

Letting Go [Rev. 20180516]

By J — Latest revision: http://allis.foundation/Letting_Go.pdf

Shadow

How mysterious and commonplace a thing is a shadow. Shadows perplex us as infants in our early experiences in this world; shadows accompany us in our walks through life; and shadows are present when we depart this world. Our experience with shadows begins soon after we have come into the world's atmosphere and have seen the earth. Although we soon manage to convince ourselves that we know what shadows are, yet few of us have examined them closely enough.

As infants we have lain in our cribs and watched and wondered at shadows thrown on the ceiling or the wall by persons moving in the room. Those shadows were strange and mysterious, until we had solved the problem to our infant minds by discovering that the movement of a shadow depended on the movement of the person whose outline and shadow it was, or on the movement of light which made it visible. Still it required observation and reflection to discover that a shadow was largest when nearest to the light and farthest from the wall, and that it was smallest and least formidable when farthest from the light and nearest to the wall. Later, as children, we were entertained by the rabbits, geese, goats, and other shadows which some friend produced by skillful manipulation of his hands. As we grew older, we were no longer entertained by such shadow play. Shadows are still strange, and the mysteries surrounding them will remain until we know the different kinds of shadows; what shadows are, and what they are for. ^{*1}

The Return of Horus?

It seems fitting to end our journey with a look to the next planet that will come into focus soon. Mike Brown discovered it, too:

"2003 EL61 is the third-largest known dwarf planet in the Kuiper belt, the region of space beyond Neptune that contains the larger dwarf planets Eris and Pluto as well as thousands of smaller objects. 2003 EL61 is one of the strangest known objects in the solar system. It is a big across as Pluto, but shaped like a cigar. Or perhaps like a football [American-style]. Or, most accurately, a football that has too little air in it and has been stepped on. It spins end over end every 4 hours like a football that has been kicked. It appears to be made almost entirely of rock, but with a glaze of ice over the surface. It is surrounded by two tiny satellites and is followed in its orbit by a swarm of other small icy bodies. Everything that we know about this body appears to tell us that in its past another object slammed into it at high speed and cracked it into pieces which flew all around the outer solar system and left what we see today."

If Pluto is another dimension of Mars and Eris is another dimension of Venus, it stands to reason that 2003 EL61 is another dimension of Mercury.

We await the messenger. ^{*2}

The Propagation of Consciousness

The question of how consciousness propagates or moves from one place to another, is divided into three major forms:

1. We transfer consciousness through personal contact and language by voice, feeling and emotion.
2. We transfer consciousness as human beings travel and send information electronically, such as through radio, telephone, TV, and the Internet.
3. We transfer consciousness psychically or through thought transference.

1 and 2 are obvious. 3 is the subject at hand. How does consciousness transfer itself instantly anywhere in the Universe? Einstein's inability to explain "Action at a Distance" with his theory of Relativity made him believe it was a mistake.

When we look at how we have previously shown that atoms can exchange information with one another through the transmission and reception of photons (light), the same way that humans send and receive pictures and voices on radio waves and TV waves - at the speed of light, we can see the foundation for a conscious Universe. Walter Schempf's study proves that the atom has a memory system. Because the atom exchange in the vastness of Space is real, it proves a consciousness limited to the speed of light. That is too slow for God's chess game to be in *real time*.

If Action at a Distance is truly instant, and not limited to the speed of light, then Schempf's discovery does not explain it fully. It explains an exchange of psychic information through a medium, but not instantaneous communication over a distance.

My father, Dr. Lynn Sereda (Ph.D. in Psychology – Berkeley) told me the story about the experiment where using a mother rabbit and her babies, demonstrated Action at a Distance; the mother is separated by her babies by thousands of miles across continents. EEG sensors are used to stimulate and measure feelings between the mother and her babies. When one of the mother's babies suffer suddenly, the mother rabbit feels it instantly, thousands of miles away. The brainwave response in the mother is also identical to her baby. The question is, how do we explain how instantaneous communication is possible?

Early researchers felt that any thought can travel instantly anywhere in the Universe that it wants to. Singularity proves that not to be true. Any thought that is in duality, conflict, is slowed down by inertia and cannot move faster than the speed of light limit. This is explained by the dual-natured atoms communicating with each other at the speed of light. The problem with duality is, other waves will also come out to argue with, and even oppose the movement of a thought. It may even distort or cancel out the original thought before it even travels very far at all. This is problematic with regards to manifesting our desires.

So, how does the mother rabbit send thoughts instantly? Could the rabbit's be communicating through Singularity? Considering that the real and true Singularity is a field of Love in which there is no conflict, the answer is "yes." Singularity is true Undivided, Peace and Love. It is God's field.

