about what the Ancient Mayans and others were showing us about this Transitional Era, had the Roman church not ordered the destruction of all non-Christian texts wherever they went, as well as the execution and/or torture, for example during the "inquisition, of countless millions of Spiritual people - branded by the Roman Catholic church as "heretics" - who refused to bow down to and conform to the Christian doctrines.

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This also extended to pagans, scientists and others with views contrary to the church, millions of whom were "burnt at the stake" after being horribly tortured.

To me, therefore, the reality of the existence of the man known as "Jesus" lies not in the myths that surround him - forming the basis of the Christian religion - but in the words themselves - or more specifically the Inner, True meaning of those words.

We do not know how much of the Gospels have been changed or omitted altogether, or lost in translation, or have been inadvertently distorted as they were originally passed from person to person through word of mouth, but I do think that the authors of the Gospels were inspired to write them, and that the Gospels, in the form intended by Jesus, would, in its intended form, be a book of Initiation in to the Inner states of Consciousness, Spiritual Awareness and indeed of Enlightenment.

Had the Gospels - as they came to be called - not been subsumed in to a dogmatic religion, and totally misrepresented by the church, then they would have been of immense value and still can be - which is why I so often quote them in Newsletters.

It should be noted that recent discoveries of texts from the era - for example the Dead Sea Scrolls and Nag Hammadi Library - which are in their original form and therefore represent a true historical record - confirm my own thoughts, while, at the same time, are causing panic in the Roman Catholic church due to their potential to expose the Christian religion for what it really is.

It is no coincidence that these ancient texts have been discovered during this Transitional Era, and I am sure that many more such texts will be discovered soon.

Not so many years ago the Vatican would have seized these texts under threat of death to bury them in the vast Vatican archives along with all those other seized texts over the centuries - but this is no longer possible. Scientists and historians have more power than the church, and people are now more interested in historical fact rather than the empty religious doctrine and self interest the church clings on to.

So the next question we might ask is "who then was this man known as Jesus"?

Well we may never know the true answer to this question, and indeed must ask whether it is even relevant. His words and guidance stand alone as abundant testimony to the fact that a great Spiritual Guide came to Earth for the benefit of humanity, and left us with a great legacy.

I could speculate who Jesus was and how his life progressed, but does it matter? To look at the man himself would be to overlook his crucial guidance.

Let us then continue to separate his message from the religious doctrines of power and control through fear and guilt that were contrived in his name, and benefit as he originally intended.

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Was Jesus the "Son of God". Yes he was. But so too are you no more and no less a Divine Son or Daughter - an equal Expression - of God, Source, and accordingly equally Unconditionally Loved. Let us Celebrate that Truth - for that is the fundamental message that Jesus brought to humanity - and it is Truly Wonderful.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **16 May 2010. The Power Of Right Breathing**

Welcome to your Newsletter.

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

I would as always like to extend a very warm and Joy-Full welcome to all new members joining us since last Sunday - once again there are many of you.

As I have mentioned, especially in recent weeks - we are Experiencing a Great Transition from one Evolution of Humanity - Homo Sapien - to the next Evolution - Homo Luminous.

It is Crucial to know that this is not an "automatic right of passage", but one that must be Lived to be Experienced. Religious and other "beliefs" and practices not only count for nothing, but will conversely will block the Evolution of adherents.

The current polarisation in to extremes of human behaviour, and climate will accelerate until this cycle of the Eternal Perfection reaches a conclusion, giving way to the next, just as took place when a very, very few humans made the Transition from Neanderthal to Homo Sapien at the culmination of the last Great Cycle 26000 years ago, after which humanity, Planetary Spirit Earth and all Life on Earth "resets".

I devote my Life to bringing you these Newsletters, published every Sunday, and through my websites and other writings and Services, to Guide you along the Path of Evolution. But although I can and will show you The Path, only you can Walk The Path. When you Walk The Path our Greatest and most Divine Reason for Being is to be of Selfless Service in showing others The Path that they may follow.

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

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

For our main subject this week I will discuss a bodily function that most people take for granted, yet very few truly understand - Breathing.

Now most people know that Breathing is one of the most crucial functions of the human body, supplying oxygen to the blood and rest of the body and vital organs - notably the brain - via the lungs, without which permanent damage will soon take place, quickly followed by the "death" of the physical body.

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What few people realise however that the process of breathing has significance far beyond the automatic process of supplying the body with Oxygen.

Breath is in fact the very "Spring" of Life itself, not only at a physical level, but also, and at a Spiritual level.

Whether we Breathe physically or Spiritually depends upon both how we Breathe, and most importantly our Awareness of our Breathing process and rhythm.

There are fundamentally three ways in which we may Breathe:

From the neck and shoulders: This is the shallowest form of breathing and the most unhealthy, giving rise to sickness sooner or later. A good proportion of the population Breathe in this way although they are rarely aware of, or even think about it.

From the chest: This is the way that most generally healthy people Breathe, aware or not, and almost all those engaged in physical sports and Exercises, especially those requiring a constant and ample supply of Oxygen to the body.

From the Solar Plexus: This is the most profound and Spiritual way of Breathing, which provides benefits far beyond the awareness and understanding of most.

I will not dwell on the first two - shoulder and chest Breathing - we have no particular interest in these beyond the automatic process. It is rather Solar Plexus Breathing that all should aspire to, and the subject of discussion in this week's Newsletter.

Many people will be aware of the Yogi's of India, Monks of Tibet and Martial Art Masters of Japan, and many others of the Far East who to those of the West appear to possess "powers" which to most seem amazing, miraculous, even supernatural.

There is in fact nothing "amazing" about these people aside from their absolute dedication to their chosen Path - they simply make the "supernatural", natural.

Most importantly, all of these disciplines have one fundamental purpose - to Unite With and Express Source, and accordingly a Path to Enlightenment.

There is nothing whatsoever "mystical" about this process - it is open to All.

Right Breathing therefore is the Source of All Physical, Mental and Spiritual Power, without Which people remain weak, feeble, power-less human beings, often plagued by ill health, and unable to realise their full potential in any endeavour or aspiration.

Olympic athletes of the West most certainly know the importance of controlled, deep breathing in their chosen discipline, yet few are aware of, or practice Right Breathing.



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Similarly, even those who practice Meditation - a most valuable discipline requiring Deep Physical Relaxation, as do most Metaphysical Abilities - whilst knowing the importance of Deep Relaxation, still do not practice Right, or Spiritual Breathing.

Right Breathing is not a discipline that should be reserved for specific times or practices, but should rather be embodied as a Natural Way and Source of Life.

I promise you Dear Reader that those who Master the discipline of Right Breathing as a Way of Life will enjoy the most profound benefits in ways that most cannot even begin to imagine, and which may to others indeed seem "miraculous".

When most think of the person known as the "Buddha", or see the pictures or statues, they think of a, "portly" person with a large, bulbous, protruding stomach.

However, this depiction of the Buddha is not a physical likeness, but rather an allegory, symbolising the Enlightenment of Siddhartha through Right Breathing.

Furthermore, although, like the person known as Jesus, a person once Lived who became associated with the name "Buddha" existed, "Buddha" is not a person, but rather a State of Being - "Buddha Nature".

So "Jesus" is to "Christ" as "Siddhartha Gautama" is to "Buddha".

In the West the objective of Spiritual people therefore is to Realise and Express their "Christ Nature", in a non-religious sense, while in the East the equivalent is to Realise and Express "Buddha Nature in its purest, Spiritual sense.

Christ and Buddha are therefore One and the Same - Source.

Each of us is therefore both Christ and Buddha, our Ultimate Reason for Being on Earth, in every sense therefore is to Realise and Express the Christ and Buddha Within.

These are but two well known examples, other Spiritual cultures having an equivalent.

Let us now then take a closer look at Right Breathing and how the stomach is so fundamental to the process of Breathing and Spiritual Evolution.

Just below the navel - the "belly button" - lies an organ known as the "Solar Plexus".

Almost everyone will know that the navel is the vestigial remains of the point at which the Umbilical Cord of the baby to the Uterus, or Womb of the Mother.

Now as we have discussed on many occasions, all physical manifestations - Expressions - of Life, have an Inner or Spiritual Equivalent - the Umbilical Cord and Navel are no exception.

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This Perfect reflection of Physical and Spiritual is the true meaning of "Made in the Image of God" - intended in a Pure Spiritual sense as opposed to the religious doctrine of a deity god depicted in human form.

The Navel corresponds to an Energy Centre - Chakra - of the Energy Body - the Solar Plexus Chakra. Just as the navel is our point of connection with The Source of Life in the Womb through which we are nourished and sustained by the Mother, the corresponding Solar Plexus Chakra is our point of Connection with the Womb of The Universe From and Through Which We Are Expressed - The Source of All That Is.

Similarly, just as we sustained by the flow of blood from our "physical mother" while in the Womb, we are likewise sustained by The flow of Energy through the "Spiritual Umbilical" between the Solar Plexus Energy Centre and our "Universal Mother" during Physical Life.

Now just as the baby in the Womb relies on the Heart of the Mother to pump a continuous supply of blood through the Umbilical Cord to provide the baby with Energy through the nutrients and Oxygen contained within the blood of the Mother, Right Breathing facilitates the flow of Universal Life Energy through our "Spiritual Umbilical" to the Solar Plexus Chakra and on to the Energy Body, thus facilitating the flow and supply of "Spiritual Nutrition" and therefore Source of All Energy and Power.

It is crucial to understand and know that the Solar Plexus with its corresponding Chakra is our Direct Connection with Source, and the Infinite Power of Source.

It should be apparent therefore that there are great benefits to be realised by Developing the Solar Plexus Chakra. As it is, most people have poorly developed and unbalanced Chakras due to the so called "modern lifestyle", giving rise to a constriction of Life Force to the Energy Body - the same effect as a twisted Umbilical Cord between mother and baby in the Womb, causing a constriction of the flow of blood, often giving rise to a sick baby.

Similarly therefore, constricting the Flow of Life Force Energy to the Solar Plexus Chakra will likewise give rise to "sick humans" even though people may not think of being "sick" in this way.

All physical ailments without exception, whether a common cold or cancer, have a Spiritual, Inner origin - the physical body simply being the outer manifestation of the Energy Body - manifesting in the form of disease, lethargy, fatigue, potentially terminal diseases such as cancer, and many other ailments which will, prevent those people from reaching their full potential - both physically and Spiritually.

I should mention that the Solar Plexus Chakra is not the only Energy Conduit.

All the Chakras of the Energy Body serve this purpose, which is why a healthy Chakra System and therefore Energy Body is so crucial, but the Solar Plexus is the Chakra

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through which we may feed "charge" - Universal Life Force - Source Energy - to the entire Energy Body, like connecting a battery charger to a car battery.

Now I will not go in to the deeper, more esoteric or mystical significance of this process for now - this is a deep subject which I will leave that for future Newsletters - but if you are interested doing some research in to the seemingly amazing abilities of the Yogis, or the powers of Martial Artists will certainly provide some useful insight.

When for example a Martial Artist breaks several stacked bricks with the side of his or her hand with ease, without pain or physical injury, or takes a blow to the stomach equivalent to tons of pressure without pain or flinching, the Source of their apparent strength is the Solar Plexus through Energy focused by Right Breathing.

In fact these Martial Artists exert no strength or effort whatsoever - they are always totally relaxed, simply channelling Infinite Universal Power - Source Energy - Life Force - mystically known as "Chi" - Through Source as Source. Without Right Breathing and Absolute Relaxation this would simply not be possible.

It should be readily apparent by now then that the benefits of channelling the same Source Energy through your "everyday" Life are most profound, extensive and Truly Unlimited, with all perceived "limitations" dissolving.

This is in fact our Natural State of Being - there is nothing Mystical about it whatsoever - it has rather simply been forgotten in the West and by most in the East and other parts of the World where Spiritual Evolution and Reason for Being has long since been subsumed by the demands of physical society..

I am considering creating an MP3 track as a Right Breathing Guided Meditation, such is its importance, because the process should be Developed in the Right Way. However, I will now proceed to describe the basis of the Right Breathing - or Natural Breathing - Process as best I can in words alone.

Keep in Mind that this is the basis of Right Breathing, which, once mastered, will provide the basis upon which Right Breathing may be refined and focused.

Before we start, take a few moments to do this exercise.

Take a few breaths now, just as you would normally breath, but without making any special effort to breath any differently.

How do you breath and what is the centre of your breathing?

Do you feel the pressure of your breath in your neck and shoulders, or your chest?

Do you take short, shallow breaths, or deeper breaths?

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If you are typical of most people - and there is nothing intrinsically wrong with that - you may well find that your breathing is quite shallow and centred on the shoulders and neck or, especially if you are used to regular physical exercise, your chest.

Now there are many levels of "Right Breathing", the most basic and fundamental of which I will refer to as "Everyday Right Breathing".

Beyond this, and the scope of today's Newsletter we have what I will refer to as "Coordinated Breathing" which is utilised by the practitioners of many different and diverse Sports, Disciplines and pastimes.

The final level is Spiritual Right Breathing, as a Path to a wide range of "higher" abilities and ultimately as a Path to Enlightenment.

How we Breathe and Express our Breath is a reflection of Who We Are, especially in the context of how the Breath is applied. In the Martial Arts for example, the Nature or Success of Practice, is a direct reflection of the Nature and level of attainment of our Inner Being.

I should mention that "Coordinated Right Breathing" is of immense value to numerous "modern" sports, arts and disciplines, beyond those of the Far East.

With correct Right Breathing, All "limitations" and "barriers" will simply dissolve. This applies to physical disciplines as well as mental disciplines. I should mention however that all disciplines are ultimately Mental - or more correctly Spiritual - because the Mind controls the Body - not the other way around.

We will look now then at "Everyday Right Breathing" - the Breathing you may wish to develop as your "new Breathing".

Everyday Right Breathing should never be an effort or Breathing that you need to "try" to do. "Try" is just another word for "fail". In any pursuit or discipline, "trying", "effort" or "thinking" implies "wrong practice".

We are Powerful, Limitless, Infinite Expressions of the Source of All Power, and this should always be Reflected and Expressed in our pursuits.

Always keep in Mind the Greatest Truth - we are here to Realise and Express Source, and accordingly the degree to which we accomplish this is directly proportional to our degree of Spiritual Attainment and Evolution.

Whenever we "try" something we are setting ourselves up for failure.

Whenever we "think" about something we are setting ourselves up for failure.

## **The Our Ultimate Reality Newsletters**

Whatever we "do" or "not do" should Spring from the Source of All Power and Life Force, just as the gentle wind blows through the branches of a might Oak Tree.

Of course developing Right Breathing does require focused attention and above all commitment and discipline at first, but always with the intention of Natural Right Breathing. This will come with Right Practice.

Now keep in Mind that the Centre of Breathing is the Solar Plexus, which is located just below the Navel while being Spiritually associated with it.

Our objective therefore is to make the Solar Plexus the Centre of our Breathing, with the associated Breathing process being simply a "means to an end" - although there is no "end" no more than there is a "beginning". We are "Breathing the Universe" Which has Without beginning or end in "time" or "space".

I will now describe the most basic form of Right Breathing, but a form which you will soon realise is quite special, and will be of profound benefit.

To begin with Right Practice for up to 20 minutes each day - depending on your initial comfort level - with view to first extending this period until soon through Right Practice, Right Breathing becomes Natural Breathing - Spiritual Breathing. In future Newsletters we will thus have the basis for developing Right Breathing.

The process is - necessarily so - is really very simple, and is as follows:

- 1.** Inhale for as long and as deeply as you can in through your nose, with your mouth closed. Ensure that this inhalation is long, smooth and progressive. Continue this inhalation until you feel your lungs are as full as possible without discomfort.
- 2.** Now "press" that Breath down to your abdomen - the location of your navel, really feeling your abdominal region expanding with the pressure as much as you can without feeling excessive discomfort. You should feel this Breath now firmly centred in the region of your navel, knowing this to be true.
- 3.** With your centre of focus remaining on the Breathe in your abdominal area, part your lips slightly and exhale very slowly through your mouth, always feeling and knowing that you are exhaling from the abdominal area where your Mind is focused. This slow release of Breath should last at least 10 seconds, 15 seconds is better.

And that is all there is to it. If you feel discomfort at first, persevere in the knowledge that you will soon become used to this Right Breathing until it becomes natural.

You may feel various sensations due to the much greater Universal Life Energy Flow. Treat these as a positive confirmations of success. Soon you will feel the Energy very powerfully as well as becoming progressively relaxed, both of which are excellent, and again confirmation that you are on the Path to Right Breathing.

## **The Our Ultimate Reality Newsletters**

I will say no more. Right Practice is Simple, Profound Practice as you will soon Realise. In future Newsletters we can and will expand on this Right Breathing basis.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,  
Adrian.**

# **The Our Ultimate Reality Newsletters**

## **23 May 2010. The Faith And Feeling Of Success**

Welcome to your Newsletter.

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

I would as always like to extend a very warm and Joy-Full welcome to all new members joining us since last Sunday - once again there are many of you as is increasingly the case as this Great Transition progresses.

I am often asked whether 21 December 2012 will be the day of some terrible catastrophe that we need to prepare for. As I have mentioned in several previous Newsletters, although I cannot say for sure - no one alive can due to the fact that this knowledge is being withheld that it does not compromise Freewill - I feel certain that while 21 December 2012 will not be "the end" it will rather represent a "new beginning" for those ready to participate.

Every 26000 years or so a major Evolutionary event takes place, with lesser such "correctional events" approximately every 12000 years and 6000 years - these numbers have been rounded up for the purpose of this explanation. During the major 26000 year event a proportion of humanity reaches a level where Evolution to the next level becomes possible - and available - the iconic date of 21 December 2012.

This date therefore is the "pivotal point" where those ready will progress towards the next Evolution of Human - Homo Luminous - will progress, while all other members of the Human race will take a different Path in readiness for the next "window of opportunity. It is crucial to understand however that we are All Infinite, Immortal, Eternal Expressions of Source, and therefore we will All continue, and we will All ultimately continue to progress towards our Source, Realising Our Ultimate Reality.

This then is an opportunity not to me missed - an opportunity that everyone should have the opportunity in which to participate - or at least have the choice to do so as you have enjoyed the choice. So please do forward this Newsletter to all those you Love, care about and would welcome that choice, thereby being of great Service.

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

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

## The Our Ultimate Reality Newsletters

I am currently away enjoying a welcome break and rest with my family, so I am sure you will understand when I advise you that this week's Newsletter will be shorter than usual.

Be sure however that no matter what my circumstances on a Sunday, your Newsletter will always be published if at all possible as an Expression of Divine Service to and for you during these pivotal times.

Please also note that I will not be in a position to respond to emails until next week.

If you have already sent me an urgent email and not yet received a reply, please do send it again next week and I will do my best to respond as soon as possible, but please allow a couple of days due to the inevitable email backlog upon my return.

Thank you very much for your understanding and patience.

The subject of this Newsletter - "The Achievement of None-Doing" - may at first glance seem contradictory, or even a paradox, yet holds several important Truths.

Let us consider for example an Olympic Athlete.

An Olympic Athlete - or indeed anyone aspiring to achieving excellence in any sport, art or discipline - will dedicate their lives towards achieving their goals - for example an Olympic Gold Medal.

Of course for every Olympic Athlete or top "performer" in their chosen sport, there are thousands or even millions who aspire to more modest achievements at a local or club level. It matters not - the same principles apply.

I will use the word "discipline" in the context of all these sports, arts and pastimes due to the fact that "discipline" is at the core of them all.

Those striving towards such excellence will usually "practice" regularly by actively participating, and competing in their chosen discipline. It is believed that through such practice the necessary "skills" and "techniques" are developed to succeed.

Now of course it is clear that before any discipline is undertaken, it is necessary to develop the core skills upon which to build - techniques, styles, body positions etc - and this is true. But once learned - often after a short time - what are the factors that determine ongoing and ultimate success?

To begin to answer this question let us first take a look at what typically happens.

Having learned "the basics" a person will proceed to physically "practice" as often as possible, in belief that such physical practice will take them towards their objectives.



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Such "practice" is almost always of the conscious, Ego Mind which believes that by performing the same actions over and over again, their "skills" will improve.

Now of course usually levels of attainment do improve, thus encouraging the person to practice even more in the hope of improving or becoming stronger in some way.

But let us look at the Reality of this more closely.

Once the person has gained the basic skills to perform the discipline, what is it about their practice that really enables them to progress?

Is it constant repetition, or is it something else?

A more appropriate question would be this:

Does constant repetition "change the body" in some way, or does constant repetition bring about more "subtle" changes?

Well we know from our previous discussions that it is not the physical body that controls the Mind, it is rather the Mind - the Subconscious Sphere of Mind - that controls, or rather Expresses through the physical body.

The physical body is therefore simply a physical channel of Expression for Mind.

At this point we must immediately make a differentiation between the different spheres of activity of Mind in this context.

Conscious: "Try's" to make it happen through the action of the Ego.

Subconscious: Will make it happen at a Personal level if conscious Mind and body allow it to happen.

Source: Expresses through Subconscious Mind at a none-personal level.

I am sure that many of you have noticed that the "harder you try" to do something, the less you succeed, but on the occasion that you have not "tried" to achieve a specific objective, the objective seems to happen "effortlessly".

This is no coincidence.

The Subconscious Sphere of Mind is One with Universal, Source Mind which is Omnipotent, Omniscient and Omnipresent, therefore seeing All, knowing All and Being All.

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This means quite simply that there is No-"Thing" that we do not have the potential to achieve. If we can Imagine something then it already exists within our Personal Sphere of Mind with the potential to achieve it automatically and effortlessly - if we allow.

So why then do people find things generally, and new activities in particular to be so difficult or even "impossible".

The answer is very simple Dear Reader - because the Conscious, Ego Mind has been conditioned by parents and society generally that "life is hard" and the only way to achieve anything is to "make it happen" through physical effort and practice.

Now we should immediately acknowledge the fact that there are millions of people around the world, throughout history, that have "achieved" great things through dedication, physical effort and practice, the most notable being in the area of sports - in particular Olympic Sports.

The questions we must ask though are these:

1. Would it have been possible to achieve these levels of success without most of the dedication, physical effort and practice?
2. Are these athletes "special" or "gifted" in some way before they even start?
3. Can anyone effortlessly achieve the same heights of success?

In order to answer all of these questions concurrently we must return to my previous comment that it is Mind that controls the body - never the other way around.

In other words - in order to achieve any ability, or indeed any"thing", we require these three fundamentals:

1. To place the physical body in a state that will effort-lessly facilitate the objective.
2. To transcend the thoughts and demands of the Conscious Ego sphere of Mind.
3. The Sublime Faith to allow Mind to Express the objective through the Mind and/or Body.

Now the most successful athletes - indeed people generally - are already fulfilling these three requirements whether they are aware of it or not.

Many, if not most will begin by "trying" to achieve their objectives through thought, analysis and physical effort, before the three processes listed above gradually take over at an unconscious level - it becomes automatic.

The body is placed in to a deep state of relaxation, often through Right Breathing.

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The Conscious Mind is cleared of all thoughts.

The know and feel, beyond doubt, that the desired objective will be achieved.

They also know, at some level at least, that any lapse in any of these factors will compromise or completely block their performance, compromising the objective.

Now as I mentioned - for many athletes and others aspiring to great achievements, many years of dedicated time and effort have been committed in their pursuit.

Most of these people will however have learned the basics, the "technical" aspect of their chosen pursuit at a very early stage in the practice, so why then does it often take years of repetition to achieve a leading position in their chosen pursuit?

Does it really take years of dedication to "condition" the physical body for a process that was learned right at the beginning of the practice?

The simple answer is No.

Again - Mind controls the body, not the other way around.

Mind is already inherently Perfect and Knows All There Is to Know to accomplish great achievements in the chosen pursuit.

You may think that physical fitness is an important aspect of success.

Well I can tell you that providing your body functions normally, then physical fitness or physical strength are completely irrelevant.

There have been numerous cases of seemingly great feats of strength by people who have never even practiced sports or any other strength oriented pursuit.

For example - a mother crossing the road pushing her child in a pushchair is struck by a car. The child is stuck under the car. The mother, **without thinking**, rushes across to the car and with one hand lifts the front of the car three feet off the ground, and with the other hand pulls the child clear of the car.

This has actually been witnessed in various scenarios many times, as well as similar "superhuman" feats of strength by people who have no formal "strength training".

If the mother could reproduce this Source of strength at Will, then she would surely be an Olympic Champion in Weight Lifting.

In Japan, the Martial Artists use no strength in throwing their opponent, withstanding blows equal to tons of pressure, or in effortlessly breaking concrete, bricks and other thick, strong items with absolute ease.

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The only difference between these two examples is that the mother, during her time of crisis, put all thoughts and limitations aside, being totally focused on freeing the child from under the car without thought about how heavy the car is, whereas the Martial Artist already knows and channels the Source of All Strength - effortlessly.

Had the mother stopped, for even a moment, and thought "I must lift that car off my child" or the Martial Artist stopped to think about breaking a concrete slab with his bare hand without any injury, then neither would have been possible.

Again - **Mind Alone Is The Source of All Natural Strength and Abilities, the Body is simply a Channel of Expression for those Natural Abilities.**

If the Conscious Mind intervenes, the ability is compromised or seems impossible.

So how then does the athlete reach the top of his chosen sport through "practice"?

Well as I mentioned before, most people entering any particular discipline can learn the "basics", the fundamentals soon enough with the appropriate coaching or tuition.

After that it is practice, dedication and commitment.

But what does this practice, dedication and commitment actually bring?

The answer is very simple yet profound - **Faith** in Ones Natural Ability.

Practice, dedication and commitment, with passion, soon brings success which in turn brings the confidence and Faith to achieve further success.

I have witnessed in several sports a situation whereby after years of competing in the discipline and finishing well down the results list, they enter a competition and win it. The person then goes on to rise to the top of the discipline, winning more and more competitions, or at least finishing very high in the results table.

So what has changed?

The person has been using the same style and fundamentals, sometimes for years without success, and all of a sudden, after just one success, they rise to the top.

The answer is very simple - Mind Has Changed.

There has been a shift in "Mindset" from feeling like "just another competitor" to feeling like a "winning competitor". That is all - nothing else has changed.

Ultimately this "change of Mind" is Faith Expressed.

**Whatever We Feel Is True, Is True.**

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All perceived limitations are overcome through Faith Expressed.

So how then does this manifest in relation to the Conscious Mind and Body?

Well the solution to this applies not only to Sports, Arts and other Disciplines, but in Life generally.

Without Faith in our own natural ability to Express the Source of All Power, the Conscious, Ego Mind strives to achieve the desired result through Doing - through physical practice and effort, in the "hope" of success, but without being convinced of success. The Conscious Mind believes that success can only come from effort.

The Martial Artist of Japan, for example, knows this is not true.

If the Martial Artist "tries" to break several stacked bricks with his or her bare hands, not only will they not succeed, they will most likely seriously injure their hand as well.

Again - the same applies to Life generally - the more we "try", the more success will surely elude us.

**True success only comes through Allowing Source to Express Through Us, as Us, the Power behind Which is Faith.**

**Success therefore is a direct measure of our Faith in the outcome of an action.**

We are limited only by our Faith, Belief in our own Infinite Source of Power and ability to Express It, and through our Imagination.

**Any-Thing we can Imagine we can Express in to our Experience through Faith.**

This is the "Faith" and "Belief" that the Spiritual Guide known as "Jesus" taught - not the "blind faith" in a religious sense, or abstract "belief" in a deity "God".

Much more could be said about this crucial subject, but this will have to wait until a further Newsletter.

But again remember:

**Whatever We Feel Is True, Is True.**

So Feel only that which you wish to Experience with Faith that It Is True - Now.

If you wish for Success in any discipline or situation, Feel It is True Now, not "could be true" with practice or other forms of action or "doing" - **Only That It Is True Now.**

## **The Our Ultimate Reality Newsletters**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 06 June 2010. The Prayer Of The Universe

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

The weather in my beautiful part of England has been glorious these last few days with plenty of glorious sunshine, blue skies and temperatures exceeding the norm.

I do believe this will also increasingly be the case in many parts of the world over the next few years as we head towards 2012. The reasons for are straightforward.

As our Solar System aligns with the centre of our Milky Way Galaxy - the Event Horizon at Galactic Centre - the Sun is being increasingly subjected to massive streams of radiation of different types - some detectable and some not. This in turn increases the radiation of Energy emitted by the Sun as heat, but also in the form of Solar Flares and Coronal Mass Ejections of increasing frequency and magnitude.

While we should not fear this Sun activity it does serve as a reminder of the greater Spiritual implications for Earth and Humanity. It is this same radiation from the Galactic Centre Event Horizon, and in turn the Sun, that is bringing much more profound, non-visible changes upon our "Inner bodies" of Energy, ultimately resulting in Transformation. These are the same events charted by the Maya in their Long Count Calendar, ending 21 December 2012. These are scientific predictions through long term observation, not some nebulous "prophecy". "Prophecy", like "psychic reading" is impossible, implying "seeing" a "future" that does not and cannot exist.

"Time" is however running out in more ways than one which is why it is now so imperative that as many people are as Spiritually prepared for the forthcoming Transition as possible. While specific knowledge of these events is not being made available to us - it would compromise Freewill - I firmly believe that 21 December 2012 represents the "pivot point" of an ongoing process, where all those who are ready to Evolve to the next level should, by that date, be ready and willing to do so.

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

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

Of all the religious passages, few are more recognised and remembered than the "Lord's Prayer", recited most likely by millions of people every day. I remember well how The Lord's Prayer was drilled in to children at school from a very early age.

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The Lord's Prayer is usually attributed by the Christian religion to Jesus after being passed on to his followers during a biblical gathering known as "The Sermon on the Mount". Whether this event actually took place or was rather a Metaphor for a deeper meaning is another matter and beyond the scope of this Newsletter.

As we have discussed many times in previous Newsletters, the "Gospels", in which "The Sermon on the Mount" appears, were written many decades after the passing of the person known as Jesus, and his disciples, by a person or people unknown.

Jesus and his disciples spoke a form of Ancient Aramaic, a language including elements originating in what is now the Middle East, in particular of Babylonian, Phoenician, Assyrian, Akkadian origin - and most likely others as well. During the first century BCE when the person known as Jesus most probably lived, Aramaic was also influenced by Ancient Hebrew, although Aramaic is not directly related.

The Gospels were originally written in Greek before being transliterated to Latin, followed by Medieval English, which remains the "language" of "modern bibles".

Aramaic is not a "literal" language that can be translated word for word as with most modern languages, but was rather a more poetic or "graphic", "descriptive" language which was typical of that eras as also seen for example in the hieroglyphics of Ancient Egypt and the Maya of Mesoamerica and so on.

The original texts were further corrupted by the Romans when Constantine contrived the Roman religion, the Greek texts being creatively interpreted in such a way as to give power and control to the "new religion" through the invocation of fear and guilt. Over the subsequent centuries, the words of the Gospels were frequently reconstructed in order to maintain the power of the church which represents the Bible as the original and pure "word of God" which should never be questioned.

So this being the case, how much can the Bible can be relied upon for anything?

To answer this question we must look to the man who came to be known as Jesus in the context of the Gospels, after removing the "birth, crucifixion and resurrection" myth, which, as we have discussed in previous Newsletters, is a theme repeated for 16 previous "God-men", beginning - as far as we know - with Osiris in Ancient Egypt, and ending with the Roman God Mithras which the Christian God later displaced.

The Spiritual Guide who came to be known as "Jesus" - a Greek name, not his real name which is unknown - and who probably lived circa 2000 to 2200 years ago was born into the Jewish religion, and remained an adherent to this religion all his life.

When I first looked at the biblical record and texts attributed to Jesus it quickly became apparent to me that his teachings were heavily influenced by the teachings of contemporary esoteric and mystical sects such as the Essenes. Whether Jesus was actually an Essene initiate himself we may never know, but recent discoveries of



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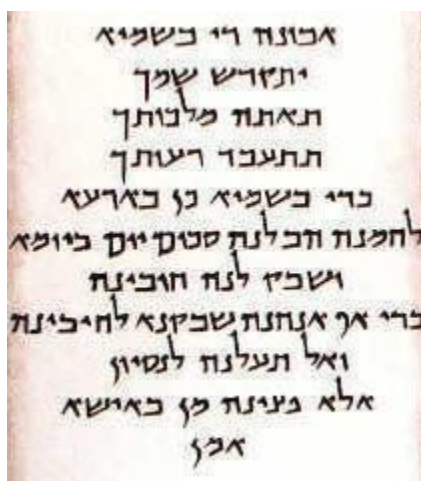
ancient texts such as the Dead Sea Scrolls and Nag Hammadi library would certainly indicate that Jesus was certainly known by, and was probably associated with them.

Like Jesus, from these texts it is apparent that the Essenes spoke and wrote Aramaic. It is reasonable to assume therefore that any teachings of Jesus corresponding with known Essene texts were not coincidental, and that Jesus was simply sharing the knowledge with his followers - not "relaying" them from God.

One such Ancient Aramaic text that really stands out is a passage in a very familiar format which is far too close to the Christian construct of "The Lord's Prayer" to be a coincidence, although the meanings are very different, The Lord's Prayer being constructed to be compatible with the doctrines of the church generally. Keep in Mind that so many people know and repeat The Lord's Prayer, it is deeply embedded in the Subconscious Realm of the Personal Mind as a controlling influence.

Jesus, as a very observant Jew, would almost certainly have learned the original Lord's Prayer in the form of "The Kadish" which appears in the Jewish Talmud. It should also be noted that modern Kadish as used by the Jewish Tradition has also morphed between Aramaic and Modern Hebrew to suit the modern requirements of the religion, but is nevertheless truer to the original than the Christian version.

Let us now look at the original passage that became "The Lord's Prayer", which, as you will see, is full of beauty and above All Truth. This is a copy of the original text.



There have been several impartial translations over the years, varying not due to any bias on the part of the translator, but rather because, as previously mentioned, Aramaic is a poetic, artistic, interpretive script, that cannot be translated literally.

Having looked at various translations in the appropriate context - with regard to the profound Truth contained therein, I believe the following is a realistic representation:

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***Oh Thou, from whom the breath of life comes, who fills all realms of the Universe.  
May Your light be experienced in my utmost holiest.***

***Your Heavenly Domain approaches.***

***Let Your will come true - in the universe just as on earth.***

***Give us wisdom for our daily need, detach the fetters of faults that bind us, like  
we let go the guilt of others.***

***Let us not be lost in superficial things, but let us be freed from that what keeps  
us from our true purpose.***

***From You comes the all-working will, the lively strength to act, the song that  
beautifies all and renews itself from age to age.***

***Sealed in trust, faith and truth.***

I will conclude by presenting for your consideration and enjoyment a version of the Lord's Prayer which I have written as a "modern", understandable version, based upon the original texts above, thus maintaining the purity and wisdom of the original:

***Our Source, Of Whom All Realms Of The Universe Are Eternally Expressed.***

***May We Experience Your Love And Light In The Purest Way, At The Highest  
Vibration As You Express Your Glory Through Us, As Us.***

***May We Thus Express And Experience Our Personal Universe Within, As We  
Express Our Experience, As And Through The Greater Universe Without.***

***Inspire Us To Seek Only Genuine, Virtuous Needs While Liberating Us From All  
Negative Thoughts, Feelings and Emotions That Physically Bind Us, Just As We  
Likewise Unconditionally Forgive Others.***

***Let Us Not Be Attracted To Illusory, Transient, Material Possessions Or Relent To  
The Demands Of The Ego, That We May, Through Your Infinite Mind, Freely And  
Joyfully Experience Oneness With Our True Divine Path And Being.***

***You Are The One Eternal Expression Of Divine Inspiration, Unconditional Love  
And Spiritual Energy Through Which The Glory Of The Universe Perpetuates.***

***Affirmed In Love, Light, Faith, Trust and Truth.***

Thus Dear Reader, The "Lord's Prayer" is transformed from religious subservience, to **The Prayer Of The Universe**, affirming, as intended, Our True Divine Nature.

## **The Our Ultimate Reality Newsletters**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **13 June 2010. The True Nature Of Energy**

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

I would first, as always, like to welcome all new members of this Newsletter. As has been the trend for the last few years, increasingly more people around the world are seeing and feeling the profound changes taking place around and within us at every level as this latest great era in the Evolution of humanity draws to a close, to give way to the next glorious epoch.

As this process inexorably progresses, exponentially more people are seeking meaning, understanding and answers to the events taking place, and to the "Life" generally. The archaic, rationalist, often scientific notion that we are somehow "accidental biological creatures" without any meaning other than to be born, live and die in to a state of oblivion is no longer adequate, acceptable or meaningful.

Through these Newsletters it has been my Service, since 2005, to answer to at least some of these questions, and to bring meaning where there was none before. Yet I cannot do this alone. Yes I can and will continue to write these Newsletters, but they are only meaningful if ultimately they can make a difference - there is only so much I can do as an individual, no matter how much I devote myself.

"Energy" is a word used very frequently, in a material, mystical, metaphysical, quantum-physical and Spiritual context, yet few really understand its true nature.

When speaking in terms of Energy there can be many different factors to consider in the context of greater understanding as to the nature and apparent mysteries of the Universe as a whole.

If we ask someone who knows something about Metaphysics what the primary characteristic of Energy is they might say "vibration", be correct, to a point.

If the same person was to be asked how "vibration" is measured, they may, if they understand vibration, to at least some extent, reply "frequency", and again they would be correct - to a point.

If however we are to investigate these crucial fundamental characteristics of Energy in more depth, there are many additional factors that should be considered.

Questions we should be asking in the interests of completeness include:

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1. What are the fundamental characteristics of Energy?
2. What is the fundamental unit of Energy?
3. How is Energy measured?

Let us now then turn our attention to these questions.

## 1. What are the fundamental characteristics of Energy?

Now this question is actually crucially important, not only in the context of this question in and of itself, but also in the context of the most fundamental nature of the Whole Universe in absolute terms - particularly from the standpoint of the so called physical Universe.

The best way of approaching this question is through Quantum Mechanics.

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

This continuous Wave of Energy originates from Source Mind, First Cause, Prime Expression, Prime Observer and other names for Supreme Mind - God if you prefer - and "ripples" out in all "directions", to the extent that the word "direction" is meaningful in the absence of "time" and "space", and remains in that form - as a waveform - until it is "interrupted" in some way, and at some level, at which point this interruption causes the Energy waveform to "collapse" and "behave" as particles.

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

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

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 then, whether it be light, water or Energy as it manifests at the temporal, local level with these observable 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.

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

Now as mentioned earlier, it is not necessary or helpful to get too deeply involved in to the physics of waveforms, because the physics immediately breaks down beyond the physical Universe in the absence of "space" and "time" where "measurements" become 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.

Human beings behave in the same way as a radio receiver, with the ability to "receive" information, knowledge, Inspiration and "ideas" that are being "transmitted" by another sphere of activity of Mind, for example, as we progress inwards, Subconscious, Higher Self, a virtually Infinite variety of "Higher" Spiritual, "Collective" spheres of Mind, Spiritual Beings and ultimately Source Mind.

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

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

Amplitude is therefore very important to humans at all levels.

The more powerful the transmitter, and more efficient and "open" to reception is the "receiver"- Mind - the more of a signal may be received, "decoded" and understood.

As we will see later, it is far from this simple, because in fact the Subconscious Sphere of Mind activity intervenes by adding a whole series of "filters" to the reception, originating from, for example, religious beliefs, prejudices, societal programming and many others, 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.

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These Energy transmissions are known as "thoughts". In other words, "thoughts" are Mind Energy, and a "string of thoughts" is carried upon a waveform.

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

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

Most people go through the day "radiating" thousands of "thoughts", the vast majority of which are "scattered", weak and transient, with little focused Mind Power behind them, and accordingly the resultant 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" - usually towards perceived negative situations such as for example "debt".

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

Every "Point of Consciousness" is both a receiver and a transmitter of Thought Energy, whether in human form or not.

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

Let us conclude our brief tour of the characteristics 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" may be considered to be purely qualitative in nature, so we are simply concerned with its behaviour in broad terms and in the context of the greater picture.

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

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

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

Beyond space-time, "measurement", in all its forms, is completely meaningless, and accordingly "resonance", or at least its quantitative aspect, is meaningless.

So let us talk henceforth in terms of Vibration - a term which in any case is very familiar to many - much more so than "resonance".

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

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

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

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

Even "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 during these discussions.

So a Quantum of Energy may be considered to have a qualitative characteristic of Vibration.

So in other words - Energy vibrates.

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

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

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



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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.

These are often, albeit erroneously, referred to as "parallel universes" - which are not "parallel" at all, but rather "inter-mingle" - there is no duality or "separation".

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

During this transitional epoch, a polarisation is taking place between low and high frequencies - aka "dark" and "Light".

Those who are prepared, at the pivotal juncture or era, will experience an increase in vibration of the triune physical, Energy and Astral bodies, 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 the last 1800 years or so, where humans, as an 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.

Those "remaining" on the frequency of this "version" of Earth will encounter forces of an unknown nature, the outcome of which is 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 - Ultimately reuniting with our One Source.**

The only varying factor is the Vibratory Frequency and Sphere of Mind at which consciousness is focused.

Vibration may be considered as an indicator, quality and function of Spiritual Evolution - our primary and most Divine purpose.

Enlightenment is the attainment of the Highest "level" - Vibration" of Consciousness while still within the context of a human body.

Enlightenment is the subjugation of the Conscious, Ego Mind whereby Mind, in the context of a physically incarnated human is as One.

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.

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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 the 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, the absolute and Ultimate Reality.

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

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

We also know that before such observation Energy exists only as a waveform with infinite potential, but which potential can never be 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 or basis in fact, because the very act of looking for it creates a transient representation of the expectation of the "appearance" of the particle, without it ever being "real" or "true". The scientists are only being shown precisely what they want to see - a product of "wishful thinking".

Although this will come as a surprise or even shock to many, the reality is that "mainstream sciences" have absolutely no basis in fact, except to the extent that science chooses to perpetuate the illusion by focussing upon it.

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.

## **The Our Ultimate Reality Newsletters**

Again, as we will later discuss, "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 of Infinite Potential - possibilities that can become "probabilities" under the influence of Mind, and Experience under the further influence of Mind, the persistence of which depending upon the quality and persistence of focus of Mind.

Mind and Mind alone determines our Experience and is always under our personal sphere of influence - not some "external" factors beyond our control.

"Space-time" then 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 helping 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, all anyone ever need do is to realise and recognise it within.

Due to the inadequacies of the human language, I may make use of erroneous words such as "higher", "lower", "greater", "lesser", "further", "nearer" and so on, but will qualify them as appropriate.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service, Adrian.**

# **The Our Ultimate Reality Newsletters**

## **20 June 2010. Source And The Higher Self**

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

I would first, as always, like to welcome all new members of this Newsletter. It is truly wonderful to see you here, joining the Our Ultimate Reality "family" as we journey together towards the next emerging Evolution of Human Being - the most significant and important since the Transition from Neanderthal to Homo Sapien 26000 years ago at the end of the last Great Cycle - the same Cycle of Transformational Energy that the Maya have charted in their Long Count Calendar.

This time around will see Homo Sapien Evolve to the next great step in the development of Humanity to Homo Luminous - "Light Body Man". These cycles also culminate in a "purgative" or "cleansing" whereby the excesses and dark side of humanity will be purged, leaving a clear path for the next representatives of Human Being to take Humanity forward on the next stage of the glorious journey on the Path to our One Source.

It has been conclusively proven through DNA analysis that all Humans today originated from just a few hundred "survivors" of the last purgative event. This time around of course there are many orders of magnitude more Humans on Earth, so comparatively there will be more making this next Evolutionary step forward. Everyone has the opportunity - we are All Equal and One Before and As Source, but it is still for each individual to seize this opportunity before the "pivotal point" of 21 December 2012. On this iconic date there will be no "cataclysm" and Earth will not "come to an end" on that date - humanity will continue for a few decades afterwards, but by this date all those in a Spiritual position to make the Transition must have done so. This is one of the reasons for these weekly Newsletters which will continue for as long as is possible in accordance with the events to follow.

A major factor in your own Evolutionary potential is "Service to Others Before Service To Self. You too can help others, and thereby yourself therefore by forwarding this Newsletter to as many people as possible.

Not a weekly Newsletter passes without me mentioning "Source" in many different contexts. Very often we mention "Higher Self" in the same or other contexts.

Now we know that we are all Divine Expressions of Our One Source Who Is not "separate" in any way, but Is Us in every sense.

Similarly our Higher Self Is Us, an Inner aspect of our-Self Who "sits" seamlessly between All Personal physical incarnations, and Source.

## The Our Ultimate Reality Newsletters

This week therefore rather than simply mention Source and The Higher Self as being self-evident facts, I have been inspired to expand upon in the interests of greater understanding and appreciation of our relationship with them.

Now from the very beginning, sentient humans have perceived the existence of a "power" greater than themselves, a power responsible for their very existence.

The way in which this "higher power" is perceived however has varied widely.

Although there have been, and still are, many cultures who recognise the Presence of Source and Relationship to Source, for most this "higher power" represents some "external" all powerful entity that must be appeased and humoured in some way if they are to be "allowed" to continue to enjoy a reasonable life experience, and above all to be allowed in to some sort of "heaven" or "paradise" after they "die".

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

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

These perceived punishments ranged from some "terrible vengeance" causing death and/or misery, to great catastrophes such as droughts, famines, and natural disasters and other forms of "wrath".

Many of the contemporary belief systems of the western world are based upon variations of Christianity and Judaism, with Islam being more prevalent in the Middle East, and with Hinduism, Taoism and Buddhism prevailing in the Far East.

Islam and Christianity in all of their forms practice duality, and rely on the words of their respective "holy books" or texts, whereas the traditions of the Far East practice a more holistic, "all-encompassing" approach, that recognises the One-ness of All.

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

Often, of course this is often due to strong, historical family beliefs and traditions, handed down through generations, which family members simply accept without question as fact, and follow out of trust and respect, without questioning whether these doctrines are true, simply being accepted as such without question.

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Orthodox religions package a belief system, offering people the comfort and convenience of not having to think for themselves, often implying that anyone adhering to this system will be assured of a ticket to "Heaven" providing only that they follow the creeds, dogmas and doctrines of that religion, the alternative being condemnation to an "eternity" of pain, misery and torment.

While we must all maintain absolute respect for the beliefs of others and their absolute freewill to subscribe to these beliefs and doctrines, they will soon discover that everyone, without exception, are subject to the immutable the same and only Universal Principles of Spiritual evolution, with no formal creed, dogma or indoctrination attached, ultimately being dependant entirely upon the nature and efforts of each individual.

These are the only principles governing progression to levels and states of existence which truly are the "Heaven worlds", the glories and splendours of which transcend all religion, dogma or any belief system, and which cannot be described in mere human words.

Let us now then look at the Truth of Our One Source - Who We Are.

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

Our One Source, is not a judgemental, tyrannical, vengeful, jealous, or angry deity.

Our One Source has no need or desire to be "worshipped" or to receive offerings of any sort, and is most certainly not influenced in any way by flattery or "praise".

Our One Source does not punish people for failing to believe in Him/her, for failing to attend a church, or for failing to accept a historical person as their "saviour".

Our One Source does not require intermediaries or "go-betweens" to interpret, represent and convey the "will" of Source, Supreme Mind and Intelligence. No such intermediary has ever had the "ear" or "authority" of Source or has ever possessed any sort of special, privileged connection with Our One Source.

We All share the One and Same connection with Our One Source - we are Our One Source incarnate - Expressions of Our One Source in the Physical Vibration of Earth.

Above all, Our One Source is is neither separate from the Universe or from anyone or anything within or of the Universe.

Our One Source 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.

## The Our Ultimate Reality Newsletters

Every Human Being is only "limited" to the extent we can Realise, Assimilate and Express Our One Source Who Is, by Nature, Unlimited in every sense. Once this Divine and Glorious Truth is accepted, All Is Possible.

It is only the erroneous dualistic notion of "separation", helplessness and reliance on the benevolence of a deity "God" that brings so much misery to the human race.

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

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

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

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

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

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

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

So what then is the truth simply stated?

All humans incarnated on Earth personalities which in turn are aspects of their corresponding 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 Our Ultimate Reality Newsletters**

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

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

It is the Higher Self that progresses on to "greater" things once all physical lives, all personalities have completed their "missions", their collective Experience within the infinite variety of challenges within the physical vibration - the observable Universe.

The aspect of Higher Self - the physical incarnation - Who completes the "mission" achieves Enlightenment, and it is this aspect of Higher Self, this Personality, that becomes the completed Individuality of Higher Self, Who is no longer Higher Self, but a complete, Divine, Powerful, Formless Spiritual Being, Who, this prepared, will move on to a far Greater and more Glorious role in the Divine "scheme of things", experiencing Realms and Powers far beyond the remotest dreams and imagination of Earthly Humans. This, Dear Reader, is the destiny of all - sooner or later.

And Dear Reader, there has never been a better "time" to be a physical Human on Earth, because the Transitional era in we are now experiencing is a once in a 26000 year opportunity to "rise to the occasion" in every sense..

The Cosmic Energy emanating from the Event Horizon at Galactic Centre is Transformational, reconnecting our Conscious Personality Mind with Higher Self and Source Mind - but only for those ready - which includes You - and who are willing to recognise and embrace this potential in every way.

Simply "knowing" this Truth is not enough - you must Be this Truth at every level.

As I frequently mention, for good reason, personifying the Principle of "Service to Others Before Service To Self" is one of the most crucial elements in this process.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**



# **The Our Ultimate Reality Newsletters**

## **26 June 2010. No Time To Lose**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been many of you joining us - very much a sign of these awakening and most pivotal days for Humanity - the most important in the last 26,000 years or so.

As we rapidly approach these transitional times, offering the opportunity for those prepared to take that next evolutionary leap to the next development of the human being - which the Aztec and others call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

I say this in most newsletters but I will say it again.

While it should be the primary objective of every awakened person - and that means You - to prepare for the final stages of this pivotal era - Body, Mind and Spirit - it is also the Highest and Most Sacred Duty of Each and Every One of us to offer those who are ready for this Transition the same opportunity.

Separation is an illusion - albeit a most convincing and persistent one. The ultimate direction of the human race this time around will therefore be determined not only at a Personal Level, but also a collective level upon the Mental Plane of the Human Mind.

One of the factors that characterise the human race, certainly for hundreds of thousands of years, is an apparent pre-occupation with a phenomena known as "time".

Indeed a whole industry has emerged around "time" with the availability of instruments designed to "tell the time" to which people almost religiously refer.

But what is "time" in reality?

Does "time" even exist or more specifically have any basis in fact?

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 relative to Earth.

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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.

This they did so they knew when to plant crop, harvest crops, expect the colder weather etc, keeping in mind that they had no other methods of time keeping.

There has been a recent theory proposed that Stonehenge was constructed after a physical pole shift which completely changed the natural pattern of "seasons" to such an extent that the people of the day did not know when to plant crops and so on. By creating the stone structure they were once again able to determine when to plant crops and conduct other activities.

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 or 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 to exert an Energetic influence over Earth in some way.

Setting aside the "lost civilisations", the attainments of which, in the absence of any tangible evidence so far, remain only a 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 so called "end of the Mayan Calendar".

In the interests of completeness we should note, as indeed I have many times before, that this iconic date - 21 December 2012 - does not in any way represent the "end of the Mayan Calendar" or "end" of anything else for that matter, and neither is it "the" only 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 the entire Solar system, with the centre of our Galaxy.

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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 very specific cycle of Energy which has the potential to be, and generally is, highly transformational infinite potential ways.

The Classic Maya were the most brilliant and advanced cosmologists that ever lived.

They predicted cosmological events at levels ranging from the level of Earth, the Solar System, and Galaxy with such extreme accuracy that is not even possible today with the benefit of all the most advanced scientific "equipment" in the world.

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

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

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 in their stone monuments - stellae - and written records - codices.

However, when the Spanish conquistadors arrived, they were under orders to forcibly convert the natives to the Catholic church. So they gathered all of the natives together and forced them to watch as their history and knowledge written on the codices was burnt on a huge fire. Only the stone stellae remain now, many of which have worn over time due to weathering.

The Classic Maya never, ever made "prophecies", only "scientific predictions" of which 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.

As previously mentioned - 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.

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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 within the context of the entire physical Universe.

Consider this scenario then.

If you were to place yourself in a room without windows, clocks or other mechanical means or devices of any sort, with a fixed level of ambient lighting, what then 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.

Time would become meaningless in fact along with erroneous concepts such as "ageing".

You could take a guess of course, but you would invariably be wrong due to total 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.

When humans "pass on" and transition to the Astral Realms - levels of Energy Vibration - the "afterlife" - although the environment is very similar to Earth, there is no concept of "time". Even though the residents there came from Earth where they subjected themselves to "time", ageing and therefore mortality, now, in the Astral, "time" is a useless idea which no one experiences or even understands, and neither can they understand the obsession of those still living on Earth for the idea of "time".

If the best scientists in the world were placed in an enclosed room, of fixed ambient light and conditions, 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.

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

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previous concept of "time". They would not be able to differentiate between night or day, weeks, months or years. Time becomes a useless, meaningless concept.

Without a reference to "time" such people may become disoriented or even distressed, and perhaps, in some cases ultimately psychotic, as the conscious Mind desperately strives to find some sort of reference point for time..

Let us now then 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 - 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 different "moons" and so on.

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

Well clearly clocks and calendars would be unrecognisably different.

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

But 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"?

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?

Or is "time" correct on Jupiter?

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Or is "time" correct on none of the above?

Well clearly it must be 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 an attempt is made to measure time 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 ambient environment influences the experience of "time", but how about other influences based upon experience itself?

What for example happens to your perception of "time" if you are really enjoying yourself, engaged in an activity you are really passionate about and wished could never end?

Time then is said to "fly by".

Conversely, if you are engaged in a really mundane or boring activity, or something you intensely dislike, 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 or digital numbers 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 alternatively absence of photons, 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 central nervous system stimulants such as dopamine, which in turn provides the conscious experience of "wakefulness", "sleepiness", activity and mental alertness and other experiential states.

These are also related to "brainwave" frequencies and activity.

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

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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 the Subconscious Mind is programmed 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 simply 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 to the extent that it is made so.

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

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

In fact - Quantum Mechanics has demonstrated that "time" and therefore "space" or "locality" does not exist at all. Mainstream science therefore have no basis.

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

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

The entire "physical" Universe is simple Energy in the form of Waves transiently collapsed into the illusory, temporality and locality of a particle based environment that humans regard and experience as "matter" which gives rise to the experience of "substance" and "solidity".

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

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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, are actually "tendencies", or "possibilities" or even "probabilities", there can be no "laws" or "rules" or equations that regulate matter and therefore of time.

As Albert Einstein said: *"time" is an illusion*".

Therefore "space" is an illusion"

As Einstein also said:

*"Reality is merely an illusion, albeit a very persistent one."*

There is only one Experience - Now - nothing else matters except to the extent you believe it does.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**



# **The Our Ultimate Reality Newsletters**

## **04 July 2010. Deep Physical Relaxation**

Welcome to your Newsletter.

I wish a Happy 4th July to all our friends in the USA. Enjoy your celebrations

Well here we are, deep in to Summer here and, and as I predicted several weeks ago, it has been a hot one so far. I am still expecting the remainder of the Summer - through to September - to follow the same trend with plenty more hot weather to come. No, I am not a part time weather forecaster - I am simply looking at the bigger picture - and it is very big - and one that we have discussed in previous Newsletters.

As our Solar System progressively aligns with the centre of our Galaxy - Galactic Centre - the Sun is progressively influenced by its immense Energy - both detectable and undetectable by scientific instruments - radiating from the Black Hole Event Horizon. This Energy in turn profoundly influences the Sun, which in turn profoundly influences Earth. This is the primary Source of "global warming" which has little or nothing to do with human activity, although pollution should never be condoned.

These are naturally occurring cycles that have taken place from the beginning of Planet Earth, resulting in peaks of warm climate at one extreme to "ice ages" at the other, depending upon the position of the Sun relative to Galactic Centre. We are nearing the culmination of a great 26000 year cycle - as charted by the Mayans.