In the Gospel of Thomas, verse 113: His disciples said to him, "When will the kingdom come?" Jesus said, "It will not come by waiting for it. It will not be a matter of saying 'here it is' or 'there it is.' Rather, the kingdom of the father is spread out upon the earth, and men do not see it."

God's field of energy is here before us, underlying everything, but we do not see it unless we enter undivided love. Thought absorbed with this love can propagate anywhere in the Universe through Singularity in Zero time. In fact, if we want to send a message to God and hope that God receives the letter, we do it with Love, otherwise the message gets delayed and encounters inertia. It may not even get there.

Singularity, in fact, is not some place of visible light, but the undivided Love of God that each and every one of us can access inside of ourselves. We can all send information through Singularity by attaining it for ourselves, and humanity.^{*3}

The Cause of the Fall of Man

It is not war between nations that is causing man's fall. War is not CAUSE—it is EFFECT. The CAUSE lies in MAN. Man is divided against himself. He is at war with himself. Man is the enemy of man—every man, everywhere, and always has been. He has never had the slightest inkling of the meaning of UNIVERSAL BROTHERHOOD, nor that the GOLDEN RULE is Nature's inviolate and inexorable law. Man has been the prey of man from the beginning and still is. Because every man made every other man fear him he has built a world of fear and hate which always has been and still is. Love has not yet entered the world. Love is law—and law has never yet entered the world. Man has made his own law in violation of God's law.

Love means balance—and unity. The whole world is disunited. Man is disunited. Every element of man's human relations is disunited, his industry, his government, ideology, religion, education, language, race and culture.

Every institution which man ever built is divided against itself, just as every man who built it is divided against all other selves,—man against man—nation against nation.^{*4}

Discipline

The reason for the inability to construct a general physical theory in the early days of science is quite simple. The amount of detailed knowledge about physical phenomena then available was totally inadequate to serve as a base for the necessary chain of inductive reasoning. Over the long years that followed, this deficiency was gradually overcome by the labors of thousands of scientists who, piece by piece, built up the kind of a structure of observational and experimental knowledge that was necessary. But before this structure was complete, another factor had entered into the situation. The members of the scientific community had grown impatient with the slow pace of the standard scientific procedure, and had turned their attention to developing means of circumventing the restrictions imposed by that established procedure.

The fundamental strategy of most of these evasive devices is to substitute *absence of disproof* for the proof of validity that is required to meet scientific standards. The ad hoc assumption, the most widely used of these expedients, is a good example. In traditional scientific practice, when the consequences of the basic postulates of a theory are developed, and one or more of them is found to conflict with the results of observation or measurement, the theory is invalidated. But the ad hoc assumption provides a means of evading this contradiction of the empirical results. For instance, the currently accepted theory of atomic structure postulates that one of the constituents of the atom is the observed particle known as the neutron. But the neutron, as we know it, is unstable, with a life of no more than about

15 minutes. Since a stable atom cannot be constructed of unstable constituents, strict scientific practice would require rejecting the existing atomic theory. But the theorists have nothing to put in its place, and they are unwilling to go through the long and laborious process of developing an entirely new theory, so they have called upon the ad hoc assumption. They have assumed, purely arbitrarily, that the neutron becomes stable when it enters the atomic structure. There is no physical evidence to support this assumption, but since the interiors of the atoms are observationally inaccessible, there is no known way of disproving the assumption either. In today's liberal climate, the theorists are allowed to take this absence of disproof as the equivalent of proof.

This elevation of absence of disproof to the status of the principal criterion of validity has inevitably had the result of encouraging speculation at the expense of inductive reasoning. The farther a hypothesis departs from physical reality, the less opportunity there is to refute it by comparison with the results of observation or measurement. Thus the easy route to something that the theorist can publish is to increase the speculative content of his work and to decrease the factual content. ^{*5}

Prophecy

And if any man shall take away from the words of the book of this prophecy, God shall take away his portion from the tree of life and from the holy city and from the things which are written in this book. ^{*6}

Racism

Children of the lie live in darkness, yet they judge others and prescribe complicated answers that do more harm than good.

"Racism" is a perfect example...

I've been speaking around the country for 27 years to all races and ages, male and female. Wherever I go, all share the same root problem – it's *not* "racism," but much closer to home. It's self-righteous judgment – which is anger.

If you have any anger within, you love no one. You can't love your family if you hate your enemy (or vice versa). All hateful people show favoritism and discriminate unjustly, yet they think their anger is *justified*...

People think they should hate "racism." Rather, they should overcome the evil of their own anger. Accusing others of "racism" is like the judgmental man with a plank in his own eye thinking he sees a speck in his brother's eye.

Those who are *not* open to the truth display the anger I'm talking about. They make up excuses and lies; they refuse to answer questions directly.

Those who *are* open can see that the anger within them is wrong...

Farrakhan said, "The white man is worthy to be hated for what he has done." Quoting the Bible like Satan, he declared, "God hates!" – and he suggested it's arrogant not to hate! ...

Anger is evil. It resides in men and women who pass it down to children of every race. ^{*7}

Species

While evolutionists can in no way bring any explanation to the subject of how DNA originated, there is yet another point where they reach an impasse. How come fish, reptiles, birds, human beings etc. have come to possess different DNAs and different types of information?

Evolutionists answer that question by saying that the body of information in DNA developed and diversified over time by means of coincidences. The coincidences they refer to are "mutations". Mutations are changes which take place in DNA as a result of radiation or chemical action. Sometimes radioactive radiation happens to fall on a DNA chain and destroys or displaces several base pairs therein. According to evolutionists, living things have reached their present perfect state as a result of the diversification of a single DNA due to these mutations (i.e., accidents).

To show that this claim is unreasonable, let us compare DNA to a book again. We have already mentioned that DNA is made up of letters lined up sideways just like in a book. Mutations are like the letter errors that occur during the type-setting of this book. If you like, we can do an experiment on this subject. Let us ask for a thick book about the history of the world to be type-set.

During the type-setting, let us intervene several times and tell the type-setter to press one of keys blindfolded and at random. Then let us give this text containing letter errors to someone else and have him do the same thing over again. Using this method, let us have the book type-set from the beginning to the end several times, thus having a few more letter errors added to it at random each time...

Could this history book ever develop by this method? For instance, would an additional chapter named "The History of Ancient China", which previously was not present, emerge?

To be sure, the letter errors we have added to the book would not develop it, but rather ruin it and distort its meaning. The more we increase the number of faulty copying processes, the more spoiled our book will be.

Yet the claim of the theory of evolution is that "letter errors help develop a book". According to evolution, mutations (errors) occurring in DNA have led to beneficial results by accumulating and thus furnishing living beings with perfect organs such as eyes, ears, wings, hands and consciousness-related qualities such as thinking, learning, and reasoning.

Unquestionably, this claim is even more unreasonable than the above example of the addition of the chapter called "The History of Ancient China" to a book on world history as a result of the accumulation of letter errors. (Moreover there is no mechanism in nature that causes regular mutations as in the example of the type-setter making regular mistakes. The mutations in nature take place much more rarely than the letter errors that would occur during the type-setting of a book.)

Every "explanation" put forward by the theory of evolution on the origin of life is unreasonable and unscientific...

Today, what people have achieved by means of technology can at best be described as 'an approach to the understanding of a tiny fragment of God's knowledge, as manifested in human DNA.' *8

A new Low, High on OSHO

I woke up with another bad dream this morning.
Reliving a painful experience in today's mood.
As if doomed to experience it a new.

It made me uncomfortable, again,
and I wondered when this all would ever end.
What's wrong with me? What's WRONG with me?

Then my heart began missing beats.
Jumping, skipping, and at times,
feeling it was barely ticking.

It felt trembling,
with the sound of a stuttering engine,
running out of gas and close to stopping.

I felt weak at the same time.
Without the will to keep it going.
It felt it would cease pulsing at any time.

This continued all day today.
And continues now,
as I write the following down.

I've never felt this close to no will before.
No will to live.
No where to go, on.

Unknowing what to do.
I wanted to give up.
I thought my body was dying today.

There is no cure for what I feel.
At least, nothing a doctor can do.
This isn't medical, it's a new life low.

Then I went for a ride on the bike.
And wound up at the library.
This was to be my destiny.

I caught sight of the OSHO magazine,
and sat in a waiting chair in a corner,
and read it cover to cover.

Continues >

As I came across important information,
I noticed the sun would shine,
through the clouds and window.

Directly on to me, it appeared,
and then re-appeared over and over,
as I read and read, my mind still.

Shining every time I should read carefully.

The Sun felt warm, and shined brightly,
so brightly it was difficult to read,
the texts I could regard as sacred.

Of infinite wisdom and sense,
with punctuating bright lights,
I knew this was where I needed to be.

A personal moment of revelation,
a magic so profound it's inexplicable,
I found the key I needed to know more.

As I finished reading it was harder to focus,
my mind wanting to interfere,
get involved in the process somehow.

Yet I felt strangely comforted,
knowing there was a truth beyond the unknown,
and a means for a message to come through.

As I left the library I lit a stick,
realizing I would never see smoking-
in the same manner again.

A glimpse of renewed consciousness,
with a reminder to explore further,
dazed, I struggled to unlock the bike.