It is not only observable weather influences that are influenced by these cycles. The same Energy also influences cycles of evolution, including human evolution, the last of which 26000 years ago saw humans evolve from Neanderthal to Homo Sapien.

It is crucial to know however that the culminations of these cycles are not a "right of passage" but rather an opportunity for all those willing to grasp that opportunity. 21 December 2012 is not the "final event" but rather the "pivotal point" where all those who are ready to evolve must be ready and willing to do so - today relatively few are.

It is for each of us therefore to bring awareness to as many others while the "window of opportunity" is still open just as others may have brought awareness to you.

When we speak of "relaxation" many will immediately think of, for example reclining in a comfortable chair in front of a television, relaxing in the garden or taking a holiday or leisure break.

You might feel that you are already relaxed, however if you consciously check all of your muscle groups and your state of Mind you will usually soon discover that the reality is very different indeed. You might well find tension in various muscle groups preventing complete relaxation as well as tension and stress of the Mind.

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Pleasant and welcome though these more general forms of relaxation might be, they are not what we mean by "Relaxation" at a deeper level - Deep Physical Relaxation.

The benefits of learning and regularly practicing deep physical relaxation simply cannot be understated which is why we often discuss this most important subject.

In a state Deep Physical Relaxation brainwave frequencies automatically become slower, moving from the normal Beta rate to the slower Alpha rate.

In very general terms, Beta may be thought of as the frequency of the Conscious Mind, while Alpha and Theta are the frequencies of the Subconscious Mind.

Now in order to function in the material world, interact with others etc Beta brainwaves serve a valuable function - after all - it would be impractical to walk around in a permanent trance-like state when dealing with daily life.

However - Beta is also the frequency of the Ego Mind which revels in "trying" to do things, and, as we know from previous Newsletters, the more we "try", the more we are likely to "fail", simply because the Conscious, Ego Mind is almost powerless.

Our Source of All True Power is Source Mind, our "interface" with which is our Subconscious Sphere of Mind.

When we sideline the powerless Conscious, Ego Mind and open ourselves to the Infinite Power of Source through Subconsciousness, then there is no-thing we cannot achieve - effortlessly.

Most top performers in any sport, martial artists and others are accessing the Infinite Power of Source Mind to achieve their great feats, which to them are effort-less.

It is only when the Conscious, Ego Mind intervenes that failure is almost inevitable.

The Alpha and Theta states are also the states of "inner connection" and "interaction" as with Clairvoyance, Remote Viewing, Astral Projection etc, none of which are possible through the Conscious Mind.

The more we relax, the slower our brainwaves become, and the more open we become to the Source of All True Power.

Nature Voyage integrates powerful brainwave entrainment to facilitate Deep Physical Relaxation, which become progressively easier until once again becomes a natural ability, opening you to a much greater potential, particularly when backed by Concentration and Imagination.

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## **Single Pointed Concentration**

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

The benefits of developing the ability to totally concentrate at will includes but is not limited to the complete control of thoughts, absolute peace of Mind, self-confidence, inner strength, will power, ability to focus your Mind, improved memory, ability to make and carry out decisions, more control over your daily life, ability to study and learn much more quickly and efficiently, control over extraneous passing thoughts and not giving in to them, freedom from needless, annoying, obsessive, compulsive or upsetting thoughts, routines and habits, inner happiness, the development of valuable abilities, more advanced powers of the imagination including visualization, and the ability to meditate effectively.

Many people have considerable difficulty in concentrating for more than a few seconds at a time, with the Mind constantly jumping around from thought to thought and subject to subject without any sort of conscious control or structure whatsoever.

People are often heard to complain for example, "I cannot possibly think of a hundred things at once", but therein is a real issue - they are indeed thinking of a hundred things at once instead of just one single thought, the immediate task in hand or point of focus.

Another expression for this inability to concentrate on a single thought is "monkey mind" - an expression that describes the Mind constantly chattering away, endlessly creating mental "noise", thus dimming its true power, abilities and therefore effectiveness.

Diluting the Mind with thoughts is like diluting anything; the totality of its effectiveness will be reduced in proportion to the amount of dilution as the concentrated effectiveness is scattered and dissipated.

A single strongly focused thought is extremely powerful.

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

Dear Reader - I hope you can now appreciate just how valuable the Power of Concentration really is - both alone and with Deep Relaxation and Imagination.

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## **Imagination**

When considering imagination it must never be confused with mere fantasy, unreal thoughts or simply as a “figment of the imagination”, but rather as an extremely powerful, natural ability that every human being without any exception possesses.

Within the inner spheres of reality, as everyone will discover very soon after passing on from the physical world, everything desired is brought into instant manifestation by the use of will, intent and the power of focused, concentrated imagination.

Thoughts take shape instantly and the more power and emotion projected into thoughts, the more real they become and the longer they will remain.

Thoughts are vibration, manifestations of Energy.

Most thoughts are transient in nature, that is to say they manifest, linger for a time depending on the focus and concentration applied and then dissipate.

To create something more permanent in the Astral worlds for example - the same Principle applies to all Realms of Vibration - requires use of the Imagination with as much will, intent and concentration as possible.

By constantly making use of, and thinking about a particular desire, for example a home, the more solid and real it will become and the longer it will persist. Creations of the type utilised by many people within the Astral worlds, consensus creations of perhaps thousands or even millions of people, can potentially last for infinity, such creations being the products of collective thoughts and beliefs projected in the same direction and focus by many people.

Within the Astral worlds, often known as “the beyond” or “the afterlife” where people transition after the process erroneously known as “death”, there are vast areas of Energy comprising just about every type of environment, all consensus creations of numerous people from the past, present and future relative to temporal concept of Earth “time”. These creations are the result of vast collective, consensual Energy configurations that are continually being influenced by Mind, and which Energy therefore endures under that consensual Mind influence almost ad-infinitum.

As we already know, the entire Ether of Universe consists of vibration, which is Energy. Thoughts, emotions and powers of the imagination are therefore also degrees of vibration of the same Energy.

Keep in Mind that Energy cannot be created or destroyed it can only be influenced. It is the interaction and influence of Energy by Mind that results in the manifestation of the objects that are the focus of and are therefore influenced by the imagination in accordance with Universal laws, and in particular The Law of Attraction.

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Exactly the same laws also apply to Expression of Experience into the physical world. Before anything at all can manifest as a reality into the physical world it must first be preceded by thought, a very powerful characteristic of which is imagination supported by focused, single pointed Concentration, with Faith, Belief and Feeling.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 11 July 2010. What's The Matter?

Welcome to your Our Ultimate Reality Newsletter - I do hope you have Experienced a Truly Wonderful Week.

With less than three years to go, I am receiving increasingly more questions about the subject known broadly as "2012", especially as there is so much, and increasing misinformation, opportunism and general confusion out there.

I will be addressing this most central and pivotal subject in greater depth in future Newsletters, but all I would say for now is not to worry. You will, in all probability, still be reading this newsletter in 2013. That is not to say that 2012 is not significant - it certainly is - but the physical world will likely not change - only humanity can change.

I would like to welcome all new members joining us during this last week.

I hope you enjoy your weekly newsletter which has been published almost every Sunday since 2005, and read by hundreds of thousands of people around the World.

Due to the increasingly close proximity of 2012 and associated implications, it is becoming increasingly crucial to make others aware of the need for change.

One of the most important aspects of 2012 - and always in fact - is our attitude towards ourselves and others - **Service to Others Before Service to Self**.

Let me assure you, Dear Reader, that little or no progress can be made without Living this Principle - not with the thought of gain, but with the desire to Evolve through Enlightenment, thus fulfilling your Reason for Being in this physical vibration. So please do share this Newsletter with everyone you know. Send them this PDF or send them the download link. Have no fear about what they may think of you - such thoughts are among those that hold humanity back. Simply say that you have received this, looks interesting, what do they think - and let them decide for themselves. I assure you that for many it is what they have been needing.

People having a deeper understanding of the true nature of what is thought of as "reality" will know that there is only one fundamental component comprising "All That Is" - Energy - which is bound by the Universal Principles of Mind and Consciousness.

It is considered by many therefore that everything around us appears to be "solid" - "made" of "solid matter" - including of course gases and liquids which are simply solid matter at a higher vibration.

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"Matter" not only forms the basis of apparent "solidity", "tangibility" and persistence of our surroundings, but also forms the basis of the mainstream sciences, including, but not limited to chemistry, biology and the material based sciences.

Even physics, whether conventional or theoretical, has its basis within the context of a three dimensional, material framework, assuming that the 3 dimensional Universe is fundamentally comprised of "particles" of various sizes and characteristics.

The first question we must ask then is "what is the matter" that people have come to accept as "real"?

This is actually an extremely relevant question, in that 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 "matter" in various forms..

After all, 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 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 in some way, for example through physical effort.

To begin to place this in to perspective, 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 it really real?

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

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 might reply "sub-atomic particles".

If you know much about "particle physics", you may even mention protons, neutrons, electrons, quarks, leptons etc - the "particles" so far observed by science.

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But if we "drill down" in to the nature 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, often made of wood, that contains within it several progressively smaller figurines of the same shape and appearance. So if you open the outer "figurine" you will find a smaller version of the figurine inside, and so on down through the various "layers" of dolls until finally 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 how this applies to more familiar objects.

Take a look at the desk upon which your computer rests.

What is it "made" of?

"Wood" you might say - or some other apparently solid, flat material.

Let us now imagine that you have an extremely powerful microscope that you can place upon the surface of the desk and you look down through 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 down" further beyond the primary subatomic nucleus level, we find even more basic particles known as a "quarks" associated with protons.



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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 we 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 we now continue to increase magnification still further, suddenly we 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 "empty space" is actually "filled" by a seamless continuum of what we may refer to in absolute terms as "Energy", even though Universal Energy cannot be observed through scientific instruments.

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

So what then does this tell us about the nature of for example a "desk".

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

The desk instead is 99.99....% comprised of "nothingness", "glued" together, not by any "physical", "material" or scientifically described force, but through conscious observation - but only in a transient form, keeping in mind that "time" does not exist - and only at the equivalent "level" in 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?

Herein then is the first apparent 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 the desk is where you "expect" it to be that actually causes it to appear "real" in that "place".

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.

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Of course this belief "feeds upon itself" to the point that there is no reason to believe that the desk is not real, therefore it must be real.

This apparent paradox is brought about by what I have termed the "Experiential Loop" which we have discussed previously, and will doubtlessly discuss again soon.

But for the purposes of this Newsletter we will stay with the general topic of "matter".

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

However, in reality even "space-time" does not even exist, and therefore the entire space-time paradigm of the material or "particle" based sciences cannot possibly exist, and indeed do 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 influenced by Mind and Consciousness.

"Space-time" is fundamentally Native Universal Energy transiently collapsed from Wave form to particle form, which is in a transient state, and therefore not "real" in absolute terms, although Experiential Loop causes particles to appear to be "real".

Only Energy in the form of "Waves" is Native and Real. Energy in the apparent form of Particles is collapsed and "unreal". Nothing that is unreal can therefore be true.

Now I realise that this seems paradoxical, even confusing, but before we can begin to influence Energy towards our desired Experience, it is crucial to understand the real nature of "matter", that it is not "solid" or "fixed" in any way, but is rather infinitely "malleable" under the influence of Mind to any "thing" we wish to Experience.

This introduces a whole new subject we will expand upon in another Newsletter.

I hope you enjoy Nature Voyage, the first of many powerful tracks I am developing and making available exclusively to Newsletter readers to greatly help you to achieve your fullest potential in the most enjoyable but effective way.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service, Adrian.**

# **The Our Ultimate Reality Newsletters**

## **18 July 2010. God Is Therefore I Am**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been many of you joining us - very much a reflection of these awakening and most pivotal days for Humanity - the most important era and above all Divine Opportunity of the last 26,000 years.

As we rapidly approach these Transitional times, offering the opportunity for all those prepared to take the next evolutionary leap in the development of the human being - which the Aztec appropriately call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

I know I say this in most newsletters but I will say it again because I do so with reason - not for my own benefit but for your benefit and the benefit of All.

While it should be the primary objective of every awakened person - and that means You - to prepare yourself Mentally and Spiritually for the final stages of this pivotal era - it is also the Highest and Most Sacred Duty of Each and Every One of us to offer those who are or may be ready to make this Transition the same opportunity.

The ultimate direction of the human race this time around will therefore be determined not only at a Personal Level, but also a collective level upon the Mental Plane of the Human Mind. Every Thought, Feeling and Emotion of Every person can and will influence this process and outcome at some level.

Due to prior commitments today's Newsletter will be shorter than usual, but I hope that it will of value.

I would like to present you with a "prayer" that "came to me" to give to You - a Prayer that encapsulates All We Are.

I should say that I do not really like the word "prayer" due to its religious connotations, but In its purest sense and meaning a True Prayer is a series of words that goes far beyond "worship" or the petitioning of an external deity or entity.

A True Prayer not only encapsulates the meaning of the Prayer, but also Invokes the associated Thoughts, Feelings and Emotions.

For example, a Prayer for Healing a disease or ailment of some kind is not a petition to an external, deity "God" to take pity and subsequently heal the disease or ailment, but

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rather Invokes the Inner Divine Powers Within Us All, with associated Thoughts, Feelings, Emotions, Mental state and above all Faith to facilitate Self Healing by influencing the Energy which defines Who We Are at a Personal and Individual level.

Now this Prayer is extremely powerful, because it represents and Invokes the Truth of Our very Being, and above all Our Relationship with Our Source, thereby strongly Invoking and Affirming the True Nature of Our Divinity.

The word "God" is used for the purposes of simplicity, familiarity, and, in the context of The Prayer, as representing Our One True Source.

I will not discuss each individual line of this Prayer in detail for these reasons:

1. The Prayer can also be a Powerful Meditation. Meditating on each line of The Prayer Reveals and Invokes a unique aspect of our Divinity.
2. When repeating The Prayer, the associated Thoughts, Feelings, Emotions and Meanings Invoked by each line must and will be unique to each individual and accordingly should be self-evident, personal and individual.
3. With frequent repetition, deeper and more profound meanings will be realised.

The Prayer can be repeated at any time of your choosing - relaxing in a chair, waiting for a bus, during a car or train journey, lying in bed before sleep for example.

The more relaxed you are and the quieter and more serene your surroundings, the more your brainwaves will tend towards the slower, more relaxed Alpha state, which is an excellent state for "deeper" thoughts and Inner Communication.

Here then is The Prayer - **God Is, Therefore I Am:**

***God Became Me That I Could Become God, Therefore I Am God***

***God Is All, I Am God, Therefore I Am All***

***God Is Mind, I Am God, Therefore I Am Mind***

***God Is Light, I Am God, Therefore I Am Light***

***God Is Love, I Am God, Therefore I Am Love***

***God Is Infinite, I Am God, Therefore I Am Infinite***

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***God Is Eternal, I am God, Therefore I Am Eternal***

***God Is Perfect, I Am God, Therefore I May Realise Perfection***

***God Expresses Through Me, As Me, Therefore I Express Experience***

***God Is, Therefore I Am***

**And So It Is.**

Very briefly then we will look at each line for guidance. Again - feel, realise and know what it personally means to you, intuitively.

***God Became Me That I Could Become God, Therefore I Am God***

Affirms Our Reason for Being.

***God Is All, I Am God, Therefore I Am All***

Affirms Our Oneness of Being.

***God Is Mind, I Am God, Therefore I Am Mind***

Affirms Our Fundamental Being.

***God Is Light, I Am God, Therefore I Am Light***

Affirms Our Nature of Being - Energy, Vibration - Light.

***God Is Love, I Am God, Therefore I Am Love***

Affirms Our Highest State of Being.

***God Is Infinite, I Am God, Therefore I Am Infinite***

Affirms Our Omnipotent, Omniscient and Omnipresent Being.

***God Is Eternal, I am God, Therefore I Am Eternal***

Affirms Our "timeless", "space-less" Being

***God Is Perfect, I Am God, Therefore I May Realise Perfection***

# **The Our Ultimate Reality Newsletters**

Affirms Our Objective Of Being.

***God Expresses Through Me, As Me, Therefore I Express Experience***

Affirms Our Source of Power.

***God Is, Therefore I Am***

Affirms Who We Are.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

## **The Our Ultimate Reality Newsletters**

### **25 July 2010. The Basis Of The Principle Of Expression**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find and follow Your Path as we travel through this Transitional Era.

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

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

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

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

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

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

## The Our Ultimate Reality Newsletters

Over the last few weeks and months I have often discussed "The Principle of Expression" which, as those of you have been reading this Newsletter for some time will know, is the true way in which we can Consciously Express our desired Experience.

Of course millions of people are familiar with "The Law of Attraction" due to the massive attention it has received through various media. While this has been most valuable in bringing to the awareness of millions the truth that "events" and "situations" do not simply appear at random, but we rather "bring them upon ourselves", "the Law of Attraction" is, in and of itself an erroneous understanding, and the way the "Law of Attraction" is taught therefore is equally erroneous.

In order to make use of any Universal Principle it is always valuable to understand that Principle. The basis of all success is Faith - in its highest sense - and accordingly the more Faith we have in ourselves in the context of any process, the more we will succeed.

Rather than "attracting" something that somehow exists "outside of us", as The "Law of Attraction" implies, we are rather **Expressing Wishes, Needs and Desires which are already an integral part of, and within, our current Sphere of Conscious Awareness, into Our Personal Experiential Reality.**

Plain and Simple - Humans, in fact no Sentient Being, not even "God" - can "attract" anything from "outside" of us, because we are Already Whole, and Include The All.

We Include All Experience as well as All Knowledge that exists, has ever existed and ever will exist in all Sphere of the Universe, as it relates to the human concept of "time".

Again Dear Reader - **We "lack" Nothing. We Are Already Complete and Whole - In this Eternal, Present Moment of Now - All there Is.**

All we must ever do therefore is to become Conscious of that which Already Exists as Part of Us and The All, that we Choose to Experience in our Present Experiential Reality.

So how then does this process actually work in practice?

The Principle of Expression has its foundations in the Truth that, as Integral aspects of Source Energy, Divine Providence, God, Everything that exists, has ever existed and ever will exist relative to the human concept of "time" Already Exists Within Us and as Part of Us - all we ever need to do is to Become Aware of it.

We are Expressions of Source Energy, God, therefore like God we are Whole.

Nothing Exists "Outside" of the Whole. As an Expression of the Whole and of Source Energy, Every Human Being Is Already Complete, and accordingly Nothing Can be "attracted" to You, "repelled" from you, or otherwise added or taken away.



## The Our Ultimate Reality Newsletters

Just as any element of a Hologram contains and includes the Whole, so too do we Contain, Include and **Are** The Whole, because each of us can be likened to a Holographic Projection, Endowed With Intelligence and Freewill, "projected" from Source, "God".

Because Source, God is Complete, then we, as Projections, or Expressions of Divine Source Energy are also Complete.

Our task is to Realise that Completeness until we Attain Full Realisation, and our Journey of Return to Source, God, "The Father" is also Complete.

You see - this is what the Master and Guide who became known as "Jesus" really meant when he said:

*"And Jesus said unto him, Go thy way; thy Faith hath made thee Whole".*  
-- Matthew 10:52

The true meaning of this statement lies in the fact that the Power of True Faith has enabled the person he was healing to realise their **Own Inherent Perfection and Wholeness**, and as Wholeness lacks nothing including Perfect Health, all this person needed to do was, through true Faith, inspired through his belief in the God-given powers of Jesus, not "blind faith".

Jesus never "performed" any "miracles" - not even one. Jesus rather Empowered people to realise "Miracles" through themselves and through their own Divinity.

You see - Everyone is "built" from a Blueprint which is inherently Perfect because Expressions of Perfection - which includes us All - can Only be Inherently Perfect.

If we accept the Truth that Source - God if you prefer - is Perfect and Whole, and that everyone and everything in Creation has been Created by and is part of our Source, God, then the only possible conclusion is that as part of perfection we are already perfect - how could we be anything else?

As Expressions and Aspects of the Divine, Source Energy, God, we are all "Made in the Image of God".

Now this does not mean that God is "humanoid" in form and that we all "look" like God - have a head, two arms and hands, two legs and feet and so on which is the religious or theological view.

What this really means is that Our Energy is a Perfect Reflection, Projection and Expression of the Energy of Source Energy.

We are made in the Spiritual Image of God.

## The Our Ultimate Reality Newsletters

Each of us is a unique "Thought Form" Who Mirrors God - the Ultimate Energy Form - "built of a Blueprint of the same Divine Perfection.

It is Only Humans that subsequently corrupt that Blueprint of Perfection through wrongful thinking and lack of understanding.

No other creature on this planet does that.

Every animal, plant, bird, flower, tree remains in the Perfect Image of God.

A new born baby is the same - a Blueprint of Perfection of Unlimited Potential.

Again:

It is Only Humans that subsequently corrupt that Blueprint of Perfection through wrongful thinking.

Such wrongful thinking has arisen over the last few thousand years for many reasons, including, but not limited to the rise of the theology orthodox religion - which is the Very Last thing Jesus ever wanted - the pressure to conform to the model of so called "society", at the mercy of a whole raft of socio-economic pressures, and of the dark agents of power and control behind these malign influences, that have no interest in our personal Well-being or Evolution - to the contrary in fact.

These agents of darkness are only concerned with power and control through orthodox religion, misinformation and manipulation including through the control of what is known as the "money" supply. This is the true meaning behind the engineered "financial crisis". It is all about one factor - control at any cost.

It has long been said that at the "end of time" there will be a "great battle" between the Forces of Light, and the forces of darkness.

The Dark can never, ever prevail. Not in the long-term anyway.

We can always take Light - a candle of example - and use it to illuminate anywhere that darkness exists - for example a dark room with no windows - but we can never take darkness in to a place that is already Light and cause it to darken.

Light always has and always will inherently prevail over dark, but only if the Light is allowed to shine.

The dark can obstruct and delay the Light from shining through it in accordance with immutable Universal Cycles - the culmination of which we are now facing.

On the cusp of these Great Cycles, humanity always has the choice of whether to Evolve or regress - whether to embrace the Light or the dark "side of the force".

# The Our Ultimate Reality Newsletters

Humanity has the choice between Evolution or involution - which would you prefer?

As Aspects of Source Energy, but not Source in absolute terms - we are not originators of Source Energy - we are rather Expressions of Source Energy - we have no inherent power to accomplish Expression in and of ourselves - we are simply "channels" of Source Energy and therefore Source Expression.

The Power we can draw upon which is Infinite, Unlimited and Unrestricted, flows through us from Source, thereby giving power to our Expressive process through our Thoughts, Feelings, Intentions, Expectations and Emotions and above all True Faith, which in turn Express in to our Experience as something humans perceive as "tangible" and experiential through the mediation of the five physical senses. But Only In Direct proportion to the Extent in Which You Can Both Realise and Express Source Energy.

Jesus also taught this Truth time and again to his disciples, for example:

***"Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise". -- John 5:19***

The "Son" refers to Each and Every One of Us as Divine, Infinite, Immortal Expressions of our "Father", God, Source Energy, First Cause, Universal Mind.

Jesus was not the "Son of God" and in fact never once did he claim to be.

For confirmation of this truth we need look no further than the first two words of the Lord's Prayer:

"Our Father"

Not "His" Father or "my" Father or "Jesus Father" but Our Father.

Jesus also said:

***"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". -- John 14:10 - 14***

Take particular note when Jesus said:

***"But the Father that Dwelleth in Me, He Doeth the Works".***

The "Father" Jesus refers to is Source - Source Energy - they are One and the Same.

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Source, God is Pure Energy, Existing at the Very Core of All Creation at the Very Highest Vibration - the Christ Vibration - Unconditional love - the Fabric of the Universe. Jesus was and is Teaching the Principle of Expression.

When the Master said "*Because I go unto my Father*", he meant that he is Expressing as the "Father", of Source Energy, thereby drawing Universal Life Energy from the "Father", from Source Energy, in order to bring an Aspect of the Whole, of Whom We are Already an Equal part, or aspect, in to Experiential Reality Which, for now, for most, is limited by the Temporal experience of Earth through the mediation of the five physical senses, bound by the Space-Time Continuum.

The Master also reveals the great and glorious Truth that as we Evolve we will not only "do" the "miracles" that are attributed to Jesus, we will go on to Express even Greater - currently beyond the comprehension of most humans at this stage of evolution.

This proves the Truth that although great powers are attributed to Jesus, often known as "miracles", it is not because he occupied some privileged position as the Son of God - we are all Sons and Daughters of God - but rather that as we progress, in accordance with the esoteric teachings of the Master - everyone will enjoy the same powers and even greater.

But Only through Self Empowerment Realisation and Expression of our True Divinity. Just as a Light Bulb cannot give Light without first being "plugged in to a power source", we cannot Express our Divine Power through Which to Illuminate Our Experience and With It the Experience of "other" aspects of Source Energy, and therefore of Our-"selves", without first and always being Consciously "Plugged in to" Our Source from Whom we Eternally Draw Our Infinite "Power" of Illumination.

As we Evolve Through Experience We progressively gain the ability to Express an Increasingly Greater degree of the Whole, until Ultimately, as we Approach Our Source, we have the Ability to Express The Whole, at Which Moment We Assume the Potential to Fully Re-Associate, To Reunite With Whole - which Dear Reader, is the Ultimate Meaning of "Life".

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service, Adrian.**

# **The Our Ultimate Reality Newsletters**

## **01 August 2010. "Money" In Perspective**

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

As always I would like to welcome the many new members joining us since our last Newsletter. I would also like to thank those existing members who responded to their inner desire to be of Service to others by referring new members.

Service to Others Before Service to Self is of Principle importance throughout All.

It is impossible to attain Enlightenment in fact without embodying this Truth.

With the exception of Earth and other planets in the physical vibration, for the most part, Beings who have transcended the physical vibration devote their Being in the Service of Guiding those Expressions of Source who have not yet advanced to the same level to Evolve and progress on the Great Path to Source.

In fact through such Service comes Evolution, yet this is not the primary motive.

Service to Others Before Service to Self Embodies the Greatest Truth of All - we are All One, there is no duality, there is no "them and us", there is Only Source of Which "we" are All Divine Expressions in One-Ness.

During the course of a week, I receive numerous emails from people who are suffering in some way, the perceived cause for which suffering is a "lack of money".

It is this perceived "lack of money" that becomes the focus of their situation, "blinding them to our True Source of Infinite Abundance.

In previous Newsletters, as we will in future Newsletters, we have discussed how we may become One with Our Source of All Abundance, thereby effortlessly realising all wishes, needs and desires, but it has become evident to me that before we revisit this subject and aspect of our Being, we should put this human contrived thing called "money" in to a proper perspective.

One of the most detrimental issues with humanity today, particularly in terms of Spiritual evolution, is the obsession with money and material possessions.

The Universe is pure Energy and simply does not recognize the concept of "money", which is an entirely human construct. Our distant ancestors were manifesting everything they required relative to their specific needs at their stage of evolution, long before "money" was even conceived by more recent humanity.

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The only reason people are so dependent on money is because they believe that money is an absolute necessity, required in order to realize their wishes, needs and desires.

If everyone in the world ceased focusing on money, the illusion of money could not be sustained and would accordingly cease to exist as a concept along with the misery it causes.

While people hold and hang on to this belief about money it will always be a self-perpetuating aspect of their experience, and such people will remain a slave to money for the duration of their entire physical life.

From a human perspective, money somehow is supposed to represent value.

But what is "value"

Value is a purely notional concept relative to the perception of each individual. The notion of value fluctuates dramatically as the "economy", "rate of inflation", "foreign exchange rates" and many other such human constructs, change. The irony is that even these factors, in and of themselves are simply human constructs, which can and are often manipulated by world governments, institutions and in particular "central banks" for their own ends. No one really understands how or on what basis the "central banks" print money. In the USA for example the amount of money in circulation is supposed to be "backed" by the equivalent in reserves of gold, but of course there is no way for most people to verify this is actually the case.

In any case, only a very small percentage of the money in the world tangibly exists in the form of physical coins and notes. Most money exists only in the form of electronic data - bits and bytes held on a network of computer systems that can simply move money around at the touch of a computer key.

The so called "central banks" which control "money supply", can, and do generate millions, billions even trillions of dollars "out of thin air", as we saw a couple of years ago during the "banking crisis". In the case of the "Federal Reserve" - which is a privately owned company - this notional money is then "lent" to the government who have to pay interest on that money - interest which becomes a huge burden on the economy and which is ultimately paid for by the "people in the street".

Money is therefore, like religion, primarily an instrument of control.

This raises the question then - if trillions of dollars can be generated at the push of a button, why should there be so much lack in the world today with its resultant misery - surely there must be enough to go around?

So, even "money" itself is a notional concept—an illusion existing only to perpetuate the human concept of "value", but which for many people, businesses and governments has

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long been an obsession at the expense of everything else including compassion, service, Love and the needs of the majority.

It is not, never has been and never will be within the sphere of human Beings to decide how things should be Expressed into physical reality where they can be experienced.

It is this erroneous belief that is one of the greatest sources of all misery, with people making money the centre of their priorities. Again, "money" is at one level simply a human construct, a notional method of exchange, and at the most basic level most money does not really exist in a tangible form except for the few percent that remains in circulation in the form of notes and coins that people can "spend" in exchange for products and services.

In reality money has never been necessary to obtain our every wish, need and desire.

Our ancient ancestors lived quite happily without money, because they understood the True Source of Supply.

People may say "well they did not have the luxuries that we do today", but that again is materialistic thinking. True abundance is not, never has been and never will be measured in terms of money and material possessions—it is always relative to each individual. One persons "poverty" is the next persons "riches".

Society has always encouraged people to compare themselves with others, thereby desiring bigger and better "things" to "keep up appearances".

Consider these few lines from one of my favourite poems - **Desiderata** - which offers this excellent and most relevant advice:

***"If you compare yourself with others,  
you may become vain or bitter,  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.  
Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time."***

Money is the fuel of materialism and the basis for the enforcement of human power over what is perceived as "others—one of the main reasons that humanity has been heading away from its own true purpose and destiny and towards potential disaster.

While so many people focus on money as an object of power, control and means of obtaining goods and services, it will be associated with the Energy that perpetuates that same power, and so the association of money with power and control will be perpetuated.

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While we all create our own realities at an individual level, the same is also true at a consensual level of the human Mind - upon the collective Mental Plane of the Human Mind. While the consensus Consciousness of the majority of Human Beings is that money is important and necessary, then this will always remain a consensus reality.

Again—money is in fact nothing more than a large-scale illusion perpetuated on a massive scale. While people place so much emphasis on money, and while money can be used as an instrument of control and power, this situation will continue until humanity eventually awakes, and recognises the illusion of money for what it truly is.

Universal Principles work with immutable, absolute perfection, have always worked with absolute, immutable perfection, and always will work with absolute, immutable perfection. So, all humanity needs to do is to cease to focus on the Energy of money and start to focus on these immutable Universal Principles. When this happens the world will become a vastly happier place, and the adverse consequences of money, such as poverty and oppression will become a thing of the past.

Like health, wealth and abundance is a state of Mind. Everyone was born wealthy, and all anyone needs to do is to realise that health, wealth and abundance by aligning with the Universe and coming into vibratory harmony that it may be received.

Money is intangible and unreal, while Abundance is your birthright as a Divine aspect of The Universe. To be dependent on money is to be out of harmony with the Universe.

What then does this mean in practical terms?

Money is Energy - it flows in to our Life Experience and out of our Life Experience.

The more freely it flows, the more Abundance we Experience.

If we constrict the flow of "money Energy" through for example, fear of debt, fear of spending, being "miserly" and so on, it is akin to putting a kink in a hosepipe, restricting the flow of water, or even stopping it altogether.

So approach "money" as a flowing of unrestricted Energy, never attaching any form of thought pattern to it, never being afraid to receive or spend it, never fearing or doubting its Source of Supply, and I am sure you will be surprised and delighted with the positive effects upon your life Experience.



## **The Our Ultimate Reality Newsletters**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **08 August 2010. Vibration And Sound**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

I would also like to thank those existing members who responded to their inner desire to be of Service to others by referring new members.

Service to Others Before Service to Self is of Principle importance throughout All.

It is impossible to attain Enlightenment in fact without embodying this Truth.

With the exception of Earth and other planets in the physical vibration, for the most part, Beings who have transcended the physical vibration devote their Being in the Service of Guiding those Expressions of Source who have not yet advanced to the same level to Evolve and progress on the Great Path to Source.

In fact through such Service comes Evolution, yet this is not the primary motive.

Service to Others Before Service to Self Embodies the Greatest Truth of All - we are All One, there is no duality, there is no "them and us", there is Only Source of Which "we" are All Divine Expressions in One-Ness.

To deny this, or to focus on Self to the exclusion of others is to deny Who we Are.

I have written this Newsletter almost continuously since 2005, and will continue to do so for as long as it is possible to do so - that I promise.

You can provide a large but simple Service by offering the opportunity to others.

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

As we have discussed many times before in previous Newsletters and will no doubt discuss again, "All" in "creation" is comprised ultimately of Energy, the fundamental characteristic of which is vibration.

Everything in the Universe, The All, Source Mind, God is in a perpetual state of vibration, up to and including our ultimate Source, Which exhibits a level of vibration of

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such an infinitely high degree and of such intensity that Source can almost be considered to be at rest.

Such levels of vibration are far, far beyond any current human comprehension.

Consider for example a wooden cart wheel, with spokes, observed from a sideways perspective, spinning ever faster. The wheel eventually reaches such a rapid rate of rotation as to appear stationary and not spinning at all, its spokes appearing to be invisible to the physical senses of the human eye.

As discussed earlier, science now recognises the fact that the “phenomena” with which everyone is so familiar such as heat, light, temperature and magnetism are all but differing degrees of vibration, each exhibiting unique characteristics, and each of which everyone can readily recognise and experience by means of the five biological senses. Modern science however is nevertheless still struggling to fully explain such important characteristics as cohesion, molecular attraction and affinity, and in particular the very force keeping everything rooted firmly on the ground, thereby preventing things from floating off into space; the force of gravity.

Vibration plays an extremely important part in the everyday lives of everyone by way of normal thinking processes and states of being. Thought's, emotions, desires, temperament indeed any mental state of Mind or being are all ultimately degrees and aspects of Energy as vibration, as of course is thought itself. This is just one reason why in the collective plane of the human Mind thoughts can, often unwittingly or even intentionally be projected, and can affect other people by the process of induction. These are major factors in so called “paranormal phenomena” which people recognise as “telepathy” and other forms of Mind power. It is also the reason why a persons “mood” can affect those around that person, a “mood” simply being an energetic state of vibration.

It is a most important fact that every single thought, every single state of Mind and every single emotion is each characterised by its own unique vibration. In the physical world of matter these vibrations and “thought forms” are not readily apparent to the physical senses, however as we will see later in this book, in the infinitely finer degrees of the Astral worlds and beyond, thoughts and thought forms can actually be seen to be instantly created and projected, and which thought forms will persist in accordance with the level of Energy with which they were originally projected.

As we will also see later in this book, those who understand these laws of vibration and mentalism can exercise a high degree of control over their own individual thought processes, thus gaining a high level of control over their own states of Mind, moods and emotions. In the same way, a person who is well practiced in these disciplines can also affect the Minds of others by applying the same laws; very often people do this without even realising it. On the Mental plane therefore, and in particular on the plane of the human Mind, people produce thought Energy, vibrations which can effect themselves and the people around them either unintentionally or at will. It should be pointed out that

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conscious and effective use of these abilities can usually only be acquired by the means of dedication and practice over some period of time, although there are a very few people in existence who can command these powers as a natural ability, often from birth.

The principles we have discussed so far will explain many of the so called “phenomena” that have been demonstrated over the ages by the great Masters, Adepts, Guru’s and others, often considered to be “miracles”. All these people are really doing is to consciously control completely natural Universal laws, and in particular, in the case of physical manifestations, the law of vibration, in order to alter or transmute one form of Energy, vibration, into another form of Energy, thereby altering the form of physical objects. This would appear as miraculous to those who have yet to fully comprehend the law of vibration, and indeed comprehend all Universal laws, but yet is an ability that everyone has the potential to realise.

## **But why Sound?**

**Sound is Vibration – a fundamental characteristic of Energy - by far the most important creative Principle in the Universe in all spheres of life and reality.**

***“In the beginning was the Word and the Word was with God and the Word was God”. – John 1:1***

In the original Ancient Greek text of the Bible, which is very often mistranslated or misinterpreted, “The Word” was Sound and Sound is Vibration.

**God created the entire Universe with Sound – Vibration.**

**It is ultimately Sound, Vibration, that fundamental characteristic and Principle of Energy from which the entire Universe is made that creates everything we experience and everything that we see around us. Without Sounds, Vibration, and ultimately Energy nothing can possibly exist.**

***“All things were made by him; and without him was not any thing made that was made” – John 1:3***

In other words – everything in creation was made by God from and with Energy– through the Word of God – Sound – Vibration.

**God creates the entire Universe with Sound.**

**But here is the most glorious and greatest Truth – we are all Divine aspects and expressions of Source Energy, The First Cause, God and we therefore enjoy exactly the same powers of creation as God which we can apply in our own lives at will.**

It is therefore through Sound and Vibration influenced by Mind that everything you

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experience and ever have experienced is created. Just as in the beginning God created the entire Universe and continues to create the Universe.

**So let us get this absolutely clear before we continue - through Sound you can create or change anything in your life and experiential reality – anything at all.**

Mind influences Energy which is Vibration – your Mind over Vibration and Energy is therefore the creative force in your Life just as it is in the greater Universe.

**Make no mistake - nothing therefore can be more powerful or more important as the creative, transformational and sustaining force than Sound, Vibration under the ultimate control of Mind and Consciousness.** After all – God created the entire Universe in this way in all spheres of reality, not just the physical Universe, so by comparison, creating a better life for yourself and loved ones is a very modest achievement.

Throughout the history of humanity, even from the very earliest days, Vibration, in the form of Sound in the physical plane, as perceived by humans is widely known to have a profound effect on consciousness - but only at certain frequencies and if presented in the right way.

**Ancient and Spiritually advanced cultures have always known the secrets and powers of sound**, and have been using sound for many centuries in the form of mantras, chanting and other vocal sounds as well as through musical instruments such as drums, pipes, stringed instruments and many others.

Our ancient ancestors were always able to have the food and other necessities they needed by performing rituals based on Sound and by focusing on images of their intentions that they had drawn on rock, pictures that historians call “cave paintings”.

Cave paintings are the representation and therefore intention of what our ancient ancestors wished to manifest, such as abundant food, and which images were focused on and then brought to life with **Sound - Vibration**.

In the case of mantras and chanting, it is not always the actual words in and of themselves that have the magical effect, it is the vibration that distinct and unique sounds invoke and the corresponding effect on our Mind, Consciousness and very Being.

**The Yogis, Swamis and other great Adepts of India, Tibet and the Far East have made use of the secrets and powers of sound for many centuries** in order to achieve the very deepest states of Meditation and Oneness with God – a state of Being known mystically as “Samadhi”. They make use of literally hundreds of specific sounds and groups of sounds, known as “mantras”, each of which brings a very specific effect.

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Many tribal cultures today still use sound to invoke Out of Body Experiences in their Shaman, who then perform many tasks for the tribe in this state which would be otherwise almost impossible.

**Sound as Vibration is the very basis of Consciousness, Creation and Reality** at absolutely every level of the Universe, from Source, The First Cause, God to the physical Universe of matter.

The Vibration of our Spiritual bodies directly determines where we are focused, our ability to manifest our needs wishes and desires, our ability enjoy health and relationships and ultimately the reason we are here, our state of Spiritual Evolution – in other words Enlightenment and a state of Being that is pure bliss.

**The Vibration of our Spiritual bodies even determines where in “Heaven” we will transition to after the change known as “death”.** The higher our vibration, the higher and more glorious the spheres of inner reality we will transition to. This is not some sort of favouritism, these are fundamental, immutable Universal Principles based upon the Universal Principles of Vibration.

The higher the Vibration of our Being, the easier it is to manifest and achieve anything and everything we can possibly desire, and the more glorious will be our experience during and after the change known as “death”.

**So, plain and simple – Sound and Vibration are extremely important for Health, Abundance, Happiness, Well-Being and Spiritual Evolution at every level, including what happens and where you will find yourself after “death”.**

**These are also among the very Principles that 99.9% of Law of Attraction books, movies and other resources do not tell you – perhaps because they do not even know themselves, much less able to teach or personally guide you through.**

**The Yogi's, Swami's, Tibetan Monks and other Adepts are living proof of these great truths.** They dedicate their life to raising their own Vibration, expanding their consciousness and realising God within and Enlightenment. As a result they enjoy powers and abilities beyond the comprehension of most people in the mundane world.

By using sounds, either in meditation, or through powerful brainwave entrainment tracks or through reciting or listening to mantras, you are creating a very powerful environment within your own consciousness and Subconsciousness, affecting your Mind in a very profound way, thereby enabling you to acquire a new and all powerful Mind which can realise anything you desire at will.

**The creative and healing power of sound is infinite and unlimited, because sound is the very basis of all creation which is infinite and unlimited.**

Many people will have used such devices as affirmations and visualisation to achieve their desires. While these are certainly of value as part of the process in some

## **The Our Ultimate Reality Newsletters**

situations, in order to achieve maximum, enduring success in the shortest possible time, certain levels of consciousness are required.

**Make no mistake - Sound accompanied by the right words and guidance can achieve anything.**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **29 August 2010. The Emerald Tablet Of Hermes**

Welcome to your Our Ultimate Reality Newsletter - I do hope you have Experienced a Truly Wonderful Week.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been a particularly good number of you joining us.

I know I say this most weeks but it really is most important.

As we rapidly approach these transitional times, offering the opportunity for those prepared to take that next evolutionary leap to the next development of the human being - which the Aztec and others call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

This means that in helping others to prepare and evolve, so you help yourself.

Almost every wise and ancient culture in the World, particularly those ancient civilisations of the Americas - both past and present - as well as many in the Far East have what is known as a "Creation Story" which describes, in their own way, for the benefit of successive generations, how the World "came in to Being".

Of course the Bible also begins with an account of the "coming in to being" of the World as related through the first book of Genesis, which is actually a very truncated version of a much greater account written thousands of years before in the area then known as Sumeria, Babylon and Akkadia, but more specifically in the areas between the Tigris and Euphrates rivers, often known as the "cradle of civilisation".

Of course these accounts are heavily "encoded", intended for those with the capacity to fully understand, to everyone else being simply an illustrative story which is taught by religion as historical fact.

There is also a particularly mystical and beautiful account attributed to Master Hermes Trismegistus, a great Spiritual teacher and guide who lived several thousand years before Jesus, an account said to have been inscribed on an "Emerald Tablet", and therefore became known as "The Emerald Tablet of Hermes".

The Emerald Tablet was originally thought to have been discovered by a person named "Balinas", who subsequently wrote down the entire text as inscribed on the stone in the ancient Syriac language from which it has since been subsequently translated - and mistranslated - by several people in various different languages.



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This is the 12<sup>th</sup> century Latin literal translation of the Emerald Tablet of Hermes:

***“True without falsehood, certain most certain  
What is above is like what is below, and what is below is like that which is above.  
To make the miracle of the one thing.  
And as all things were made from the contemplation of The One, so all things  
were born again from one adaptation.  
It’s Father is the Sun, its Mother is the Moon.  
The Wind carried it in its womb, the Earth breastfed it.  
It is the Father of all works of wonder in the World.  
It’s power is complete.  
If cast to Earth, it will separate Earth from Fire, the subtle from the gross.  
With great capacity it ascends from Earth to Heaven. Again it descends to Earth,  
and takes back the power of the above and below.  
Thus you will receive the glory of the distinctiveness of the World. All obscurity  
will flee from you.  
This is the whole most strong strength of all strength, for it overcomes all subtle  
things, and penetrates all solid things.  
Thus the World was created.  
From this comes marvellous adaptations of which this is the procedure.  
Therefore I am called Hermes Thrice Crowned, because I have three parts of the  
wisdom of the whole World.  
And complete is what I had to say about the work of the Sun.*”**

Now, although this is a beautiful verse, these are also most profound words, containing, as with Genesis and the Sumerian texts before, great symbolism and Inner meaning.

This week then let us take a closer look at the message of the Emerald Tablet.

***“True without falsehood, certain most certain”:***

The Emerald Tablet starts by affirming that everything that follows is Universally true and accurate, and applies to “All that Is.

***“What is above is like what is below, and what is below is like that which is above. To make the miracle of the one thing”:***

Now this contains one of the most well recognised, and oft misinterpreted quotes of all, even though many may not know that the Emerald Tablet, and therefore Hermes was the origin. This quote is:

**As Above So Below, as Below So Above.**

But what does this really mean?

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This statement affirms the entire Universe in all spheres of reality is not separate in any way whatsoever, but is rather a continuum from the very highest aspect of "The One", "Source", "First Cause", down to the physical world of matter.

This phrase also affirms the continuum of the Universe is equally effective and integral in all directions, "above and below, below and above", all working in complete harmony as an inseparable aspect of the whole.

The word "miracle" does not mean miracle in absolute terms, but rather working in complete harmony with the Universe, the results of which might well seem like miracles, but rather are in absolute terms the workings of immutable Universal laws.

***"And as all things were made from the contemplation of The One, so all things were born again from one adaptation."***

This again is a most important statement affirming the entire Universe - Universal Mind" - is a "Mind world" from Which All originates, entirely within the infinite Mind of "The One", of Source, of "God" if you prefer. It also affirms the entire Universe was created by the "contemplation", or "meditation" of "The One", and is therefore a projection of, and contained entirely within the Mind of "The One" - Source Mind.

This statement also confirms therefore everything in the Universe is an integral aspect of everything else in the Universe and therefore of "The One" - Source Mind" - mirroring the power of, and following the power of "The One" - of Source Mind.

***"It's Father is the Sun, its Mother is the Moon."***

This is analogous to the creative process whereby the sperm of the father seeks the egg of the mother, the constant cycles of the Sun and the Moon representing the rhythm of the Universe and infinite creation.

***"The Wind carried it in its womb, the Earth breastfed it":***

In this statement, "wind" is analogous to the Universal as opposed to the physical element of Air, as the mediator of the Universal elements of Fire and Water.

Wind or Air as a mediation of Fire and Water therefore represents the forces involved behind the process of creation, ultimately resulting in the final Universal element of Earth in the creation process, Earth representing "solidification". Earth nourishes the creation thereby providing for independent form and existence as can be clearly witnessed by the presence and experience of the physical world of matter.

***"It is the Father of all works of wonder in the World":***

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"Father" represents Prime Creator, First Cause The One, The All, Source, the "Quintessence" of the four elements of Fire, Air, Water and Earth, the Ether, often simply known as "God", from Whom the these processes Originate and Express.

It is particularly important to note this statement also affirms the creative process was carried out by "The One" as an act of full, ultimate, infinite Consciousness Awareness within the Mind of The One, within which All exists as Infinite Living Mind and Consciousness.

***"It's power is complete. If cast to Earth, it will separate Earth from Fire, the subtle from the gross":***

This affirms the power of Consciousness of The One is absolutely complete in every aspect.

It goes on to say that the forces involved, Fire, Air, Water and Earth which originally acted in a "downwards" manner thus creating the Universe in all of its spheres commencing from the highest aspect of The One, eventually reach the lowest levels, the physical world of matter, whereupon there is a reversal of the forces involved back once again towards The One.

This results in a "separation of force from form", thus leaving in place the physical aspect of the Universe in the form of solidification, whereby the Fire of creation is separated from the solidification of Earth, thereby separating the "subtle", the inner worlds, Astral and Mental planes from the "gross", the physical Universe of matter.

It should also be noted that while the Emerald Tablet and sources generally talk in terms of "higher" and "lower", Source, First Cause, God is at the very centre of all creation, the innermost Source of Energy, while the physical space-time bound material Universe is the outermost Energy level, the "epidermis" of the Universe.

***"With great capacity it ascends from Earth to Heaven. Again it descends to Earth, and takes back the power of the above and below."***

This tells us that conscious awareness of The One releases itself from the solid aspect of Earth, the physical Universe, and returns upwards once again through the continuum of Vibration, Energy, back towards the highest aspect of The One, The Source, sometimes known as the "Godhead" from whence it originated.

As this process progresses, Consciousness brings with it the experience of "capacity" or "Wisdom". This is also analogous to the destiny of mankind in the microcosm whereby each new individual experiencing a first ever life in the physical Universe is a direct result of the original descent from the Logos, Source, God of a "spark" of Spirit, aspect of God, which will then unite with a human embryo resulting in a new, individual life, the beginning of an individual, immortal Spiritual being.

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It is important to note that Spirit has always existed in the “Eternal Now” but does not become “individual” or “individuated” with physical, Astral and Mental bodies until the moment of the very first physical incarnation. The destiny of every single person therefore, as with the very process of creation itself, is to first descend to Earth and then to rise again back to the highest aspect of The One, Source, Divine creator, during the process of Perfection - the highest and ultimate meaning of life.

This statement then goes on to tell us that the powers, the Consciousness of The One then descended a second time to Earth integrating all aspects “above and below”, thus finally resulting in a fully aware force infinitely uniting the “above” with the “below” as integral aspects of the continuum of the entire Universe, from the very highest to the physical world.

***“Thus you will receive the glory of the distinctiveness of the World. All obscurity will flee from you”:***

This affirms that as a result of the processes thus involved, with force descending into form during the original act of creation, and form then acting upon itself with Consciousness once again ascending into a formless state.

Finally the force thus self-realized once again descends back into form in which to consciously express its Self, thereby receiving the “glory of the distinctiveness of the World”, and thus receiving the Light (distinctiveness) whereby the dark (obscurity) will be expelled or “flee from you”.

***“This is the whole most strong strength of all strength, for it overcomes all subtle things, and penetrates all solid things”:***

This affirms that through the act of creation as previously described, the Consciousness of The One is “whole”, complete and of infinite strength, and with the ability to work without restriction in all directions of the continuum of the Universe from above to the below and below to the above at any level of density and vibration, and in particular the power to surpass any “upwards” travelling entity.

This statement also affirms that this infinite power is similarly unrestricted in the downward motion towards the physical Universe, whereby it can inhabit the lowest vibration and the highest density of matter.

This also affirms the truth that The One, Source, God exists in and through everything and everyone - as Expressions of Source - and accordingly everything and everyone in the Universe is pure conscious awareness, often known as Spirit.

***“Thus the World was created”:***

This affirms that by this "creative" process of force descending into form thus realising self-awareness, followed by another cycle of creation, followed by a further descent into

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form, this eventually results in the physical “world”, or more specifically the entire physical Universe of matter in the space-time bound reality or "continuum".

It should be noted that science, with the exception of Quantum Physics and Quantum Mechanics, only recognises the physical aspect of the creation of the Universe, often known as the “big bang”, but is as yet largely unaware of the Divine forces of infinite and ultimate Consciousness involved that started this entire creative process; the very highest and most incomprehensible aspect of all, The One, God.

***“From this comes marvellous adaptations of which this is the procedure”:***

The “marvellous adaptations” referred to is the physical Universe of matter, the physical World known to everyone that is indeed a "marvellous adaptation of The One". It should be noted that beyond the physical Universe everything consists of subtle Energy in the form of vibration, and physical matter simply does not exist. Therefore by comparison the physical Universe is indeed “marvellous adaptations”. Quantum physicist David Bohm, very aptly describes the physical Universe as “frozen light” - Energy, Light at such a slow vibration that it achieves the potential to differentiate in to what is regarded as "matter".

Everything and everyone in the Universe, including the physical Universe, contains the Light of The One, the physical Universe thus created becoming the seed of the future ultimate self of The One, and thus the creative act.

Human beings and all other life within the physical Universe must work while in physical form within the physical world of matter as mirrored powers of the “one thing”, causing “marvellous adaptations” as opposed to the “miracles of the “one thing”. Working within the physical world of matter humans therefore “adapt” the physical world, or Universe, and which adaptations are mirrored ultimately as an aspect of the “one thing”.

Physical Consciousness, or awareness, or Spirit of the human being is an example of “force” within the “form” of the human body, with which we develop the future self by the process of perfection and ennoblement as it ascends the Divine path back to Source, Prime Creator from whence Spirit first came.

***“Therefore I am called Hermes Thrice Crowned, because I have three parts of the wisdom of the whole World”:***

This statement is not intended to be a self-proclamation of greatness on the part of Hermes but rather represents the trinity of the levels or aspects of the continuum of the Universe; physical, Astral and Mental.

This specifically refers to the physical, Astral and Mental levels of Energy, of vibration within the continuum of the Universe and the corresponding bodies within each human being, specifically the physical body, the Astral Body also known as the Soul, and

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Mental Body also known as the immortal Spirit. The final part of the statement affirms that this is a Universal level of knowledge or experience.

***“And complete is what I had to say about the work of the Sun”:***

This final statement affirms the testimony of Hermes as to the creation and true nature of the Universe. Hermes Trismegistus, Hermes the Thrice Crowned, was indeed a true symbolic “messenger of the Gods”, of the advanced Spiritual beings of the inner spheres of reality, in bringing this most sacred knowledge from the inner spheres for the benefit of all mankind.

“The work of the Sun” affirms that this is all an ongoing and active process within the glorious continuum of the Universe, the “Sun” representing Source, First Cause, Prime Creator at the symbolic centre of the Cosmos as the Divine creative process.

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

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**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 5 September 2010. Brainwaves And Neurotransmitters

Welcome to your Our Ultimate Reality Newsletter - I do hope you have Experienced a Truly Wonderful Week.

As the Great Transition inexorably continues anyone and everyone could be involved at some level. Service is not only the preserve of the few - everyone can and should participate if we are to ensure the best possible outcome in the next few years.

A great Spiritual Guide from the Inner Spheres was quoted as saying:

***"If you succeed in enabling one soul in darkness to find the light, one troubled, wearied individual to gain strength, if you comfort one mourner, if you heal one sick person, if you prevent exploitation of and cruelty even to one animal, then indeed your earthly life has been well worth living. Never weary in the fight for the things that matter. This is the greatest of all fights, the eternal war against materialism, selfishness, these cancers that are festering in your world today and lead so many on to foolish paths where they perish in the darkness without a realization of the purpose for which they were born into the world."***

Do not be one of these people who waste their "life" on Earth, this great opportunity, only to be " *perish in the darkness without a realization of the purpose for which they were born into the world*" - dare to be different - dare to be Great.

And do not stop at one person. If every single person on Earth led just one other person towards the Light, then all humanity achieves the potential to enter the Light.

As it is however, the majority are still content to "not get involved" or to "leave it to someone else" or focus on their own self-interests. All is not lost however. A few people can make a huge difference, and you do not have to change your life to do it.

You can show others the way by simply sending everyone you know, family, friends, co-workers, anyone this Newsletter, that they may too enjoy the same opportunity to Evolve that you once had - and opportunity to Evolve to the next level of Human Being - Homo Luminous - which is what the Great Transition is all about.

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

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

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Our mood is determined to a very large extent by what doctors and scientists refer to as "brain chemistry" - or more specifically they attribute various "mental conditions" to "imbalances in brain chemistry".

What do they mean by this exactly?

Well the brain contains a variety of what are known as "neurotransmitters", the balance of which can, and does have a profound effective over the way we feel.

The most of important of the "feel good" neurotransmitters are Dopamine and Serotonin together with a series of peptides that function like neurotransmitters called "endorphins".

Let us look then look at examples of how each of these can affect mood, feelings and wellbeing.

**Dopamine:** Dopamine, an amino acid that also acts as a neurotransmitter most noted for its "learning and reward" action.

When we do something well, and see a positive result, Dopamine is released which in turn bind to the Dopamine receptors of the brain, invoking that "feel good factor", encouraging us to do the same thing again, or to seek similarly positive experiences.

It is also Dopamine that "recreational" drugs for example target to bring about all of the known "psychoactive" experiences, up to and including euphoria.

Without going deeply in to the pharmacology of Dopamine and its effects on brain chemistry, it is clear that Dopamine is an important neurotransmitter for Feeling Great.

**Serotonin:** Serotonin is another very important mono-amino acid which as well as influencing mood, and also regulating cycles of waking and sleep by further metabolising in to Melatonin under the influence of reduced light entering the eyes and being received by the brain.

This is a very major reason why, in the darker months of Winter, hundreds of millions of people feel "depressed" or lacking in energy or motivation, a condition known as "Seasonal Affective Disorder" or "SAD".

One of the major strategies for dealing with SAD is known as "Light Therapy", where a person will expose him or her self to a special, bright light source for several times each day, synthesising exposure to natural strong sunlight.

If Serotonin metabolises to Melatonin before bed time, the result is tiredness, fatigue and lethargy as well as other conditions.



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So you see, there is a fine balance between the neurotransmitters Serotonin and Melatonin for regulating waking and sleeping as well as how we feel.

Serotonin deficiency is also a major cause of "depressive disorders", even to the point of suicide in some people.

One of the most frequently prescribed "drugs" to help "patients" with depression are a group of chemical compounds known as "SSRI" - "Serotonin Selective Reuptake Inhibitors", a well known example being Prozac.

SSRI's work by inhibiting the "reuptake" or "recycling" of Serotonin, so that the concentration is such that there is more to bind with Serotonin receptors in the brain.

**Endorphins:** Unlike Dopamine and Serotonin which are mono-amino acids, Endorphins are peptides but which still behave as neurotransmitters in the brain.

Specifically Endorphins are "opioid peptides due to their close resemblance to Opium type substances to bring about a state of wellbeing.

The term "endorphin rush" describes the effects of a sudden rush of endorphins in the brain under stressful or other circumstances, such as injury, where; like opioid substances such as Morphine they can greatly reduce pain and associated stress.

Many natural plants and other substances can bring about an endorphin rush including chilli peppers - as found in a really hot curry for example and chocolate. In fact is the endorphins in chocolate that cause people to become so called "chocaholics" as they become used to, and then almost dependent on the endorphin release that eating chocolate can bring.

Of course this is just an extremely basic overview of what are extremely complex subject, but nevertheless a much more important one than many would imagine.

Now you may be wondering what all this has to do with "Feeling Great" in the context of brainwave entrainment tracks.

Well my own research, as well as that of many others has shown that specific frequencies received by the brain - via the ears of course - has specific effects on brain neurochemistry.

In fact it seems likely, although research is still in its early days, that there is a brainwave frequency or range of frequencies for just about every brain related condition above the Alpha range of around 8Hz, below which physical activity become progressively relaxed, and focused more "within" than "without".

There is a specific frequency range in the high Gamma end of the brainwave spectrum that seem to act upon the "Feel Good" neurotransmitters with similar effects.

## **The Our Ultimate Reality Newsletters**

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

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**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **12 September 2010. The Equality Of All Life**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

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

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

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

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

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

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## The Our Ultimate Reality Newsletters

Everything in the Universe including all animals, plant and mineral life is an integral, inseparable aspect of everything else , and therefore of every single Human Being.

It follows therefore, and this is a Universal Truth, that those who hurt or kill animals, plants or indeed any living organism, in whatsoever form, and however small, also equally hurts or kills a part of themselves.

Everyone should be Mindful of these Divine responsibilities during every waking moment of every day. Whether at home, at work, in the garden, in the countryside, on vacation, we should always view and treat everything around us as an integral aspect of ourselves.

People often refer to some small creatures as “vermin”. This is simply a derogatory human concept arising from a lack of understanding and respect for the position which every creature or Being without exception, however large or small occupies within the Universe - Source Mind.

Such a lack of understanding is all too often motivated by selfishness, materialism and the uncontrolled demands of the ego, these creatures are only being considered as “vermin” because they are to be “interfering” with the selfish material existence of people.

The Truth is this - all creatures are on their own unique, but no less “important” or profound Path of Evolution, and are in no way trying to be vindictive.

If we are privileged to have smaller creatures share our home such as mice, spiders, insects etc, we should keep in Mind that they are not being vindictive, or wishing to cause a “nuisance”, but are rather aspects of Our-Selves simply seeking shelter, food and a place to raise their offspring just as any Human Being would wish to do. Humans are after all Animals.

People might endeavour to claim that these creatures are harmful in some way, for example by “spreading of disease”, but compared to many Humans these creatures are extremely clean and healthy.

If we destroy the habitat of a small creature, for example a spiders Web, we have destroyed a part of ourselves equally. It is no different at all to someone arriving at your home and because they do not like the look of it, or believe think that it is in an inconvenient location, they level it to the ground with heavy machinery.

As yourself - how would you feel?

If we are honoured to share your home with other creatures, other aspects of Our- Self and of Source, Who have chosen of their own freewill to live with you, then we should welcome them with Love and if necessary provide them with food, and anything else they might require.

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These same truths apply to plant and even mineral life.

It is often assumed that something can only be "intelligent" if it possess a "brain".

The physical brain is no more than an organic interface of non-permanent physical matter between the Energy level of the human body at a low level of vibration, and the much higher level of vibration of the Energy and other inner bodies. Without such a physical interface, the much higher Energy vibrations of the inner spheres of life could not be mediated with the much lower Energy vibrations of the physical human body.

Every plant and mineral is an equal Expression of Source, and therefore includes exactly the same Energy, Characteristics and Energy of Source.

These important facts should also extend to the fundamentals of eating for sustenance.

Food is a requirement of every form of physical life in order to maintain its existence. It is perfectly natural therefore to obtain food from the Universe in order to live and exist healthily. Most animals however, often with the exception of human beings, normally consume only those foods and in those quantities required in order to survive in a healthy state of being.

In the case of humans however a trip around any supermarket will quickly reveal just how the basic need for organic sustenance has degenerated into a materialistic, sense of taste stimulating inspired food-fest, most notably the senses of taste and smell.

People generally, with the exception of vegans and many vegetarians usually view meat products on supermarket shelves as mere food, a packaged object, a commodity to be simply cooked and eaten without any thought whatsoever for the suffering of countless creatures on Earth Who are suffering and dying for reasons far beyond the need of sustenance.

Introspection in these matters is an extremely worthwhile exercise.

Suffice it to say, shelves upon shelves of meat products are a testimony to, and reflection of, the abuse, suffering and physical death on a massive scale of innocent creatures throughout the world. All of this abuse, suffering and death is for one purpose - to satisfy the physical senses of taste and smell. Nothing more.

Many eat for pleasure instead of basic, fundamental, natural nutrition.

Plain and simple, humans should eat to live, and not live to eat.

All Life, Expressions of Source are Equal - regardless of Form - a Truth  
Here again is your special Newsletter reader link to your two **Feeling Great** tracks:

## **The Our Ultimate Reality Newsletters**

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**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# **The Our Ultimate Reality Newsletters**

## **19 September 2010. Fundamentals Of Energy**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

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

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

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

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

If you are receiving this Newsletter for the first time, and wish to receive it every

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

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

# The Our Ultimate Reality Newsletters

We often mention Energy in this Newsletter and have indeed dedicated entire subjects to Energy such is It's importance.

The best way of approaching this question is through quantum mechanics.

Why?

Well quite simply because Energy is the most fundamental "unit" of All That Is". Energy is the Fabric of the Universe

Although we, and everything around us appears "solid", we and our surroundings are actually nothing more or less than pure Energy which the Mind perceives as "solid" through the mediation of the five physical senses.

In the so called "physical Universe of matter", Energy appears to behave differently due to the intervention of the physical senses, and physical scientific instruments.

A continuous Wave of Energy originates from Source Mind, First Cause, Prime Expression, and "ripples" out in all "directions" - to the extent that the word "directions" is meaningful in the absence of "time" and "space" - and remains in that form - as a waveform of specific amplitude and frequency until this "Energy Waveform" is "interrupted" in some way, and at some level, at which point this interruption causes the Energy Waveform to collapse and behave as particles, the most basic of which form the basis of "matter".

A waveform whether it be in the form of visible light or water or invisible Energy, manifests at the temporal, local level with these observable 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 of course other characteristics of waves that we could also take in to account such as harmonics, which describes how waveforms relate to each other.

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

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



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If such a transmission is between two humans on the same or similar levels, and takes place on the Mental Plane of the Human Mind, this transfer of Energy and therefore "packets of information" on the same frequency is known as "Telepathy".

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.

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

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

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

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

Every point of consciousness is both a receiver and a transmitter of Thought Energy, whether in human form or not.

Now let us look closer at the fundamental characteristic of Energy - Vibration and how it relates to the most fundamental unit of Energy - a Quantum.

There is a plural - "Quanta" - but this is erroneous in that "Quanta" implies "multiple" instances, when in fact Energy is always a continuous waveform.

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

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A Quantum of Energy may be considered to have the fundamental qualitative characteristic of Vibration - in other words - Energy vibrates.

The vibration of Earth, Solar System, Galaxies and so on is constantly varying relative to each, as are the Inner Realms, or "planes" of Life between the physical and Source.

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.

During this transitional epoch, a polarisation is taking place between low and high frequencies - aka the forces between "dark" and "Light" - which from this perspective is what "2012" is all about.

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

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

After the change known as "death", everyone will automatically transition to a vibratory sphere of the Astral Reams - after lingering in the Etheric Energy frequency for a while - that precisely corresponds to the vibratory nature of the 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.

From now on then I will refer to the Prime Quality of Energy in terms of "Vibration" relative to the only possible point of reference - Source Mind - The Only Absolute Reality.

Beyond the extremely limited and, in the context of The All, the extremely minimal "space-time" bound framework of the Newtonian physical Universe of matter,

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mathematics and physics derived concepts such as "dimensions", "velocity", "mass" are totally inapplicable and therefore equally meaningless.

As we discussed earlier - Quantum Mechanics has demonstrated that no particle actually exists until it is observed or measured in some way.

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

Although numbers and equations may be of academic and perhaps theoretical interest within the "space-time" environment, such human inventions and concepts 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.

"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, Source Mind is Energy Waveform of Infinite Potential.

"Space-time", to the extent that it exists at all in accordance with the five physical human senses and conscious sphere of Mind activity is Energy "collapsed" from Waveform to particle form, which is always a transient state, and therefore not "true".

Ultimately Energy is All There Is, and All that matters, but sometimes, in the interest of understanding, it is useful to consider the fundamental characteristics of Energy as they relate to the physical world - Vibration with Frequency, Wavelength and Amplitude.

In future Newsletters we will examine Energy in greater depth.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 26 September 2010. The Science Of Well Being

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.

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>

As we begin to leave the hot, bright days of Summer behind, we are entering another truly beautiful time of the year - Autumn - or Fall - depending on where you live.

The changing colour of the leaves on the trees, the golden fields of wheat and corn waiting to be harvested, the numerous different species of fungus growing in the fields and wildlife busy collecting nuts and other aspects of nature's harvest in readiness for the long, cold, dark winter months ahead.

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For many people however, the darker, shorter days bring with them a more unwelcome experience in the form of mood changes, even depression.

There is indeed even an official medical term for this "condition" - "Seasonal Affective Disorder" - with the appropriate acronym - "SAD".

Now SAD, indeed any form of depression or "feeling down" is something that should be avoided and is indeed avoidable in several ways, and so now is the time to consider this important aspect of our emotional Well-Being.

Well there are two fundamental components:

**1. Biological:** The influence on the human brain

**2. Light and Energy:** The Sun

Let us now take a look at these factors in more depth.

## **1. 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.

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

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
- Alzheimer's

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

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.

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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 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 or "wild" rice as an excellent source of many crucial amino acids and other nutrients. Highly processed rice, and other foods, which are processed to make them more "aesthetically pleasing" are often not only far reduced in nutritional value, but can, in some cases even produce adverse health effects - white bread being another such example.

L-Tyrosine, 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, and favour organic, unprocessed foods rich in these essential amino acids. This is a very important matter. Brain neurotransmitters are crucial for both physical and mental health, and are fundamentally dependant on diet.

Now what of "dietary supplements".

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 - which is Principle.

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.

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There is a 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 associated with Prozac.

This supplement is "5-HTP" which is short for "5-Hydroxy Tryptophan".

5-HTP is an 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, and is therefore organic and natural in origin, unlike many supplements that have been synthesised from chemicals.

All meat and dairy based products are inherently alien and often toxic to the human body, even though, over the millennia, humans have developed a long-term tolerance, notwithstanding the fact that 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 in particular that your diet, and that of your family, includes a good supply of essential amino acids, notably Tryptophan and Tyrosine ensuring that your brain and the brains of your family will have available the crucial neurotransmitters required for optimum brain functioning.

## 2. Light and Energy: The Sun

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

Serotonin and Melatonin metabolism is governed by light entering the eyes. As fewer photons of Light enter the eyes, the brain - always under the absolute control of the Subconscious Mind - metabolises Serotonin - which regulates waking brain function - into Melatonin which regulates sleep patterns.

In addition, the higher the levels of photon activity entering the brain, the more Tryptophan is metabolised into 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 into Dopamine.



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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, thereby boosting Dopamine levels and consequently, 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 in energy, 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. 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.

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.

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, thus compensating for the lack of natural light entering the eyes.

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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.

Now everything we have discussed so far relates purely to the physical aspects of Well-Being in the form of foods, brain chemistry and light.

However - the ultimate and most Powerful Source of Well-Being can only originate from within - through Mind - through Source.

While most people still look to physical solutions for just about every aspect of the body, the Ultimate Truth is that Mind has Absolute Dominion over every aspect of the physical body. There is absolutely nothing that Mind cannot accomplish, for example in Perfect Well-Being, healing of any disease or ailment, even changing the physical body in any way desired.

The body usually functions on "auto-pilot" in accordance with the programming of genetics, DNA, making use of hormones, immune system and many more.

It is these that provide each of us with our physical characteristics, ability to fight disease etc as well as natural functions such as breathing and heart beat. If the immune system malfunctions, or a disease such as cancer overwhelms the physiology of the body, disease and even death can occur. It should be pointed out that the vast majority of such "diseases" originate from the "modern lifestyle. People live out their lives unaware of these truths, submitting to genetic programming.

The glorious Truth is, through the Infinite Power of Mind and Energy that flows through each of us, we can "switch off the auto-pilot" and take the "controls" of our body and Life, moulding our Experience to our precise needs, wishes and desires. We will discuss how to do this in a future Newsletter.

We have available to us the Perfect "tool" for Well-Being - Meditation. Through Meditation we may retreat in to the silence, and allow the Source of All Love, Joy and Well-Being to Express through us. We will discuss Meditation in much greater depth in a future Newsletter.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service, Adrian.**

# **The Our Ultimate Reality Newsletters**

## **10 October 2010. 2012 In Perspective**

Welcome to your Newsletter.

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

First of all, as always, I have the greatest pleasure in welcoming all new members to this Newsletter - once again there have been many of you joining us - very much a sign of these awakening and most pivotal days for Humanity - the most important in the last 26,000 years or so.

As we rapidly approach these transitional times, offering the opportunity for those prepared to take that next evolutionary leap to the next development of the human being - which the Aztec and others call "Homo Luminous" - "illuminated man" - the eventual outcome will be determined at both a collective and individual level.

I say this in most newsletters but I will say it again.

While it should be the primary objective of every awakened person - and that means You - to prepare for the final stages of this pivotal era - Body, Mind and Spirit - it is also the Highest and Most Sacred Duty of Each and Every One of us to offer those who are ready for this Transition the same opportunity.

Separation is an illusion - albeit a most convincing and persistent one. The ultimate direction of the human race this time around will therefore be determined not only at a Personal Level, but also a collective level upon the Mental Plane of the Human Mind.

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

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Well as the iconic year of 2012 draws ever closer, and in particular that almost legendary date of 21 December, the hype, rhetoric, fear, commercial exploitation and much more is escalating. This week therefore we will look objectively at these most important and pivotal issues in more detail and a more balanced perspective.

The main issue to be aware of is that ultimately it is the collective consciousness of humanity that will determine the ultimate outcome, and the very reason why it is so crucial that we look at the entire scenario objectively, rationally and with understanding based in fact, not hysteria.

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1. Galactic alignment:
2. Solar emissions
3. Near Earth Objects

Before looking more closely at each of these and their potential influence, we must keep in Mind that this is nothing whatsoever to do with "prophecy", whether originating from the Maya, Nostradamus, John of Patmos or anyone else. We are rather only interested in observable fact in which case they are not "prophecies" but rather predictions based in fact and in particular long-term observations.

Let us then review some of the possibilities today.

**Galactic alignment:** The alignment of the December solstice sun with the Galactic equator as a result of the precession of the equinoxes. This definition also includes the more general alignment of the solar system, including Earth, with Galactic Centre. Of particular interest are the Energy and forces associated with this even, and in particular those associated with the super-massive black hole at the centre of the Galaxy, the spiral arms, and associated forces. The black hole is probably also associated with the "nuclear bulge" at the Galactic Centre at 6 degrees Sagittarius.

**Solar emissions:** All types of emissions emanating from the Sun, including but not limited to coronal mass ejections and solar flares, all of which are expected to reach an all time recorded maximum during the period 2011 - to 2012.

**Near Earth Object:** All types of extra-terrestrial body of significant size and mass, including but not limited to asteroids, comets and planetoids, including the infamous but mythical "Nibiru" or "Planet X".

These events, which are wide-ranging, often profound, and both physical and non-physical in nature, herald the continuance of a great transition of the ages, and one with potentially profound consequences for humanity, life on Earth and Earth Herself.

The next few years are absolutely crucial for humanity which is just one reason why it is so absolutely crucial to separate fact from fiction and outright hype.

This is a once in a 26,000 opportunity to get it right, and get it right we must.

Only one factor at this stage, at the time of writing can be considered as absolute certainty. Whatsoever the collective Consciousness of humanity and of all life on Earth expects to happen over the next few years and beyond, will happen. We are facing the ultimate proof that we really do create our own reality at all levels, both as individual aspects of God, and as the collective Mind and Consciousness of the human race.

We are now experiencing, and will increasingly experience the culmination and transition of a great cycle or "age", an integral aspect of even greater such cycles in the Universe, all of which ultimately originate from Source, First Cause, God if you prefer.

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These are completely natural cycles of life which exert their presence and influence with immutable precision and perfection, as fundamental aspects of the greater workings of the Universe in all glorious spheres of life and reality.

Cycles are always present in our lives at every level. Some cycles are so tiny they cannot even be measured with scientific instruments, and others so vast that they are far beyond the current perception of humans. However, the truth of the very existence of such cycles is everywhere—we only have to look at nature for example and the cycles of the seasons. Energy, radio waves, sound frequencies can all be measured in terms of distinct “cycles per second”. Without such cycles events in the Universe would be chaotic, but this is clearly not the case because the Universe would not be sustainable in such a state of chaos—only Divine order and perfection can exert its immutable influence in maintaining the harmonious equilibrium of the Universe in all spheres of life and reality.

However, herein is the paradox. As with all Energy, this natural cycle is influenced by Mind, aspects of which include thoughts, imagination, expectations, intent and emotions. This cycle of Energy has always existed and will always exist, and, like all Energy, will exert its influence in accordance with the Consciousness of its participants - in this case life on Earth.

For many people, the first awareness that “something is happening” or will happen, arrived by way of hearing about the now iconic date, December 21, 2012 which, over the last three decades has quite literally assumed a life of its own as a very powerful and pervasive Thought Form. Therein is one of the important issues we face—like any Thought Form it must, in accordance with immutable Universal principles, and the of Energy focused upon it, manifest, and thereby become self-fulfilling in accordance the nature of the thoughts that the majority of people associate with the “2012 Thought Form”.

As previously mentioned, many people are now focusing thought Energy on “2012”, “December 21, 2012”, “the end of the world” and other similar thought processes, which in turn, with the thought power of tens of thousands or even millions of people collectively focussing on these concepts, have become very powerful “Thought Forms”—Energy configurations in their own right, which have now literally assumed a life of their own. The more people focusing on these 2012 related thoughts, the more powerful, pervasive and resilient these Thought Forms will become and the less transient they will be in nature.

When in altered states of Consciousness, for example during meditation, in a trance state, or even just before, during and after sleep, we can “connect” with these powerful 2012 related Thought Forms which can present themselves as an “important message from within”, with the receiver of the message as the focal point. The Ego of the receiver then takes over and convinces the conscious Mind of the person that they have been the recipient of important “privileged information”, or even that they have received a “premonition”. Sometimes even the Ego leads the person so far as to believe that they

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are even a “chosen one” in some way. Such a person then tells family and friends, or even the media, as well as writing about it on the Internet, until soon, in the Minds of many it becomes a fact.

Because by now there might well be thousands of people focussing on this single original “message”, the original “Thought Form” that gave rise to it in the Mind of the person gains even more strength, resilience and pervasiveness, and therefore in turn becomes even more “real” to those focussing on it, who in turn then relate it to others as if it were a fact.

This then I believe is a phenomena we are increasingly seeing at the time of writing, specifically, a collection of 2012 related Thought Forms manifesting under the umbrella of a much more pervasive “2012” Thought Form” now reaching a critical mass in the Consciousness of people throughout the world.

Let us continue by putting this Thought Form aside, and investigate some of the fundamental facts surrounding “2012”.

It is most notable that before the 1970's, almost no one had ever heard of “the end of the Mayan calendar” or therefore of “2012” and related matters, indeed many had not heard of the Maya themselves. It is only since the Mayan long-count calendar was deciphered in the last 20 years or so that 2012 with its “end of the Mayan calendar” or “end of the world” connotations have entered into the human Consciousness.

The Mayan long-count calendar is just one of a larger set of calendars created by the classic Maya people of Mesoamerica around 2000 years ago. The classic Maya were highly advanced in many cosmological, astronomical, astrological, astrophysical and mathematical abilities—considerably more so in fact for the most part, than most of science today.

To the Maya, their calendars were much more than simply measurements of the passage of time for their own convenience in the same way that contemporary calendars, clocks and other measurements of “time” are. They were and still are “books of life”, into which are encoded countless levels, collectively charting and predicting cycles of the Universe itself, as well as serving as a reference point for all matters involving the daily lives and Spiritual evolution of the Maya people at all levels of the Mayan culture and society. So important were these calendars that the Mayan people structured their lives and constituted their entire society and infrastructure around them. The Mayan elders and shaman would teach the populous through visual means in the form of ball games and other public performances, conceptually similar to those of the ancient Hindu traditions for example, as well as many cultures that made use of plays, song, dance and other audio-visual methods which serves both as entertainment and education.

The most important calendar of the Maya is known as the “Tzolkin”. The Tzolkin measures a year over the course of 260 days as opposed to the 365-day cycle of the

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Gregorian calendar used today in so called “modern society”. The descendants of the classic Maya, of which there are still several million residing in Mesoamerica, still use the Tzolkin today.

The calendar upon which most people are focussing in the context of “2012” is known as the “Long Count”. The Mayan long-count calendar is divided into these units:

1 kin = 1 day

20 kins = 1 uinal = 20 days

18 uinals = 1 tun = 360 days

20 tuns = 1 katun = 7,200 days

20 katuns = 1 baktun = 144,000 days

A complete long count great cycle has 13 baktuns in total and so the last great cycle, the end of which we will reach on December 21, 2012, started on August 13, 3114 BCE.

Great cycles measure the “ages” or “suns” of mankind, marking the transformation of mankind to the next level of evolution. These “ages” were not only measured by the Maya, but also by other great civilizations of the past such as the Aztecs in Mesoamerica, the Chinese in the Far East and many other ancient cultures over the preceding three millennia or so.

The end of previous great cycles and the beginning of the next have often been associated with major events that have influenced the destiny of mankind such as the great flood, the destruction of Atlantis, Lemuria and other “lost” civilizations, as well as major ancient cataclysmic events throughout history. In many ancient cultures these cataclysms, as in the great flood, have also regarded as “cleansing” or “purgative”, after which only a small percentage of the original populations survive.

Of course, much of the Mayan long-count calendar, and in particular these historical cataclysmic events precedes modern recorded history, so we know little about most of these ancient events that might have coincided with the end of these cycles or “ages”, “eras” or “suns” going back over millions of years. It is very possible that the huge asteroid or comet that struck the Yucatan Peninsula around 65 million years ago resulting in the end of the age of the dinosaurs, also coincided with the end of one of these “ages”, as did several other known “extinction events”, each one of which heralded a new era and new evolutionary direction for life on Earth, without which humans might not be here today, at least as the “dominant species”.

The Maya are a shamanic culture who made extensive use of Mind-expanding substances known as “entheogens” in order to attain altered states of Consciousness, enabling access to the inner realms of life. Although many entheogens are hallucinatory in nature, there are classes of entheogens that can apparently bring about genuine inner experiences, and which were known to and used by the Maya and many other ancient civilisations. One such class of entheogens belongs to a group of chemical compounds known as the “Dimethyltryptamines”, of which there are various derivatives

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and chemical variations including N,N-dimethyltryptamine (DMT), 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT) and 5-Hydroxy-N,N-Dimethyltryptamine (5-OH-DMT) known as “bufotenine” due, being extracted from the skin of toads of genus “Bufo”.

Dimethyltryptamines, usually abbreviated to “DMT”, appear to have specific qualities for producing genuine Spiritual experiences. Dr. Rick Strassman conducted extensive research into the effects of DMT on numerous volunteers over a period of years. Subjects frequently reported contacts with all manner of Beings and situations. So conclusive were these findings that Dr. Strassman named DMT “The Spirit Molecule”.

Without going too deeply into the way DMT is metabolized and influences Consciousness, the most important effect seems to be related to its interaction with the “pineal gland” of the brain, corresponding to the so-called “3rd eye” or “brow chakra”. We already know that the brow chakra is associated with “inner visions” in this way, and especially with clairvoyance. I am of the view that DMT-influenced inner journeys were very likely a major source of the inner knowledge of the Maya.

In addition to the Maya, there have been, and still are, many people using DMT and similar entheogens, returning from inner journeys with information that precisely relates to December 21, 2012 as being a time of transformation for all mankind. Many of these people had previously never heard of the Mayan calendar or of the significance of 2012, but the message is always remarkably similar, an impressive independent confirmation of the significance of a 2012 event.

In addition to advanced, non-terrestrial knowledge acquired by the Mayan shamans in this way, they also engaged in devoted observation of the night sky from their dedicated observatories. The resultant observations, messages and records were recorded in stone structures called “stele” at their many sacred sites, and on thousands of written records known as “codices”, together containing a vast array of information. All but a very few of these valuable codices were later totally destroyed by the Roman Catholic church in their zealous efforts to forcibly convert the Maya and all Mesoamerican races to Christianity, and in particular Roman Catholicism.

The Maya therefore had a great depth of knowledge regarding the cosmos and cosmic cycles, particularly as they relate to the “galactic centre” and above all the pivotal event which is estimated to occur on December 21, 2012, and the basis therefore of the entire 2012 phenomena. This cosmic event is the “galactic alignment” which is alignment of the December solstice sun with the Galactic Equator, an event only occurring every 25,800 years or so, and is a result of the precession of the equinoxes. The galactic alignment coincides with the end of each cycle of the Mayan long count calendar, and is therefore the fundamental basis for the 2012 “end date” phenomena.

The important fact to keep in mind, however, is this - The “end of the Mayan calendar” does not, in and of itself, imply “the end of the world”. The “end of the world” is an erroneous interpretation placed upon these events by people, due either to a genuine lack of understanding, or in support of some other motive. The end of one cycle or “age”



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of the Mayan long count calendar simply marks the beginning of the next calendrical cycle, or “age”.

It should be made absolutely clear that the flow of the Universe, The Source, The Prime Creator, The First Cause, God, is, always has been and always will be in the direction of Life and expansion, the only factors to consider being the mode in which these Universal, Divine processes manifest. Contrary to the doctrines of religions, God is not “vengeful”, “jealous” or “angry”, and does not therefore exact “punishments”, “revenge” or “Divine retribution”. God knows only Unconditional Love for all creation, and accordingly all Universal processes extending from the infinite Mind of God are for the ultimate benefit of all creation, including humanity.

It is believed in some cultures that these great cycles of Energy, or “ages” alternate between “dark” and “light”, and that we are currently nearing the end of a “dark age” after which will begin an age of light. Hindu teachings define these eras in terms of the “Yuga’s”. We are currently nearing the end of Kali Yuga.

So, the big question is this—what does the end of this current great cycle mean to us experientially both as a race of human Beings, and for each of us as individuals?

In the interests of a balanced approach to these extremely important questions we must consider all possibilities, which, in the very broadest terms consist of the following categories:

1. Catastrophic: A globally destructive cataclysm.
2. Eschatological: A Spiritual transformation
3. Progressive: The continuation of an ongoing process.

## **1. Catastrophic**

The classic Maya, who, as discussed, are at the root of the events life on Earth is facing fundamentally tracked “ages”, or “cycles”, not individual events, and nowhere in the records left by the Maya, to the extent they have been yet discovered, is it suggested that Earth is to experience a cataclysmic event.

As previously noted, it is a fact nevertheless that there is growing evidence in support of such events in the distant past, which may very well have coincided with the end of previous ages. It is entirely possible that a global cataclysm is necessary as a purgative prelude to, and catalyst for a major transformation or change in direction for humans, in order to clear away the millennia of dross that now subsumes the Consciousness of humanity, buried under which humanity has become substantially blind to its own true Spiritual nature. Humanity could on the other hand move towards the high path of enlightenment and evolution by conscious freewill.

From an observational perspective, there are currently few known factors that the Maya could have tracked with the potential to result in a catastrophic outcome in the near

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future, although numerous theories and unsubstantiated claims have emerged in recent years. There are however most certainly known factors that the ancient Maya would have known about, and which could well form the basis of any predictive aspect of their long count calendar which ends on 21 December 2012.

One compelling and very real factor with the potential to precipitate profound changes on Earth and solar system generally is increasing solar activity, i.e. from the Sun, the cycles of which the Maya could certainly have tracked. Solar activity has at the time of writing, been at an unusually high level, and at a time when such activity is historically indicated to be at a minimum. Also at the time of writing, Earth has been subjected to an unusually high level of activity from the Sun including but not limited to powerful X class solar flares and the much more powerful “coronal mass ejection” or “CME”, in the form of super-heated radioactive plasma. These events were most certainly not in isolation, and are very highly likely to increase as we move towards the next solar maxima, expected most significantly to occur around the year 2012.

Current indications are that this coming solar maxima could be unprecedented in recorded history in its sheer magnitude. We cannot determine at this stage just how high this level of solar activity will attain, but, if it is as seems possible, the effects upon Earth due to solar storms in the form of CME’s and other powerful solar emissions could be profound in many ways. Such a possibility most certainly includes Earth receiving a “broadside” from a single massive coronal mass ejection, the effects of which could well be catastrophic for most life on Earth. It is entirely possible therefore that around 2012 life could face the cataclysmic consequences of one or more powerful solar events with highly unpredictable consequences for humans, all life, and all life-sustaining infrastructure.

It should be mentioned that current climatic extremes are being blamed on so called “climate change”, erroneously associated with so called “greenhouse gasses”, the use of “fossil fuels” and other environmentally polluting by-products of human activity. While no form of environment polluting activity should ever be condoned, to solely blame such agents for “climate change” is to be dangerously and naively oblivious to the real causes, notably solar activity and other wider ranging Energy influences originating from beyond Earth, which, for the most part are at frequencies of Energy beyond those measurable by current scientific instruments. This can be demonstrated by virtue of similar changes occurring on other planets in our solar system, thus conclusively eliminating human so called “greenhouse gases” or “fossil fuels” as a cause. While scientists, governments, industry and others would seek to commercialise “climate change” or “global warming”, the true and most important origin of the changes Earth is increasingly being subjected to are being largely and dangerously overlooked with potentially catastrophic results.

Another major “wild card” associated with these and other possible events seems to be the precipitation of a “pole shift” which can either be geomagnetic in nature where the north and south poles exchange places, an event that is known to happen over long periods of time, or geophysical whereby the current position of the physical poles, in

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relation to the Sun, suddenly move by several degrees, or even by twenty degrees or more. Such an event could imply profound consequences for Earth and all life on Earth, in ways which we cannot fully predict.

There is increasing evidence being discovered by sea divers of the extensive remains of major ancient civilisations, now lying 2000 feet or more under the sea. How did they get there? Many have heard of the fabled lost civilisations of Atlantis and Lemuria as well as others. Most people have heard of the biblical “Great Flood”. Further evidence suggests that the north and south poles have not always been cold, and indeed in the quite recent past Antarctica may have been abundant with life. We can only speculate in the context of 2012, but clearly strong evidence most certainly exists for profound and very sudden geophysical events occurring in the past, which seem to happen with immutable frequency, often coinciding with the catastrophic submerging and subsequent destruction and consequential loss of once great and advanced civilisations.

The classic Maya based much of their long count calendar and in particular the 2012 end date around observations of our Galaxy, and in particular the Galactic Centre where the super-massive black hole almost certainly exists. It is very possible in my view that as we transition through the galactic alignment that was being tracked by the Maya, which is likely occurring now, the effects of this alignment, the mechanism for which has been previously described, and in particular the massive Energy influence of the super-massive black hole could well pull the solar system, including the Sun, all planets and Earth into alignment with it, resulting in a geophysical pole shift of perhaps 20 degrees or more.

As previously mentioned, this could well be catastrophic, resulting in massive geophysical effects including earthquakes, massive volcanic eruptions, huge tsunamis and much more. Most life on Earth would be very seriously compromised as has likely happened many times in Earth history. Again, the Maya would most definitely know about these galactic cycles and would also be aware of their consequential transformative potential in many possible ways, including the potential for evolution or destruction, being dependent on the Mind state and consciousness of human beings and all life on Earth before and during these events.

### **2. Eschatological**

In this scenario, the outcome of the transition of the ages may manifest as a potential Spiritual transformation or enlightenment of mankind, being, as previously emphasised, ultimately depend on the thoughts, expectations and Spiritual status, i.e. Consciousness of both the collective Mind of the human race and of each individual. It should also be made absolutely clear that in no way will religious devotion be a factor. The only factor relevant to each individual will be true Spiritual evolution—an immutable Universal Principle.

Mankind is currently in the grips of an escalating downward social spiral precipitated by many factors, including but not limited to rampant materialism and often greed fuelled

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by the demands of the Ego. This cannot and will not be sustained. The root causes of this situation is that most humans perceive everyone and everything as being separate from themselves, and view the gaining of money as the basis for happiness. Existence therefore becomes competitive, adversarial and aggressive, with people fighting for material supremacy while protecting themselves against perceived threats from “others”. In reality there is no such separation.

The illusion of separation is perpetuated only by the five physical senses. Everything in the entire Universe is an equal, integral and Divine aspect of everything else in the Universe and of The Source, The First Cause, God. We all exist as individuated Energy fields within the Great Universal Mind of conscious, intelligent, vibrating Energy in which we live and move and have our Being.

Should we experience an eschatological event associated with the transition of the ages, in my view one of the most likely outcomes of such an event would be the veil of the illusion of separation that has blinded humans of their true Spiritual nature for so long would dissipate, along with the related illusions of “time” and “space”, thereby leaving people “Spiritually naked” in a true multi-dimensional state of awareness, with the twin illusions of “space” and “time” no longer exerting an influence over Consciousness, and where our thoughts manifest instantly as opposed to the currently perceived time delays. This will enable those who are Spiritually prepared to view life, reality and people in a different way, with an emphasis on Oneness, service and Unconditional Love, with materialism, lack and competitiveness no longer being meaningful. The effects of The Law of Attraction would be experienced instantly. So by what mechanism could these events possibly manifest?

As previously discussed, the classic Maya almost certainly fixed the end of their long count calendar to coincide with the galactic alignment and were also certainly aware of the super massive “black hole” that exists at the very centre of our galaxy, and which could well exert its influence at the time of the galactic alignment. In addition to the physical implications of this galactic event, there are also Energetic and therefore Spiritual implications. Again, and this is most important: How humanity and all life on Earth experiences this event will be entirely determined by one primary factor – Consciousness.

Einstein’s Law of Relativity describes, among other things, the rate of time, and scale of space. For example a clock may be observed to run slower at lower altitudes, where the gravitational potential exerted on the clock is higher. The gravitational potential of a black hole, in this case the galactic centre is so massive that “time” itself is suspended and the dimensions of “space” reduced to zero. In other words “space” and “time” as experienced on Earth cease to exist altogether.

We, along with all life on Earth, are currently bound together in the same shared quantum reality by virtue of the fact that we are all at the extremity of, and thereby subjected to, the same extreme gravitational potential, and have been since before recorded history. As we approach 2012 and beyond we may well be travelling through

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the spiral arms of the black hole at the galactic centre, associated with greatly modified gravitational potential to which we will all become progressively subjected as this process progresses, as will every planet in our solar system and beyond. Without going into the extensive and complex quantum mechanics behind this process, the ultimate outcome of this scenario will be that the twin illusions of “space” and “time” would cease to exert their influence. When this finally takes place, and this process is accelerating even now, as mentioned previously, humans will be left “Spiritually naked” in an environment where everything is perceived for what it really is, and where our thoughts, feelings emotions and other powers of the Mind will manifest into our experience instantly. This will be a pivotal juncture for all humanity.

Each of us and all life will be freed to realise our true Spiritual potential based upon our individual state of Spiritual evolution knowledge, wisdom and other factors. Those who are thus ready will transition to a quantum reality, a plane of vibration that most closely matches their individual vibration. Although this would happen in due course anyway, this could be a “mass evolution” event. Those not Spiritually prepared will gravitate to another “time-space” bound reality. It should also be mentioned that the galactic alignment could also result in other unknown consciousness influencing effects including magnetic, radiation and other Energy influences.

Although this is largely conjecture, my dedicated involvement in these important matters has enabled me to observe an ongoing awakening of Consciousness of humanity on many levels that leads me to believe that this process could already be taking place and exponentially accelerating. This also leads me to feel that humanity is experiencing the potential for a glorious opportunity in its Spiritual evolution, towards realising our ultimate reality. It is however still for each individual to realise and accept this, and to prepare themselves accordingly. Humanity is facing events that could result in almost total catastrophe, or enlightenment and evolution, and again the eventual outcome will be decided by humanity and life itself.

### **3. Progressive**

This final scenario is based upon my observation that natural Spiritual transformation and transition processes are already very much in progress and appear to be exponentially increasing at this time. This leads me to consider the possibility that December 21, 2012 simply represents a symbolic date in recognition of this ongoing event, as opposed to representing the final date of any causation in absolute terms. In other words, this iconic date simply represents a convenient marker in time as measured by the Gregorian calendar, in recognition of a series of ongoing cosmic events that will continue to progress through 21 December, 2012 and on into the “future”.

As discussed previously, it is thought that the Maya derived the basis of their “long count calendar” upon cosmic observation conducted over a long period of time, extrapolating these observations to form the basis of a calendrical system representing galactic cycles of around 25,800 years, the end of which is marked or symbolised by the

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so called “galactic alignment”—an event resulting from the “precession of the equinoxes”. In brief, this “precession” arises from the fact that Earth wobbles very slowly about its axis, which in turn causes the relative position of the equinox to move backwards, i.e. to “precess” at the rate of around 1 degree every 71.5 years. The entire precessional cycle takes around 25,800 years to complete, culminating in the end of a Maya “long count” calendrical cycle, and the beginning of the next cycle. Thus it may be seen that the end of the calendar, or cycle is not the “end of the world” as has been erroneously widely supposed, but rather the end of the current single Mayan long count cycle. The question therefore is this - is the “galactic alignment” a symbolic or a causal event in and of itself as previously discussed in the previous scenarios.

It might be that the actual date of December 21, 2012 could simply be a convenient symbolic representation, based upon the galactic alignment, of a much greater cosmic event the Maya were tracking, and which they expected to exert its influence during this period, but with a different origin of causation that humanity may well not be yet aware of. There is very strong evidence at many levels, both physical and non-physical to suggest that we are indeed in the throes of such an ongoing process. At a physical level we are seeing and experiencing increasing extremes of weather and associated anomalies, increased volcanic and seismic activity, and of course an exponentially increasing climatic warming trend. These types of changes appear to be occurring throughout the entire solar system, not only on Earth, and cannot therefore be the result of any localised pollution and other such influences.

From my own perspective, as a person who receives messages from, and communicates with numerous people around the world, I am observing a very real “Spiritual awakening” taking place, with increasing numbers of people becoming progressively aware of their true infinite, unlimited, immortal, Spiritual, Divine, nature, needing to know what it all means, and how they should make changes in their lives accordingly.

In addition, we are seeing various factions, many negative or dark in nature, often with very selfish motives, which, realising there is not much time left before the Minds and lives of people can no longer be controlled as they are currently, are doing everything they can to bring forward and execute their agendas of domination and control, regardless of the wider consequences for humanity and life on Earth. We will not discuss these factions lest we give them more power, but suffice it to say, by comparison with the Universal forces of change currently exerting themselves, the efforts of these dark agencies are completely futile, and can be likened to someone standing on a beach with view to holding back the tides. Giving serious attention to these factions is therefore neither useful, productive or appropriate—they are best completely ignored.

Planet Earth Herself, a great planetary Spirit, often known as “Gaia”, with Whom we are inexorably connected, is currently in the process of making Her own joyous evolutionary transition to the next vibrational level of the Universe on the path of Her own glorious return to our Divine Creator, in exactly the same way that humans, all life, and

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everything in creation will inevitably do sooner or later. There is compelling evidence that this process is underway right now. The Schumann Cavity Resonance, often referred to as the “heartbeat” of Earth, has always in the past maintained a steady frequency or resonance of 7.8Hz. In the last few of years, however, the resonance has recently increased to around 12Hz with 13Hz being pivotal. Gaia is increasing the frequency of Her own Spiritual body as She prepares to make Her own evolutionary transition, something we should all celebrate.

In conclusion, we can see that regardless of the theories and agendas of the various groups interested in this process for whatever reason, there is indeed very real and important changes occurring that must ultimately affect all mankind, life on Earth and the solar system, and planet Earth, Gaia herself.

Due to the multitude of such theories, factions and agendas exerting themselves during this natural process, many people are understandably becoming very confused, bewildered and concerned for the future of themselves and families, particularly in view of the increasing number of “survive 2012” type agendas appearing, implying a pending global catastrophe. We must recognise the many unsubstantiated ideas, theories and agendas for what they are, choosing instead to focus within, and on what we know to be incontrovertible true, based upon what we personally experience, know and intuitively feel.

My own message is clear and unequivocal. We are all, both as individuals and equal aspects of the human race and of all life on Earth and of the Universe, experiencing a completely natural cycle of transition, orchestrated by Divine intelligence, Who Unconditionally Loves us all. How we experience and emerge from this transition, both individually and collectively as the human race will, as always, be determined by one factor and one factor only – individual and collective Consciousness, and our own unique state of Spiritual attainment and evolution.

If you really wish to know the outcome of the transition of the ages, or of December 21, 2012, or of any related event, then rejoice, because you have the power to determine and experience that outcome, both individually and as a member of the human race. Humanity can have and achieve anything it desires during the coming age, so choose Peace, Harmony, Love, Service and true Spiritual Evolution, and they shall be yours with everyone else sharing the same glorious new reality.

We must therefore focus within in order to realise our own true reality, in the absolute knowledge that once the transition of the ages is complete, only those who have turned to focus within, and rediscovered their own true, infinite, immortal, Self, and are ready and prepared to progress beyond the material illusion of the physical world, will emerge to become the first members of the next Divine evolution of human beings – Homo Spiritus.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**



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### **17 October 2010. The "Global Warming" Myth**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

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

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

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

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

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

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

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This week I would like to broadly continue our theme of "2012" by discussing the subject of so called "global warming", which, although not directly connected to 2012 in absolute terms, certainly has its role to play in the grand scheme of things.

I do receive many messages on the subject of "global warming". I assume that this is due to the fact that hardly a week, or often a day goes by without some extreme weather condition, most recently severe flooding in many parts of the world.

In addition, the media and governments of the World are placing an increasing emphasis on the term "global warming", in almost the same breath as the so called "war on terror" - both of which are, in absolute terms, completely contrived.

I think it is fair to say that wherever you live you will have experienced extraordinary weather conditions over the last few months, and most probably increasingly so.

The official position on the part of the major government of the world is that "global warming" or "climate change" due to "carbon emissions", "fossil fuels" etc is the cause.

In fact this is a complete and utter myth whether the major governments of the World believe it or not. There is not one serious scientist that I am personally aware of involved in these areas that believes the official line with regards to global warming.

In fact the term "global warming" is very misleading in and of itself, because what we are seeing goes far beyond simply warming - we are rather seeing rapidly altering weather patterns of increasing extremity.

Here is a typical quote from a scientist who knows the truth for what it is:

*"It is the greatest scam in history. I am amazed, appalled and highly offended by it. Global Warming; It is a SCAM. Some dastardly scientists with environmental and political motives manipulated long term scientific data to create in [sic] allusion of rapid global warming."* -- John Coleman, Founder of Weather Channel

From my own extensive research I would definitely agree with this view, although this is only part of the entire equation.

There are then two major aspects to the "climate change" issue:

1. What is the real meaning and cause behind it?
2. What is the real agenda of the World governments?

In future newsletters we will look much more closely at these issues, but for now I will summarise as follows:

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## **1. What we are really experiencing are immutable, natural cycles of Energy and weather patterns that have occurred throughout history.**

Scientists have proved this conclusively by drilling deep core samples, in other words by sinking very long, narrow tubes deep into the ground at Antarctica, lake beds and other suitable undisturbed areas all around the planet.

The deeper samples contain an abundance of evidence that enables scientists to determine the weather conditions prevailing at any particular juncture in Earth's history, at least for tens of thousands of years.

The results conclusively prove the fact that climate changes occur with immutable frequency with cold spells, or "ice ages" and warm spells, both of which accelerate as they reach a peak.

Scientists have for example, through extensive research including analysis of ice cores and other evidence proven that the Sahara Desert alternates between barren desert and lush green, river laden tropical rain forest every 12000 years or so.

At the same time areas that once supported an abundance of life become extinct as they in turn become arid and dry.

These events have been taking place for at least 3 million years, as regular as clockwork, also responsible for the "ice ages" due to periodic shifts in the Earth's axis - pole shifts if you prefer.

Earth is currently reaching such a natural weather cycle peak.

In addition however we have the "2012 effect" which, as we know from previous newsletters, is ultimately due to the influence of great Energy cycles originating from Galactic Centre, and are reaching a peak of causality over the next few years as we rapidly approach the Event Horizon of this Galactic Singularity.

Many people have heard of the "Great Flood" of biblical times. I have been conducting considerable research into the Great Flood as the only recorded global cataclysmic event, and have so far found independent references to the Great Flood in 28 different cultures of the time throughout the planet - cultures that had no connection with each other. This event seems to have destroyed perhaps 80% of life, including human life at the time - perhaps much more.

Thus we can conclude with reasonable certainty that this event did indeed take place, and almost certainly coincided with a Galactic Energy Cycle and transition of great or lesser age, this time manifesting as a great flood, but in other such transitions or transitional quarters manifesting as other catastrophic events.

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However, this time there is a third influence - the Sun. During 2012 the sun will achieve a maximum period of activity, greater than anything ever witnessed and recorded in human history, likely resulting in massive Energy emissions known as "coronal mass ejections", "CME", and solar flares, probably of the highest magnitude "X Class" type, which could approach or even hit Earth directly.

So we can conclude, with reasonable certainty, that the next few years will be pivotal for humanity in terms of "climate change" alone, notwithstanding the numerous other "2012" factors that I have written about previously as we inexorable progress together through the transition of this great age and into the next.

Again though, and this is crucially important - the final outcome of these events or more specifically our experience of these events, at both an collective and individual level, will be determined by just one factor - human consciousness. Plain and simple - whatever humanity expects to happen over the next few years will happen. It is for this reason I am keeping you fully updated in this newsletter with the facts and only the facts.

**2. The major governments of the world are turning "climate change" into yet another cabal** like the drugs industry, banking industry, and more. A cabal generally seeks to take the money off consumers while the consumer feels grateful for it at the same time.

In this case you will see increasingly more "eco friendly" products sold on the basis that if you buy them you will be "helping climate change". You have probably seen advertising like this already - expect much more. These businesses will endeavour to cause people to purchase their "eco friendly" products in the context of "saving the world from the effect of climate change" while feeling good about it.

This has been a basic overview of a much larger and very important subject. In future newsletters we will look at these factors as well as 2012 related factors in much more detail.

In the meantime it is extremely important to keep this, very real and experienced aspect of the transition of the ages that we are all experiencing together in perspective.

We cannot escape the apparent reality of the ever increasing extremes of weather conditions, but as we know, "thoughts are things", and the more people focus on these situations, the more they will manifest into our experience.

We must also understand however that we no longer live in a democracy, we live in a mediocrity where the power of the popular press, in turned owned and controlled by those on the path of darkness, seeks to control the Mind of the populous at every level in order to prevail with its dark agenda over the next few years.

My advice to you is to never read, watch or listen to the so called "news". Much of the time it is not "news" at all, it is Mind control - plain and simple.

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Similarly I advise that you pay no heed to advertising that promotes products in the context of doing your part to combat "climate change".

That said, and this is most important notwithstanding the above, absolutely anything and everything we can do to help the planet, the environment and each other we must of course do first and foremost, but, most importantly, for all the right reasons.

For example, changing to a "washing powder" that washes your clothes at 30 degrees instead of 40 degrees will not help, but being diligent with what chemicals you use around the house most certainly will help the environment generally.

Also, and most importantly, endeavour to transition to a natural, harvestable whole food diet and away from animal based products which are, in any case, toxic to human physiology and can reduce life expectancy by 7 to 15 years as well as causing chronic, debilitating diseases.

Finally, above all please keep in Mind that as humans we have but one task to perform over the next few years, and that is to be prepared Spiritually, Mentally and Consciously for what is to come over the next few years - a main reason I was inspired to write my book Our Ultimate Reality. Every Human Beings has a choice, just as with the transition of other great cycles or ages.

Here is the link once again to your latest brainwave entrainment track, which has the potential to enable you to discover many of these Truths for yourself, and will remain available for one more week:

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

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

# The Our Ultimate Reality Newsletters

## 24 October 2010. Expression Of Your Experiential Reality

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.

It is highly apparent to me from the numerous messages I receive every week that many readers still believe, at some level at least, that their daily experience, their "life" their "reality", is somehow in the "lap of the gods" or the subject of "luck", chance", the "will of God" and numerous other superstitions.

This week therefore I thought it a good opportunity to reaffirm the Ultimate, Divine and most Sacred factors that give rise to what we consider to be "experience".

This is not "theory", "theology" or "indoctrination" in any way - this is rather my personally inspired and above all consistent, undisputable, beyond doubt,

I know and have experienced All personally, and know it to True.

Let us then review the Crucial Factors related to Expression of our chosen Experience:

**1. Implicit acceptance of the Truth that we are All Equal and Divine Expressions of God, Source, First Cause, "God Principle" if you prefer.**

When we Express our wishes, needs and desires in to our material, experiential reality, our "experience", then we do not do so through our own inherent "power".

We rather decide, of our own Divine Freewill, and then through our thought processes, emotions, feelings, expectations and above all Conscious Intent, which is then Expressed, not as an individual personality, but as an Expression of God, in to our Conscious Awareness.

**We are not "attracting" anything from anywhere.**

**We are Already Whole. We include the entire Universe and all in Creation Within us**

Nothing exists "apart" from us - we are already "All Inclusive".

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We are simply selecting that which we wish to Experience, which is then Expressed in to our Sphere of Consciousness through Source, Creative, God Principle.

The Master who became known as Jesus taught this Truth thus:

**"I and the Father are One".**

**"The Father within me doeth the works."**

When Jesus uses the singular "I" or "Me" he means "You and I".

We are all Infinite, Immortal, Divine Expressions of Source, God, and All Co-Creators in the Universe.

Our Experiences here on Earth are very simple but necessary.

Upon completing our missions here we move on to Experiences as Expressions of the Divine Which are Glorious, far beyond the comprehension of Mortal Humans as we take our place in the Great Works of God, which are Splendid, perfect and Eternal.

**2. Faith.** Perfect Faith is the most important Principle behind Expression.

Faith can have two polarities - Positive/Creative and negative/destructive.

Faith is the Evidence of Things hoped for but not yet seen.

Faith is therefore the certain feeling that we already have everything we could possibly wish for need and desire, and that all we need do is to "take delivery" of it.

Faith is a very large and crucial subject, that cannot properly be summarised.

Suffice it to say - true Faith is immensely powerful as opposed to blind faith which is powerless.

**3. Expectation.** Expectation is Faith in progress.

Expectation is therefore the Faith that whatever you are Expressing through Divine Energy will soon be delivered in to your Experiential Reality.

**4. Belief.** Belief goes hand in hand with Faith, which is why Jesus also spoke of Belief so frequently, often in the context of Faith.

Belief is the unshakable Belief in Who we Are as Expressions of the Divine, and therefore the Certain Belief that all is possible with Perfect Faith.

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**5. Trust.** Trust is Trusting in our own Infinite Potential as and Through, The Divine, Source Energy, God.

Trust is necessary to support our Faith and Belief.

**6. Acceptance.** As we know that the Expression of our wishes, needs and desires are already part of us, we must Accept our Good with Gratitude.

**7. Gratitude.** Gratitude is Expressed in the certain knowledge that as we are already Whole, and that we have the Perfect Faith, Expectation, Belief, and Trust, that we are already Grateful that our Expression has duly arrived in to our Conscious Awareness and accordingly our Experiential Reality.

Gratitude therefore is an Energy that recognises that the Expression of needs, wishes and desires has already been Realised through the Expressive Energy of Divine Providence.

These final three factors are not States of Consciousness in the same way as our first seven, they are rather Expressive Forces or Energies that give Power to the Expressive Principle.

**8. Imagination.** Imagination is an important Expressive Energy that Conceptualises, Consolidates and Crystallises, the Nature of that which we are Expressing in to our Experiential Reality.

The clearer we can Visualise, Feel, Hear, Taste and Smell within the aspect of Mind Principle that corresponds with their equivalent corporeal senses, the more the resultant Expression will correspond to our wish, need or desire.

So do not leave God guessing. Make your Wishes Known, and as Jesus said " It is God's good Pleasure to Give You the Kingdom.

It is impossible to Imagine anything that does not already Exist within the All of the Eternal Now.

So it is impossible to Imagine something "too big" to Experience.

Our only consideration is to Express the factors discussed in 1.

through 7 above to the maximum possible extent.

Never be afraid of being "greedy", or "unworthy" or minimalistic.

If you are going to Express something at least Express it gloriously.



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As Jesus said - even something as tiny as a "Mustard Seed" - and he was not referring to "mustard seeds" as in "mustard and cress", he was referring to a large tree that grows in the Middle East, the seeds from which are very tiny. But as Jesus said, if you can Imagine it, and have the absolute Faith, it will be expressed as a magnificent tree.

**9. Emotion.** Emotion is a state of Consciousness that influences our Experience in accordance with the quality of the Vibration of the Emotion.

Emotion can therefore be thought of as E-Motion, or "Energy in Motion".

The more Positive Emotional Energy we Experience in the context of the Expressive Nature of our needs wishes and Desires, the "faster"

relative to the concept of Earth "time", will those needs, wishes and desires be Expressed in to our Experiential Reality.

Such Emotions are for example Excitement, Joy and even Euphoria.

**10. Feeling.** Feeling goes alongside Emotion in that the more you can Feel that you are already Experiencing the Expressed Fruits of your Imagination, the sooner you will realise those Feelings in your Experiential Reality.

So these then are the 10 primary Principles behind the Principle of Expression.

As you will note - what is usually taught and presented as the "Law of Attraction" does not take account of most of these Principle Factors.

Many such resources do talk about emotion, gratitude and imagination, but as you will no doubt note, these simply represent the Energy behind the Primary Expressive Principles that we have discussed today.

In particular we now fully appreciate that we never "attract" something outside of us, we rather Express that which is already an inseparable aspect of us and of the Divine of which we in turn are all Infinite, Immortal, Eternal Expressions.

So you see - humans are not powerless, puny beings that must resort of so called "laws" that no one really understands, no more than they have to "worship" a deity that no one understands in order to plead, petition and beg for mercy and all things needed.

Humans instead are Powerful Expressions of the Divine, Source, God, with equal power to Express anything we wish for, need or desire.

**The Principle of Expression will Empower you to Realise absolutely anything you Desire without limitation.**

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

## **The Our Ultimate Reality Newsletters**

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 14 November 2010. Natural Perfect Health

Welcome to your Newsletter.

Thank you to everyone who re-sent messages that you have not received a reply to. I believe I have now responded to all the messages I have received - except perhaps for the most recent ones - so if you still have not received a reply, do let me know.

Well here in England, like many places in the Northern hemisphere, temperatures are dropping rapidly as we head towards Winter, with just the last few remaining leaves on the trees hanging on as long as they can.

About this time of the year, and throughout the Winter months I receive numerous messages relating to health issues and concerns. In this week's Newsletter I thought it would be appropriate therefore to discuss once again the subjects of Health and Healing, so you can remain healthy, not only during the Winter months, but always.

In previous Newsletters we have discussed Telekinesis - or "Mind over matter" in general, but exactly the same Principles apply to all things including, but not limited to Mind over Health, Mind over Healing and Mind over ageing. In other words Mind is Principle over our entire "Health" experience. Because we are One, Mind can also influence the experience of "others", including the Health of "others".

There is one underlying factor, which, when fully understood, will greatly assist in all things related to healing and health including the illusion of "ageing". Everything we experience as our personal "body", as with everything we perceive as being "external" to our body, is a direct projection of our thoughts, the most important of which is True Faith, Belief and Expectation - in the Highest and Purest sense.

Many people find it difficult to accept the truth that they are the cause and therefore the effect - the product - of their own health, weight, mental state etc. - but once realised and accepted it is extremely empowering on many levels - it is Life Changing.

No longer is it necessary to accept poor health, "catching diseases" from others, or a "body" that you are unhappy with. We have absolute control over All of these aspects of Self.

Take "weight" for example. One of the factors that most people are conscious of - body weight - is not directly a function of what, or how much we eat, but how we **think** of ourselves - our self-image". Most people associate, at some level, eating "fast food" for example, with "putting on weight", therefore every time they go to a fast food outlet they "put on weight" - it must happen - by Mind Principle - because they Believe and have absolute Faith in that process and outcome.

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This is why some people can eat as much as they desire without ever "putting on any weight" at all - they simply do not expect to "put on weight".

That said - if we eat the wrong things - for example animal and dairy products which are proven to be toxic and detrimental to the human system, because the human body was never designed for this type of food - and we have an indifferent mindset towards our nutrition - then these will have a seriously negatively impact on health, simply because the body reacts in a natural way towards these unnatural foods.

The Old Testament, the abbreviated story of a much earlier account of "creation" in general and Humans in particular confirms the foods God provided for us:

**"Behold, I have given you every herb yielding seed, which is on the surface of all the earth, and every tree, which bears fruit yielding seed. It will be your food. -- Genesis 1.29:**

**"But flesh with its life, its blood, you shall not eat". --Genesis 9.4**

As well as the moral considerations of diet:

**"The greatness of a nation and its moral progress can be measured by the way in which its animals are treated." -- Mahatma Gandhi**

**"Whoever is kind to the lesser creatures is kind to himself". -- Prophet Mohamed**

**"There is not an animal on the earth, nor a flying creature flying on two wings, but they are peoples like unto you". -- Koran, surah 6, verse 38**

People can drink a "fatal" poison or be bitten by a poisonous insect, snake, spider etc. and experience neither "death" or ill effect at all, depending on what they believe and expect will happen.

Plain and simple - our physical body is an aspect - and the result, "outworking" of our physical experience, and therefore, as with our external experience, our thoughts, belief and expectations - driven by Faith - always shape our body in every way.

When you get a "stomach ache" for example, your stomach has no intelligence which causes it to decide to ache - it is reacting to a bad food combination. Rather than accepting the discomfort, remind your stomach that it has no right to behave in that way, and then instruct your Subconscious Mind" to deal with it - which it will.

The same Principle applies to "ageing". As discussed in previous Newsletters, people only appear to "age" because they are taught from birth that as we get "older" changes take place to our body such as teeth decaying or falling out, hair falling out and/or turning grey, skin wrinkling, and all the other outward manifestations of what people know as "ageing".

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The process of "ageing" is very much reinforced by the "vanity industry" who, through TV adverts, bombard people with a relentless series of products to mask or even prevent the effects of "ageing", often using impressive sounding chemical compound names - which are completely contrived - thus reinforcing the thought of ageing and vanity itself, and therefore becoming self-fulfilling.

If you go to the doctor and start taking "medicines", you are saying to your Subconscious Mind "I have a disease that needs to be cured". Taking that medicine is the same as repeating the affirmation "I have a disease", and the physical action of taking that medicine for the disease, reinforces the presence of that disease.

This is the true mystical meaning of the "Eucharist" as opposed to the theological concept of it as practiced by the Christian religions. The mystical or Magical meaning of the Eucharist is specifically the reinforcement of a Principle on the Subconscious Mind through the action of eating or drinking.

As also discussed in a recent newsletter, it is a scientifically accepted fact that the body of every single one of us, without exception, is completely "rebuilt" every few years - some parts taking just a matter of seconds, minutes or hours, some days, some months, but after a few years we have a brand new body in almost every way.

So why do people age or suffer long-term diseases?

Quite simply because the Subconscious Mind is building our body in absolute accordance with the DNA blueprint we are born with, in accordance with our thoughts.

If you think you will "age" or suffer from a life-long ailment, then that will be your experience, by the one fundamental Principle in and of the Universe - Mind.

Likewise with "body building" or "training at the gym". Anyone can attain the perfect body shape and other attributes without even leaving the house, or using any equipment, and probably better results as well. The only "workout" anyone needs is of the Mind, because Mind is Principle and has dominion over the Body. Attending gym etc. does not "build the body" in and of itself - it is the expectation that it will that is the Cause behind the Effect - i.e. Mind.

So - we have absolute control over our body at every level.

Specifically - our Subconscious Mind, over which our conscious Mind has absolute control - has total dominion over our own body.

So what then are the Principle factors for maintaining perfect health and appearance?

**1. Love thyself - Unconditionally**

**2. Realise the perfection in which we are All "made."**

**3. Know the Power of Personal and Source Mind for Perfect health at all levels**

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Let us look at these Principles more closely:

**1. Love thyself: God, Source, First Cause** from Whence we came in the beginning Loves every single one of us - Unconditionally - including those humans consider to be "evil" - **because we are All Equal, Divine Expressions of Our One Source.**

So if our Creator Loves us Unconditionally, then we should Love ourselves Unconditionally. I do not mean that in a vain, or even narcissistic way, but rather to honour and reciprocate the Love our Source, God if you prefer, has for each and every one of us - honour Source by realising Unconditional Love within ourselves.

Unconditional Love is the highest vibration in the Universe, and the higher the vibration of Energy we associate with, and assimilate, the higher the effect upon our own body. Unconditional Love is the highest vibration we can honour our body with, and the vibration with the greatest healing power.

If you look in the mirror and dislike what you see, you are effectively disliking God, because you are the Son or Daughter of God in Whose perfect image you are made.

So every time you look in the mirror, regardless of what illusion your physical eyes convey - say to yourself - "I Love you!". 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 our One Source - God.

**2. Realise the perfection in which we are made:** First Cause, Source, Universal Mind - God if you prefer - 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**

And God's own image is Perfection. So we were all made in the same Perfection as God - Source- and it is our sacred duty to express that Perfection. Source never sent us decay, disease or misery - these are created by the Mind of humans - Source knows only Perfect Life, Perfect Health and Perfect Love, of which we are all Perfect Expressions.

So all we need to do is to realise Source within ourselves, as an Expression of experience and Source, and to realise that perfect image Whence we were made.

**3. Know the Power of the Mind for health at all levels:** It is crucial to know, understand and practice the power of Mind at personal, individual and in particular Source levels.

Subconscious Mind has total dominion over our body at all levels. It is Subconscious Mind that maintains our vital functions, breathing, heartbeat, blood flow, bodily defences and everything else at all levels. Likewise Subconscious Mind responds to our every conscious thought without question.

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Only think therefore healthy thoughts and of your most perfect appearance at all times and that must and will be your Experience.

If you see someone sneezing or "ill" in any other way, do not think to yourself "now I will catch that cold or 'flu", rather think in terms of "I feel so healthy" and "thank you for my perfect health" - never be influenced by your perception of those around you.

That said you should not ignore those around you - especially if they are suffering.

Because we are All One, we can feel the Love, feelings and emotions of themselves, and of their perfect health, and thereby bring these to their own personal experience, which is really a part of our own personal experience - they are inseparable.

If your Child or other Loved one or anyone for that matter has manifested an illness within their physical body, place yourself into a state of relaxation where you will not be disturbed, and then feel at One with them, knowing, beyond any doubt that they you are they and they you, and visualise that person smiling joyfully, in perfect health knowing the truth of the words of Genesis: **"in the image of God created he him; male and female created he them"**, knowing that image is only one of absolute perfection at all levels, from the Spiritual to the physical.

This is the same Principle as Telekinesis.

The only way to influence "something else" is by knowing that you are part of that else" and that therefore it is not really "something else" at all but an aspect of you.

Everything is Spirit, be it another person or an "object" and therefore the Principle is identical - in order to influence something or someone else, whether to move it or heal them, you must, beyond all doubt, know the truth that they are really you.

Once you know this truth, feel this truth, and assimilate this truth into your very Being, a whole range of abilities will open up to you, especially when supported by two of the most powerful Principles in the Universe - Sublime "Faith" and Absolute "Belief" in your own true identity as an inseparable aspect of Source, God, and therefore of the infinite God-given powers of your Subconscious Mind, because -

**"Neither shall they say, lo here! or, lo there! For, behold, the Kingdom of Heaven is within you". -- Luke 17:21**

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

We are Source.

Source is Perfect.

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Therefore we are inherently Perfect.

All imperfections arise from wrongful thinking.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**



## The Our Ultimate Reality Newsletters

### 21 November 2010. 2012 Questions And Answers

Welcome to your Newsletter.

Thank you to everyone who re-sent messages that you have not received a reply to.

I am still working my way through the messages received recently and ask for your patience until I get to your message which will be soon. Thank you for your patience.

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

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

As 2012 draws ever closer, the questions increase as does the confusion, concern, even fear of what will "happen" to people, loved ones and friends.

This is not being helped by the ever increasing number of books, TV programs and even full length movies, many of which are misinformed or motivated by profit.

The worst are those books in particular that seek to sell through fear, uncertainty and doubt, under the general heading of "how to survive 2012".

Let us this week then begin to put 2012 in to a proper perspective, with this, the first of several question and answer sessions over the next few months, based upon questions I have personally received from readers.

I hope you find this new approach to these crucial issues to be of benefit.

**Question:** *My children are too young to understand what 2012 is all about, much less prepare for it. is there anything I could or should do for them.*

**Answer:** Have no fears. The Higher Self of many new born's, infants and young children incarnated a personality at this time in full knowledge of the current Transitional Process and in many cases to actively participate and experience.

Of course, as with many older people, this does not apply to all children, but there is nothing, as parents you can or should do. It is above all crucial to understand that Life is

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without beginning or end - it is Eternal - and that includes children, so whatever ultimately happens all children will continue and be where they should be.

**Question:** *Will the World end in 2012 - is it the "end of days"?*

**Answer:** No the World will not "end" in 2012 and neither is it the "end of days".

The Maya, whose Long Count Calendar really brought the iconic date of 21 December 2012 to human consciousness, never actually said this. The Long Count Calendar does not "end" on that date it simply "resets" as the next era or "age" of humanity begins, just as has been the case for time immemorial.

2012 should be perceived as an opportunity - but not right - to evolve to the next level of Humanity that the Aztecs and others call "Homo Spiritus", just as at the end of the previous cycle there was an evolution from Neanderthal to Homo Sapien.

This process will not happen overnight - in fact the process already started around 1987 and will continue well beyond 2012. The reason 2012 is so critical is that this is the pivotal, "tipping" point in the process - the point of "no return" and no "second chances" - to be Spiritually and Mentally prepared.

This Spiritual and Mental preparation is a subject in itself that we will cover in another Newsletter, but one of the most important Principles - one that is honoured throughout creation from Source outwards is - **Service to Others Before Service to Self**.

A major aspect of this is letting go of the material things that bind people to Earth - the cause of greed and self-interest. By putting others before yourself and material desires, you are well on the way to being prepared for the events ahead.

**Question:** *What is this "Galactic Alignment" all about?*

Well this is a big question indeed with no single answer.

In the very broadest terms, the Galactic Alignment may be defined as the alignment of the December solstice sun with the Galactic equator due to the precession of the equinoxes.

"Precession" is defined by the earth wobbling very slowly on its axis thereby shifting the relative position of the equinoxes and solstices one degree every 71.5 years.

Because the sun is one-half of a degree wide - as viewed from Earth - it will take the December solstice sun 36 years to precess through the plane of the equator of our Galaxy.

The Maya used the Sun to reference the central point of our solar system, and one that can be used in conjunction with Earth and the plane of the Galactic Centre to describe

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the "Galactic Alignment", which, according to the Maya, will take place on 21 December 2012, and used as the focal point for both their Long Count Calendar representing the transition from one great "age" to the next".

In fact the Sun, in and of itself is somewhat superfluous to this metaphor as we will see later. That said, it is clear that the Sun will actually participate in this process as will all planets in our solar system, and will likely participate, as it is indeed doing right now, on any resultant causation experienced by Earth and all life on Earth.

Another important feature of Mayan philosophy is that "time", rather than being linear in nature as currently believed by science, is rather spherical, and therefore time, like the Universe itself has a beginning and an end - or neither a beginning or an end - depending how you look at it. At the end of a cycle of time however, there is a renewal or evolutionary event which forms the basis of the Mayan Long Count Calendar which has proven to be extremely accurate. This is the cycle of time that "ends", according to the Mayan Long Count Calendar on 21 December 2012, but most crucially begins again as a new cycle, thus completing the circle

I have said this before and I will say it again - the Maya were one of the most brilliant and truly advanced races ever to have walked the planet, if not the greatest. Their abilities in Astronomy, Cosmology, Physics, Astrophysics and Math were far in advances of anything seem today, notwithstanding all of the technology being deployed. The Maya have been right all along, and for good reason.

In view of all of the myth, speculation and sensationalism surrounding 2012, and the ongoing and escalating observable events that are increasingly taking place, I believe the time has come to take a very close look at what is actually going on that we may understand and prepare better for what may be to come, while dispelling all of the myths, misinformation and sensationalism that currently and dangerously abound.

2012 is not a "prophecy" and never was a "prophecy" it is rather a prediction deeply based in fact, one that can be measured and indeed was measured by the Mayans, verified and equated to past significant events in Earth's history.

Please note that I say "may be to come". The truth is no one, including myself knows for sure what will happen over the next few years, if anything at all, but we can look at the facts and the precedents at least in order to become properly informed and thereby prepared, and also dispel all that which is not true but could become true as self fulfilling events under the influence of collective Mind and Consciousness.

I am now almost certain that there will be no single event occurring on 21 December 2012, which, as mentioned above, is simply a convenient symbolic representation of a much greater event that is already in the process of taking place. So not cancel your appointments for 22 December 2012 or for 2013, because if all goes as it should do you will be attending those appointments after all.

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With those caveats duly stated, let us then look now at the facts relating to the "Galactic Alignment", what it really is and means, and how it can affect us at every level, Mind, Soul and body, as well as all life on Earth and planetary Spirit Gaia, to Whom we are inexorably connected, Herself.

At the very centre of our Galaxy there is what astrophysicists call a "super-massive black hole". The Energy and density of this super-massive black hole is so great that not even light itself can escape, photons of light being sucked into the black hole along with everything else that approaches it including stars and planets.

This is why it is called a "black hole", because light itself no longer exists in that region having been subsumed by the massive Energy vortex of the super-massive black hole.

Now this super-massive black hole is absolutely fundamental to the entire issue of 2012 and what we are and will increasingly continue to experience, and here are reasons why.

The gravitational Energy and therefore spin rate of the super-massive black hole is so immense that it actually flattens out to form a "super-massive black hole plane", like a massive, intensely dense disk, characterised by an immense outwardly radiating Energy vortex. It is this planar characteristic of the black hole due to the gravitational Energy being radiated out from the super-massive black hole that gives rise to the very "flat" appearance of galaxies generally, all of which I believe have a super-massive black hole at their centre. I am personally of the view that a black hole and associated dark matter may be the precursor of a galaxy. There are probably countless other younger black holes with associated dark matter in the Universe that have not yet began to form its own constellation of stars and later planets and moons, each with the so called "dark matter" forming the fabric of the galaxy, which, together with the gravitational Energy of the super-massive black hole and associated cosmic material, forms and then binds the galaxy together.

In absolute terms a galaxy, including our own galaxy, the Milky Way, is extremely, amazingly in fact thin. When viewed edge on it could be likened comparatively to viewing the blade of an extremely thin and sharp blade. In practice of course this plane of the galaxy is still a huge distance across, but still comparatively speaking, taking into account the vast scales involved, the Galactic Plane is extremely thin.

So we have our galaxy, at the centre of which is a super-massive black hole manifesting an inconceivably massive gravitational Energy vortex that, together with dark matter, holds together as well as influences the fabric of our galaxy, of which we, on Earth are on the outer edge of a spiral arm.

As this black hole gravitational super-Energy extends to the very edges of the galaxy - it must do to hold the form of the galaxy together including our solar system on the outer edge, just as the gravitational pull of the Sun extends far enough to hold the planets of

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our solar system in orbit or planets in turn hold their moons in orbit - it is all relative to scale, range and the gravitational Energy potential being manifested.

So this Energetic influence of the super-massive black hole over the galaxy, our Sun, the Solar system and of course Earth always exists - there was never a time when it did not exist and may be one of the key features of the 2012 event - possibly through the distortion of the fabric of space and time, i.e. space-time, that will show those prepared the way towards the next Evolution of Human Being.

**Question:** *Will the Sun play a part in 2012?*

This is a very good and relevant question.

There is no question that solar activity will peak in 2012, and at the highest level in recorded history, but if it is directly related to the Transition or not is another issue.

In my view it is unlikely that the Maya tracked solar activity - being observers of the night sky - so the peak in 2012 is an additional factor.

One of the biggest hype words this century is "global warming".

In fact the term "global warming" is very misleading in and of itself, because what we are seeing goes far beyond simply warming - we are rather seeing rapidly altering weather patterns of increasing extremity.

Here is a typical quote from a respected scientist who knows the truth:

*"It is the greatest scam in history. I am amazed, appalled and highly offended by it. Global Warming; It is a SCAM. Some dastardly scientists with environmental and political motives manipulated long term scientific data to create in [sic] allusion of rapid global warming."* -- John Coleman, Founder of Weather Channel

From my own extensive research I would definitely agree with this view, although this is only part of the entire equation.

What we are really experiencing are immutable, natural cycles of Energy and weather patterns that have occurred throughout history.

Scientists have proved this conclusively by drilling deep core samples, in other words by sinking very long, narrow tubes deep into the ground at Antarctica, lake beds and other suitable undisturbed areas all around the planet.

The deeper samples contain an abundance of evidence that enables scientists to determine the weather conditions prevailing at any particular juncture in Earth's history, at least for tens of thousands of years.

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The results conclusively prove the fact that climate changes occur with immutable frequency with cold spells, or "ice ages" and warm spells, both of which accelerate as they reach a peak.

Not only that, but the climate oscillates from one extreme to the other.

For example, scientists have found conclusive, indisputable proof that the Sahara desert has for millions of years alternated between arid desert and lush rainforest. Corresponding changes may be seen throughout the world.

It should be noted that the Sun cannot, alone, be responsible for this due to the fact the Sun exerts its effect equally over the entire plant. The only possible explanation is a shift in the axis of the Earth orbit by a few degrees - a wobble - that takes place at almost precise intervals. The only explanation in my view is the gravitational influence of the Super-Massive Black Hole at Galactic Centre.

So this is somewhat of an unknown, but anyway, although having profound effects on human habitats throughout the World - it is not in any way an "extinction level event", but rather one that would require massive large scale action.

It is clear however that Earth is currently reaching such a natural weather cycle peak.

Many people have heard of the "Great Flood" of biblical times. I have been conducting considerable research into the Great Flood as the only recorded global cataclysmic event, and have so far found independent references to the Great Flood in 28 different cultures of the time throughout the planet - cultures that had no connection with each other. This event seems to have destroyed perhaps 80% of life, including human life at the time - perhaps much more.

Thus we can conclude with reasonable certainty that this event did indeed take place, and almost certainly coincided with a Galactic Energy Cycle and transition of great or lesser age, this time manifesting as a great flood, but in other such transitions or transitional quarters manifesting as other catastrophic events. The end of the age of the dinosaurs as well as previous and post extinction events almost certainly coincided with these Galactic transitional Energy cycles.

During 2012 the sun will achieve a maximum period of activity, greater than anything ever witnessed and recorded in human history, likely resulting in massive Energy emissions known as "coronal mass ejections" and solar flares, probably of the highest magnitude "X Class" type, which could approach or even hit Earth directly.

This is in conjunction with a thinning magnetosphere that protects Earth, and in particular life on Earth from the effects of solar radiation.

Again though - these "local" influences alone seem to be converging with the "2012" effect rather than being part of it as predicted by the Maya.

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While not extinction level events, in and of themselves, how humans react to these challenges and particularly to each other, in particular whether humans recognise our One-ness and come together as One to help all those affected in the Spirit of Service, or whether self-interest and protectionism takes over leaving many to fend for themselves.

I am certain that none of this is "coincidence" - no such thing - but rather an integral aspect of a much bigger picture.

One thing is for sure - the next few years will be extremely challenging while at the same time presenting a major opportunity to Evolve to the next level of Human - Homo Spiritus.

Everyone has the same opportunity, but which must be grasped with both hands and made real. Sitting back and "hoping for the best" will not do it. There will be no religious "rapture" or "ascension" - the product of religious misunderstanding.

Remember - Service to Others Before Service to Self is hugely important, but keep in Mind that the Service must come from the Heart - never begrudgingly as an obligation. Service should be extended with Joy, and with no thought of Self.

And, as I always remind you at the beginning of each Newsletter, a crucial aspect of Service to Others is showing them the Path, that they might have the choice also. A simple action you can take is to share this Newsletter with others and encourage them to join us every week - they can enter their details on any page of our site:

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 28 November 2010. The Equality Of Life

Welcome to your Newsletter.

I do hope you have enjoyed a wonderful week.

Here where I live in North East England, we are experiencing the earliest and most severe cold weather on record for November, with heavy snow and temperatures as low as -15 degrees. There is no end in sight to this weather. I am sure many other places in the Northern hemisphere are experiencing similar conditions.

Even as I write this I am looking out of my window at a beautiful snow covered scene with temperatures still around -5 degrees.

This is all part of an exponentially changing weather pattern as we approach 2012, and I prepared to predict even now that the Summer of 2011 will start earlier and be even hotter and drier than we experienced in 2010 which I predicted last February.

There is no need to be alarmed - simply be prepared. Do whatever you must to ensure that you and your family remain warm and well fed in Winter and cool and comfortable in the Summer. Above all, due to the thinning ionosphere stay out of direct Sunlight wherever possible and where you need or wish to be in it ensure that your skin is well protected - in particular children. These are not life-threatening events, but part of the immutable and Eternal cycles of life to which we must adapt.

This Winter do everything you can, as I do, to help out other aspects of ourselves from the animal kingdom, especially birds. Due to the early and rapid onset of cold Winter weather, many sources of food - berries etc - have been covered or impossible to harvest. I suggest you obtain plenty of high quality wild bird seed and nuts, and place them in your garden, in places where they will not be disturbed - trees are ideal, as high as possible. Ensure that they remain topped up all Winter.

In this week's Newsletter we will discuss those Expressions of Source called "animals", birds etc.

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

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

We already know that each and every one of us is an Expression of Source, of God. Therefore, no-"thing" whatsoever in the entire infinite Universe, in any sphere from the very highest to the very lowest is "separate" from anything else in the Universe.



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**Nothing exists outside Source - we are Source - Equal Expressions of Source.**

Everything in "existence" - every Expression of Source - including all animal, plant and mineral life are therefore integral, inseparable aspects of every single one of us and of "each other". Those then who would hurt or kill animals, plants or indeed any living organism, however small, also equally hurts or kills a part of themselves. This is an extremely important and profound truth that everyone must fully understand.

Whenever mankind thoughtlessly or selfishly damages the environment by, for example, mining, building development, pollution, and in many other destructive ways, those responsible are equally damaging an aspect of themselves at the same time, even though it may not be immediately obvious. This is one very important reason why the Earth and humanity simply cannot withstand the current levels of wanton destruction wrought by mankind over the environment for very much longer.

This is particularly evident when considering the Rain Forests of the World and the global, wide-scale building and agricultural developments that are being continuously carried on in the name of materialism, profit and self-gratification, mostly in order to satisfy the relentless need for satiation of the five physical senses of much of mankind, and with the ongoing craving for bigger and better material possessions, possessions that are totally meaningless in terms of ongoing progression, possessions that are completely irrelevant within the inner spheres beyond the physical world after "passing", to which everyone is ultimately destined.

I recently saw a video of the headstone of a great Country Music singer called "Grandpa Jones", the Epitaph upon which reads as follows:

***"When you leave this Earth for a better home someday, the only thing you'll take is what you gave away."*** From "Falling Leaves written by Grandpa Jones.

Very wise words indeed, which everyone would be enriched to consider and live by.

A single physical life is but a temporal moment in the context of the great path, and to grasp, crave and become a slave to material possessions during this moment is to fail to recognise these fundamental Universal realities. Only when mankind as a race fully understands the implications of all of these actions and of their complete futility and irrelevance in the context of the entire Universe and the individual path of evolution, will this terrible and needless destruction cease, and the Earth finally have the opportunity to recover. That said, history has shown that the Universe always purges these excesses and "resets" humanity for another opportunity to get it right.

Hopefully, in the fullness of time, Earth can be restored to its former glory prior to the days of so called "civilised man". This can only occur however when mankind finally understands the complete and utter futility of the constant demand for temporal, meaningless, material possessions, acquired for no other purpose than for the gross gratification of the five physical senses and the uncontrolled demands of the ego.

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Everyone should be Mindful of these Divine responsibilities during every waking moment of every day. Whether at home, at work, in the garden, in the countryside, on vacation, we should always view and treat everything around us as an integral aspect of ourselves.

When out in the garden, walking in nature or indeed anywhere else, we should always be sure we do not harm any living thing, either accidentally or deliberately, by for example plucking flowers or treading in places where other wildlife might be peacefully established. We should never, ever harm any living creature, however small - each and every creature without any exceptions whatsoever is an equal Expression of Source and therefore aspect of ourselves, and All have an equal right to enjoy its rightful place in the Divine and Perfect Order of The Universe and to live without unnatural interference from others while following their own individual path.

Everything and everyone in the Universe is constantly evolving, and therefore everything and everyone has a path. All creatures, like everyone and everything else in the entire Universe in all spheres of Life and Reality are a Divine Creation, Expression and Aspect of Source, and no human being, no "Son" or "Daughter" of Source should ever forget these Divine Truths and responsibilities.

People often refer to some small creatures as "vermin". Again this is simply a derogatory human concept arising out of a complete and total lack of understanding and respect for the position which every creature or being without exception, however large or small occupies within the Oneness of All. A lack of understanding all too often motivated out of gross selfishness, materialism and the uncontrolled demands of the ego. These Divine creatures are only considered "vermin" just because they happen to be perceived as interfering with the selfish material existence of people. In fact these creatures are on their own Path of Evolution, involved with their own natural existence in the grand Universal scheme of things - these creatures are living their own lives on their own path, and in no way trying to be vindictive towards humans in any way - indeed usually the opposite is true.

If you are privileged to have smaller Expressions of Source in your home such as mice, spiders, insects etc., they are not in your home with the idea of being vindictive, to cause a "nuisance" or to annoy you, they are simply aspects of yourself seeking shelter, food and a place to reproduce and raise their offspring just as human beings do. People might claim that these creatures are harmful in some way, for example in the spreading of diseases, but as compared to mankind these creatures are extremely clean and advanced, and very much more perfect than many humans in many respects. Different does not mean "inferior" in some way.

If you destroy the habitat of a small creature, for example a spiders Web, you have destroyed a part of yourself equally. It is no different at all to someone arriving at your home because they do not like the look of it, or believe it is in an inconvenient location, and levelling it to the ground with heavy machinery. How would you feel?

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Every Aspect and Expression of Source, First Cause, God if you prefer, has feelings by virtue of the very same Consciousness, Life-Force, Energy that we all share, and this applies equally to All animals, plants and other Expressions of Universal Life.

Fear, hate or worry about the consequences of allowing these creatures, these same aspects of yourself and of God to share your home will attract to you the very consequences of your worry in accordance with Immutable Universal Principles. If you believe that sharing your home with other creatures will result in disease, damage or other undesirable, from your perspective consequences, then it will become self-fulfilling.

The way to proceed is simple and unambiguous. If you honoured to share your home with other creatures, other aspects of yourself and of Source who have chosen of their own Divine freewill to live with you, then welcome them with complete sincerity and if necessary provide them with food, and anything else they might require. Above all send them Unconditional Love in the knowledge they will return that Love Unconditionally, and never cause any problems for yourself, family or home.

It is erroneous to equate or relate any form of intelligence with the presence or size of a physical "brain". The physical brain is simply an organic interface of non-permanent physical matter interacting between the Energy level of the human body at a low level of vibration, and the much higher level of vibration of Energy of inner bodies - Etheric, Astral - Soul, and Spiritual - Mental.

Without such a physical interface, the much higher Energy vibrations of the inner spheres of life could not be mediated with the much lower Energy vibrations of the physical human body.

A plant has no need for a physical brain, but still requires the same Energy interface between its physical presence and its inner existence on the Mental Plane of the corresponding plant Mind. Beyond the illusion of material observations everything in Existence is Life, Mind, Intelligence and Consciousness, all integral and inseparable aspects of, and within the supreme and all encompassing Mind of Source.

Plants most certainly do have feelings - they know when they are about to be hurt or destroyed and do not differ from human beings or animals in that respect one iota.

The grand Universal scheme of things does of course recognise that the Earth life system and all that participate in it require food or sustenance and that plant life is a major part of that sustenance. However - Source provides us with a "harvest" - an abundance beyond that required for the life-form to perpetuate - our food. There is no need to grow and destroy plants simply for "taste" or other spurious reasons.

If the primary motive for destroying a plant is to eat for basic survival, then that, being in keeping with the great processes of Universal life is acceptable. If however a plant of any kind, or even vast areas of plant life such as the great rainforests of the world are

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wantonly destroyed for greed or other motives then there will always be a karmic price to pay. The pre-meditated destruction of any Expression of Source, be it animal, plant or mineral is contrary to Universal Life Principles, and the immutable Principle of Cause and Effect will always prevail - no one is immune. It is quite simply not possible as a cause to wilfully destroy any aspect of Source and therefore of all creation, without equally experiencing the consequences at some level.

Just because mankind egotistically perceives itself to be the dominant or "superior" form of life on Earth does not render the lives of other living beings any less important or any less significant. Every living creature without any exceptions whatsoever has its own part to play in the grand Universal scheme, and all should thus be equally respected. Everyone should know therefore that deliberately damaging the environment or hurting any form of life in any way whatsoever will inevitably yield karmic consequences in accordance with the Universal Law of Cause and Effect - there are simply no escaping these laws. Anyone who believes that they are beyond these Divine Universal Principles are deluding themselves and will in due course discover this truth by Experience - we are here to Experience.

Just because someone can rationalise the destruction of the environment, or the hurting or killing of other living creatures, usually motivated by material and very often highly egotistical interests as is the case of fox hunting, deer hunting, big game hunting and other forms of "blood sports" for example, does not make it right in the "eyes of Source" or the flow of the Universe.

The perceived need for material possessions often exclusively for the purpose of the gratification of the ego and of the five physical senses, the often blatant disregard for non-human life, and indeed sometimes in fact blatant disregard and disrespect for even fellow human beings are extremely serious human weaknesses which are never excused by the immutable laws of Cause and Effect which exist to maintain balance and harmony in the infinite Universe of which we are all an integral aspect.

It should be known that by comparison with the highly evolved beings of the Inner Spheres of Life, mankind is as the most basic life forms on Earth, little more than a single celled organism by comparison, barely capable of thought processes. And yet the beings of the Inner Spheres always view mankind with Unconditional Love, and do whatever is necessary to assist the progress of mankind along the Divine Path.

Eventually, every human being will evolve to these same levels as these Inner Beings, and further still, the inner always assisting the outer along the great path of Unity with Source.

It is incumbent on mankind therefore to view and treat all life, however apparently small or "primitive" they appear to be to the perceptions of man, as sacred, and just as the inner beings selflessly assist mankind, mankind should also selflessly assist and live in harmony with all creatures on Earth in the certain knowledge they are just as much brothers and sisters before Source, all striving for progress on their own path in this

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great Universe and Divine Expression of Life that we share, and in which we all "live, breath and have our being".

These important facts should also extend to the fundamentals of eating for sustenance. Food is a requirement of every form of physical life in order to maintain its existence. It is perfectly natural therefore to obtain food from the Universe in order to live and exist healthily. This is all a completely natural aspect of the Perfect Universal scheme of things. Most animals, except usually human beings, normally consume only those foods and in those quantities required in order to survive in a healthy state of being. In the case of humans however a trip around any supermarket will instantly reveal how the requirement for basic, necessary sustenance has grossly degenerated into a materialism inspired food-fest designed for the most part only to satisfy the insatiable demands of the ego and of the human physical senses, and in particular the senses of vision, taste and smell.

In most parts of the world where a reasonable standard of living can be enjoyed, the average person will consume very considerably more food and drink each day, often laced with chemicals, than is actually required for healthy survival. This fact alone is a major cause of health problems including obesity, which is becoming increasingly prevalent in many so-called civilised countries of the world.

Food manufacturers and supermarkets always endeavour to ensure food is packaged in brightly coloured, tempting wrappings to tempt people to indulge in even more excesses, that in turn material profits may be further increased in order to satisfy the pockets, ego and demands of shareholders. It is no wonder therefore we are witnessing ever increasingly serious health problems as a direct result of these gross excesses, problems of the sort that are increasingly evident in the world today.

One of the most unfortunate aspects of these excesses is the effect on the health of children. From a very early age children are fed all manner of unhealthy and unnatural foods with high sugar, fat and chemical content. These foods not only adversely affect the metabolism and body of the child, but also considerably boost the production of fat cells, which once produced will be with the child for life. These fat cells are then utilised by the body to store fat, and as a direct result the child becomes obese from a very young age, and is then fighting obesity for the rest of the child's physical life. Unfortunately parents are still for the most part oblivious to this as they feed their children ever more sugary and fatty foods, and in particular "fast foods" which are currently one of the biggest nutritional issues facing mankind.

People generally, with the exception of vegans and many vegetarians usually view meat products on supermarket shelves as mere food, an object, a meaningless commodity to be cooked and eaten, usually without any thought whatsoever for the suffering of countless creatures on Earth dying each year for reasons going far beyond the need of basic sustenance - creatures dying mostly in the interests of the gratification of the human physical senses. Again, not much more need be about this sad state of affairs, it

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should be totally apparent to anyone and everyone who takes the time to think about it objectively, and with complete honesty.

Introspection in these matters is an extremely worthwhile exercise. Suffice it to say, shelves upon shelves of meat products equate directly to suffering and physical death on a massive scale of innocent creatures throughout the world. As the most true and highly appropriate expression goes, “man should eat to live, and not live to eat”. The appalling treatment of animals is a cause that will always have its corresponding effect according to immutable Universal laws. Those that participate in the harming of any life form, any expression or aspect of God, will pay the price in accordance with the immutable Law of Cause and Effect of which karma is an important component.

Another aspect of progression and lessons to be learned in the physical world, lessons everyone will have to learn in this or a future lifetime, is the need for treating the physical body properly and eating only those foods and only in those amounts strictly necessary for a healthy existence. As we have already observed, most people consume many times more food each day than is actually required for healthy living, much of which consists of food of low nutritional value, but at the same time high in components harmful to the body including both natural substances such as fats and chemicals such as preservatives, colourings and taste enhancers.

Eating should be about healthy, natural living, and always with complete conscious respect for other living creatures and for the environment. Any human being can live very healthily indeed on a very modest daily diet of natural, healthy and nutritious foods, in sustainable harmony with our environment and of Source, none of which require fancy packaging designed to stimulate the physical senses. Such sensible, natural, healthy diets are beyond the scope of this Newsletter but there are plenty of information sources available on the subject of healthy eating and all natural foods.

In conclusion, everyone can live extremely healthily in the way Source intends, on a modest diet of natural foods that are not specifically designed to appeal to, and satisfy the demands of the physical senses and often of the ego.

Everyone can and therefore should do so with an absolute respect for all creatures of all forms and sizes, and for the environment of the stability and viability of the physical world of which we are all integral and inseparable aspects, sharing a collective and equal responsibility to everyone and everything in the Universe.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

# The Our Ultimate Reality Newsletters

## 5 December 2010. The Power Of Now

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

Here where I live we still have 1 1/2 feet of snow and very low temperatures - down to - 20 degrees in some parts - with no sign to an end.

If conditions are similar where you are, please do your best to put out bird feeders in your garden with high energy bird seed, nuts etc, and keep them well topped up that these small but Divine Expressions of Source and aspects of ourselves may remain fed and healthy this Winter until nature's harvest appears next year as a new cycle of life begins. Remember - as you feed a bird, you feed yourself, including Spiritually.

I would like to apologise once again for any messages I have not yet replied to. I finally determined that one of the anti-spam services on the server had automatically updated a faulty rule-set that caused genuine email to be filtered. The rule-set has now been corrected and updated and so all genuine mail should now reach me.

If you still have not received a reply please do send your message again, and I will do my best to respond as soon as I can, depending on volume of email received.

As we continue inexorably towards 2012, the great and pivotal Transitional epoch for humanity, it becomes even more crucial that as many people as possible who are here and able to participate are given or made aware of the opportunity to do so. Life on Earth will not end in 2012, and Life itself is Eternal. All continue in the rightful place. But as I have mentioned before, 2012 is an opportunity to evolve to the next level - not on a certain day, but in the new era that follows. I believe 2012 and 2013 will bring tremendous and unprecedented challenges to humanity, but we must "rise above" these to focus on the greater objective and not be distracted.

Dear Reader - you have this opportunity, all you need to decide is whether to take it. Above all it is our most Divine duty to make as many others as possible aware.

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

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



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As we discussed in a recent Newsletter, “time” is an illusion, albeit a somewhat persistent one, a purely human construct, designed fundamentally for convenience in order to measure a perceived “past”, “present” and “future”.

The illusion of “time” on Earth is maintained by means of scientific measurement of the relative positions of the Earth and the Sun in the physical three dimensional Universe in order to measure the seasons and the time the Earth takes for a complete rotation relative to the Sun, represented by various physical "time keeping" instruments such as clocks, calendars and charts.

Beyond the perceptions of most of those in the physical world, “time” simply does not exist. There is only Now, 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 therefore the concepts of “past, present and future” simply do not and cannot exist.

The entire Universe from Source outwards is Energy vibrating at a frequency relative to Source, Source being the very "centre" of the Universe of Energy at the highest vibratory frequency, and the physical world being the outermost shell, the physical three dimensional Universe as observed by means of the physical senses and measured by science, existing at the lowest rate of vibration and the highest density.

It should also be mentioned that the physical Universe of matter represents only a tiny fraction of the Universe of Energy and vibration in its entirety, and that even the physical Universe, although appearing as "solid" to the five physical senses, is in fact still transient and fluid Energy, and accordingly conforms to the same Principles.

All Energy is influenced through the Causation of Thought - originating through Mind - before appearing to manifest as an observable Effect in the plane at which the thought originated.

Everything that happens, ever happened and ever will happen in the entire Universe therefore, including what humans perceive to be the physical world in its natural form, first originated as a thought in the Mind of a Being, and which thought in turn has its corresponding effect on the Energy of the Causal Spheres of the Universe while becoming the corresponding effect interpreted through the physical senses.

The Ultimate act of Creation by Source of the entire Universe in all of its glorious spheres, planes and dimensions originated as a thought in the Infinite Mind of Source - Source Mind. It can be truly said therefore that we all exist as “Expressions”, within the Mind of Source, in the true Spiritual image of Source.

However, we were never created, we were Expressed in to Self Awareness and given the gift of Freewill through which we became self-determining with all latent Powers and Characteristics of Source, ready to be fully realised through Evolution.

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Since the beginning of the human concept of “time” mankind has sought to live life based around that fixed and mechanical concept, thereby always thinking in terms of “past”, “present” and “future” rather than Now - Which Is All There Is.

The Universe and Universal Mind Energy we influence through Mind in the Expression of our own individual Experience have no concept of time, only of Now, and as a result there is a no “past” or “future” irrespective of how much mankind forces his own existence around those erroneous notions. This tendency to force everything to happen in compliance with this notional concept of “time” has a very profound effect on the lives of those who do not fully understand the consequences.

When a person thinks in the future tense, for example “I will”, “I want”, “I could” then the Energy being influenced by those thoughts that can manifest into individual reality will be influenced only in the Now, with the perceived future never actually arriving. So if someone thinks, says or behaves in a manner that implies “I want”, then that person is placing themselves into a perpetual state of “wanting” but never of 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 that which they “want”.

Universal Source Energy, is immutable - Perfect in every possible respect - and will accordingly always respond to a thought in absolute terms rather than a human concept which often does not focus the thought in a focused, unambiguous way.

“I want” literally creates a perpetual state of “wanting” whatever is associated with that thought form, until it is shifted to a state of “having” in the Now, which will then allow the object of that thought to move from a perpetual want into the Now, and accordingly the Experiential Reality of the person originating that thought.

The importance of the Eternal Now simply cannot be over-emphasised. It is one of the most fundamental influences on the ability to create our own realities Now, rather than perpetually being frozen in a state of wanting but never receiving, a state that many find themselves in today.

“I want” is a totally erroneous concept because we already Have - All That Is.

The importance of the Eternal Now must be fully grasped and understood as an aspect of enjoying total Fulfilment, Evolution and Freedom. How we think has the most profound effect over the effects that occur in our lives; nothing has a more profound effect.

It is not sufficient to only recognize and express these fundamental Universal laws when it suits us, when we desire something or when there is a situation that demands, it is absolutely necessary to live life completely in accordance with these immutable Universal Principles Those who do live their lives, either consciously or subconsciously according to Universal Principles will seem to others to live a “charmed”, “lucky”,

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“fortunate” existence, when in reality they are truly living a Magical life, always in total control over their own individual Experience, and always in a higher degree of harmony with the Universe compared to those less notionally “charmed”, “lucky” or “fortunate” family, friends and others around them.

In order to begin the process of living the life of your desires in which you have a total control first of all requires awareness. Rather than thinking random thoughts, all of which will have their corresponding effects whether observable or not, start to become fully aware of how, what and why you are thinking what you are thinking, and if you are not wishing for any particular effect, then we should not be “thinking” at all. Every Thought has a corresponding Effect whether the Thought is Conscious in origin or not.

This is where Powers of Concentration are so valuable. Focussed Intent with Sublime Faith and Detachment, are a very powerful combination arising from Concentration, in Expressing our Experience and living that Magical life that many can only dream of.

Always think and know as you wish your Experience to Be, Now.

Two of the most powerful words that we can possibly think or say are “I Am”.

As you live your life therefore the first stage of awareness is to always stop your thoughts short of a statement that implies the future tense and to transmute it into the present tense.

So “I will” becomes “I am”, “I want” becomes “I have” and “I might” becomes “I do”.

Also keep in Mind that there is absolutely no such concept as “try”. We either Do something in the present Now, or we do not Do anything; “try” simply does not exist except as a concept of a person wishing to achieve something.

As Yoda said in one of the Star Wars Movies: **“Do or do not - there is no try”**.

This my Dear Reader is very, very True. The moment we “try” to “do” something we are certain no to succeed. Nothing can ever come of “trying” - and that is a fact.

To “try” is to abrogate power to the extremely limited sphere of the consciousness Mind, instead of trusting the Infinite Power of Source Who Flow Through Us.

*“I want to feel well”* should not be allowed to proceed as a thought and should be immediately become *“I am feeling so well”*. This takes the reality of feeling well from some point in the perceived future that never arrives, to actually feeling well in the Present Moment of Now - Which Is All That Is.

So a strong thought of *“I am feeling so well”* supported by Sublime Faith and Passive Detachment will Express as True Now in accordance by Universal Principle - there can be no other outcome, otherwise it would defy Universal Principle - not possible.

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Similarly, if you have a bill that needs paying and you believe that you do not have the money, another human construct, to pay the bill, never think in terms of "I want the money to pay this bill", but rather "I have the money to pay all bills effortlessly".

Bringing this statement into the present tense rather than a future implication of lack will cause the means by which the bill can be paid to manifest into your Experience.

Please always keep in Mind that the Universe always delivers in absolute accordance with your Thoughts, Feelings and Emotions - whether conscious or not - there are no exceptions to these Divine Principles. Your Present Experience is the Sum of Your Past Thoughts, Feelings and Emotions.

Note: There really is no "past" only Now, but in this context I use the word "past" in the context of the human subjective concept of time".

Again, "I might succeed at this objective" implies never "actually" succeeding. The "might" places the success into the indefinite and infinite range of possibilities and never as an actuality. So "I might succeed with this objective" should become "I am enjoying complete success with this objective", and that success will then be your Experience.

So in summary, always think in terms of the present tense, and always remember those words "I Am", using them all the time in the context of the reality you wish to create - Experience - for yourself.

We never "create" anything - only Source can create - we simply Experience that which we have selected from the All-ness of Source through the Power of Mind Which Expresses through each of us.

As the person known as Jesus said: "The Father Within Doeth The Works" - it is our task to apply Freewill to choose and focus The Works.

So in summary, never, ever think in terms of "wanting" something in the future, or regretting something that "happened" in the past that you wish to change. These are erroneous ideas that will lead to nowhere except misery.

As I mentioned before - your entire Life Experience through the entire spectrum of what you might consider "good" or "bad" - you are solely responsible for through your thoughts, feelings and emotions including fears. Never blame others, society, "chance", circumstance, "luck" or anything else - only yourself.

If you can accept this Truth you will feel liberated, and place yourself in a position to take control over your Experience. Your current experience, no matter "how long" it has persisted is irrelevant. Your Experience in this Moment can be changed in this Moment and Experienced - but Only if you Believe it with absolute Faith - this is the basis of "miracles".

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Never "try". "Try" is another word for "fail".

There is only Experience, and that Experience requires no thought or effort. If you think about achieving something you will fail to achieve it.

Consider the words of the Spiritual Guide who became known as Jesus:

***And which of you with taking thought can add to his stature one cubit?***

-- Luke 12:24-5

What did he mean?

Well quite simply that thinking about something, or worrying about something, will add absolutely nothing to your situation - your Experience, and indeed your Experience will soon reflect that which you fear.

However dire your current situation seems to be it is an illusion - a transient thought form which your physical senses together with the conscious Mind has collaborated to make you believe is real.

While you dwell on that transient illusion you make it seem even more real and the situation can quickly escalate, feeding upon itself. The Only solution is to ignore what your physical senses are telling you, know what you truly desire, and thing, act, know that it is True Now, with Sublime Faith.

I will conclude with this most appropriate and wonderful verse:

***Look To This Day***

***For it is Life, the very Life of Life.***

***In Its brief course lie all the Verities and***

***Realities of your existence;***

***The Bliss of Growth;***

***The Glory of Action;***

***The Splendor of Beauty;***

***For Yesterday is but a Dream,***

***And tomorrow is only a Vision:***

***But Today well lived makes every***

***Yesterday a Dream of Happiness, and***

***Every Tomorrow a Vision of Hope.***

***Look well, therefore, to This Day!***

Invocation of the Dawn - Kalidasa. Originally from Sanskrit.

## **The Our Ultimate Reality Newsletters**

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**

## **The Our Ultimate Reality Newsletters**

### **12 December 2010. The Power Of Thoughts, Feelings And Emotions**

Welcome to your Newsletter.

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

As always I would like to welcome the many new members joining us since our last Newsletter.

It is always a great pleasure to see increasingly more people from all around the world, from different countries, cultures and situations united in one common objective - to find the Path as we travel through this great transitional era.

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

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

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

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

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

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Last week we discussed The Power of Now and how our thoughts, feelings and Emotions in the only Eternal Moment of Now has shaped our current Experience.

Our current Life Experience therefore is not a matter of "chance", "fortune" or family background, but is rather a perfect reflection of our Thoughts, Feelings and Emotions over the current Lifetime.

When we are born, regardless of our "birth situation", we are born with Infinite Potential through the Power of the same Source Energy, the creative force of the Universe And All that Is, flowing through us, as us.

Our Life Experience therefore is a Perfect Reflection of how that Infinite, Divine, Source Energy has been directed through the Power of Mind.

This of course potentially makes us Infinitely Powerful except for the fact that most people today have no control over this process, their thoughts, rather than being consciously directed, arising in response to perceived situations around them.

Every Thought, Feeling and Emotion has an direct influence over our Experience.

Emotions are powers of the Mind, and like all powers of the Mind influence Energy.

Emotion can therefore be thought of as "E-Motion" - Energy in Motion.

Although all thought influences Energy to some extent, Emotions can be, and very often are a very powerful influence over Universal Energy, and therefore what we attract into our personal physical Experience is direct and perfect reflection of our Thoughts, Feelings and Emotions.

Thoughts charged with Emotion can be very powerful indeed. Providing we remain fully aware of this fact then we can either control or use Emotions in our lives to a very powerful extent. We should always either immediately negate any negative Emotions by use of the will, or much better still we should immediately transmute negative Emotions to their opposite positive Emotions as soon as we become aware of them.

Again, we should always remain fully aware of our feelings, thoughts and Emotions at all times as a fundamental requirement for creating our own reality and controlling our own lives rather than simply being carried along with the flow, or being constantly under the influence of others.

It should be mentioned that this is a principle behind true alchemy. When most people think of alchemy or perhaps even in the context of the "philosophers stone", they are often thinking in terms of the transmutation of base metals such as lead into precious metals such as gold. This is of course quite possible due to the fact that everything in the Universe is ultimately Energy, and Energy is influenced by Mind. At a quantum potential level therefore there really is no reason whatsoever why Energy transiently



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comprising atoms of lead should not be transmuted to Energy comprising atoms of gold or indeed atoms of anything at all.

True alchemy in its purest and original form however is not about transmuting material things, about rather the evolution to perfection of the human body, Soul and Spirit where the “lead” of negative characteristics are transmuted to the “gold” of their corresponding positive characteristics, an ongoing process of perfection that continues along the path back to unity with Our Source.

The true meaning of life, the very reason for our Being is to evolve back to Source by the ongoing process of Perfection, always aspiring to the Ultimate perfection of Source. Transmutation of negative, dense, low vibrations to their opposite positive, fine, high vibrations is all a part of the ongoing evolutionary process of all life.

Awareness and control over Thoughts, Feelings and Emotions can be profoundly valuable, especially in the context of Expressing our desired Experience. Because these aspects of the Mind are so powerful, they have an equally powerful effect on the Energy that shapes our Personal Experience.

The scale of Emotion ranges from the very highest vibration of all, the vibration of Source, that of Unconditional Love, all the way down to the very lowest vibration at the lowest end of the Emotional Energy scale of vibration, that of abject hate.

It should be noted that the base level of Emotions, and therefore of vibration have a profound effect on exactly where people find themselves after passing on from the physical world after the process erroneously known as “death”.

As we know, The Law of Attraction is always in immutable operation throughout the Universe. In the context of the transition from the physical to the non-physical worlds everyone will transition to the Energy level of vibration of the Astral worlds that most closely match the overall vibrations of the Astral body or Soul. Those who have therefore lived a hate oriented physical life will transition to a lower Energy level of vibration of the Astral worlds that matches that level of Energy and vibration perfectly. They will find themselves existing within a dark, dank, oppressive existence with for example perpetual mist and fog with bare trees with no leaves; these being a perfect reflection of their Mind and therefore vibration. Such a world will be inhabited with other people with similar Energy vibration characteristics.

Even these realms however are places of learning and evolution in that the people residing there will eventually learn the meaning of the phrase “do unto others as they would do unto you”, and once learned they can integrate that experience into their being, raising vibrations and the transition to inner, more pleasant worlds of a inner Energy level of vibration before reincarnating to apply the lessons learned within another physical life on Earth.

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The same principles apply all the way down the scale of Emotion from Unconditional Love, through joy, passion, enthusiasm, positiveness, optimism, hope, contentment, satisfaction, boredom, frustration, feeling overwhelmed, disappointment, doubt, worry, blame, discouragement, anger, revenge, insecurity, jealousy, fear and hate.

It is well worth noting that “fear” is a level of vibration that is very far down on the Emotional scale and yet is an Emotion that many people increasingly project to their own detriment by creating a powerful fear driven reality for themselves. As the very true statement says “there is nothing to fear but fear itself”.

Like worry, fear will always feed upon itself manifesting more of the object of that fear into the individual, experiential reality of the fearful person. Fear must therefore be immediately identified and transmuted to a higher Energy level of vibration and Emotion such as optimism, or preferably joy.

Our Emotions are also our inner system of guidance as we progress along the path back to Source, and in maintaining full awareness over our own individual reality.

By always being consciously aware of our Emotions we can guide our Experience in the desired direction instead of being swept along like flotsam on a river, by random thoughts, feelings and “situations” and under the influence and even direct control of others. As we already know, we are all open channels of expression of Source, enabling us to easily attract and share in the infinite abundance of the Universe.

By paying such close attention to our Thoughts, Feelings and Emotions, accentuating the most positive powerful ones while neutralising or transmuting negative ones, we can align ourselves with Source as a free flowing channel of Expression, Attraction and therefore of Creation. We are all co-creators in the Universe, the microcosm, as well as within our own personal Experiential Reality.

Emotions can have an extremely powerful effect on creating our personal Experience . The more positive, focused, Emotionally charged Energy we can focus upon our desires, the more we will attract from the Universe of Infinite Abundance.

One of the most powerful of all aspects of positive Emotion is passion

Following our passions is for example very powerful in business. Those who start a business with the exclusive idea of causing people to part with money that they may profit will never be truly wealthy, they may merely “make money”.

We are all Sons and Daughters of "God", Source, made in the true Spiritual image of Source, and we must always first and foremost serve our Brothers and Sisters of the Universe and therefore of Source before we even think of serving ourselves. Selfless service is extremely important both in personal evolution and in attracting wealth. By serving others we serve ourselves in accordance with immutable Universal laws.

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Emotion is an extremely powerful catalyst to apply in the process of conscious Expression. The higher and more charged Emotion is, the higher will be the vibrations and the more powerful it will be Expressed in to Experiential Reality.

One of the most powerful Emotions, aside from Unconditional Love is Joy, which is very high on the Energy scale of vibration. The more joy that is projected into manifestation exercises, the more effective it will be the result. People with a genuine passion for something almost always follow that passion with great joy and enthusiasm, which is why The Law of Attraction works so powerfully in their favour in attracting an unlimited abundance relating to that passion.

Two further Feelings that are very important are Appreciation and Gratitude.

Taking anything for granted results in low vibrations, and your Experience will reflect that perfectly. Sincere appreciation and in particular genuine and sincere gratitude conveys a vibration that will attract more of the same into your life. It is all an aspect of maintaining an "open channel" of Expression of Source through which Source can Express.

Always convey thanks in your Mind with the highest possible sincere appreciation and gratitude for everything you have Experienced in your life from the Universe of infinite abundance and you will continue to attract more abundance without limits.

In our next Newsletter we will take a closer look at the specifics of how we can take total control over our Experience through the Infinite Power of Mind.

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

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

**And so it is.**

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

**Brought to You In Divine Love, Light and Service,**

**Adrian.**