I picked up vegetables on the way home,
noticing a healthy diet daily more,
and that my heart needed attention.

It wasn't until later at home,
when my reminder came through,
that I knew what this day yet foretold.

On OSHO's website I found my answers.
Not to the world,
but to my heart condition.

In an article titled "AIDS: An existential Disease?"
This curiosity lead me to gold.

I don't have AIDS as one might now think.
But what I have,
is an existential condition.

A condition borne of too little love.
A shrinking body condition,
which left untreated is fatal.

As observed in many orphanages,
it doesn't suffice to provide-
food, shelter, and a home.

The kids go on dying in the hundreds.
Because what they need-
can't be financed, or provided for.

As it says in the article:
"It needs loving warmth, joyful faces,
dancing children, the warmth of the mother's body"

And more:
"a certain milieu which makes him feel,
that life has tremendous treasures to be explored,
that there is so much joy, dance, play;
that life is not just a desert,
that there are immense possibilities.
He should be able to see those possibilities
in the eyes around him, in the bodies around him.
Only then will the will to live spring up—
it is almost like a spring"

Otherwise it continues:
"he will shrink and die—
not with any physical disease,
he will simply shrink and die."

The past months I've been shrinking,
my skin feeling weak, soft, and sensitive.
At times peeling off at the simplest tasks.

I feared but never gave up hope,
as my body shriveled more.
And now even sexual desire vanished within me.

The will to live and go on,
torn and shredded in the past two years,
by anyone offended by my presence or doing.

My wheels had already been punctured.
Then my dream project went interstate exit 8,
my girlfriend then exited at 9,
and I was left dangling in the middle,
with no means of climbing back to light.

In this system there are no patches,
for the cracks conveniently ignored.

Only money as a means of redemption,
for working ever more and more.
And drinking, drugging, sex without love.

It's been a constant struggle of understanding for me,
burdened by not knowing, a righteous disposition,
and unwillingness to continue in the dark alone.

Or, in the hands of those with selfish motives,
impulsive urges, and no self-control.

Many of you have tried to help,
offering chances and opportunities,
finance, or shared experiences.

But like a child trapped deep in a well,
the rope was too short for rescue,
and the means too great for the time assumed fallen.

Once down deep, a soul vanishes.

It takes finding the right key,
to understanding a new way forward,
by intuition, not reason or conformity.

Thy self is not a universal blueprint,
which a master key magically draws for you.

But rather a puzzle,
with the last piece fallen in the well.

I pray I've now found my peace,
showing a new way forward,
with a view of completing the whole.

As I begin climbing, barely hanging,
between too narrow walls in this dark tunnel.

The rescue party left long ago,
given up hope,
for the love needed to grow.

After so many months in the well,
I understand their patience withered,
as it rained and poured even more.

It's up to me to find my way,
in myself to continue growing,
and forgive the stupid bullies.

Only the challenge can't be conquered alone.

In the darkness I found my spirits,
who guide without judgement,
and awaken my soul.

Only without love, these will whither.

And as I climb it's hard to tell,
whether the world is now full of love,
or still addicted to the gold.

For if it is, OSHO understands this better:
"This existential feeling of being an orphan
causes your will to live to disappear."

Chasing gold renders us all orphans.

And once an orphan, your sexuality disappears:
"When your sexuality starts shrinking
you are really hoping that something will happen
and you will go into eternal silence,
into eternal disappearance.
Your resistance is not there.
AIDS has no other symptoms except
that your resistance goes on dropping.
At the most you can live two years if
you are fortunate and don't get accidentally infected.

Each infection will be incurable,
and each infection will be weakening you more and
more.

Two years is the longest the AIDS patient can live;
and he may disappear sometime before that.
And no treatment is going to help,
because no treatment can bring back your will to live."

It was almost two years ago my tires were punctured,
while driving on the up to the interstate.
And since I've felt less and less resistance.

My girlfriend didn't understand "what's wrong" with me.
Now I know. To know thy self.

It's time I found my light,
and with it,
my curiosity and forgiven sexuality.

I can't thank OSHO enough,
and all the spirits who guide me free.

In my conscious I once again feel hope.
There is yet the possibility of a better world out there,
built on love, and not of gold.

I've been released from the chains of belief,
where hope and life flourish in my soul.

It will take time, patience, and understanding.
To overcome this "AIDS"-like affliction,
Through the inner pursuit of being.

As I near my parting words, again leaving it to OSHO:
"I am trying to make this very moment a fulfillment,
a contentment so deep that there is no need for the will
to live.

The will to live is needed because you are not alive.
The will keeps picking you up: you go on slipping down,
the will keeps picking you up.
I am not trying to give you a new will to live,
I am simply trying to teach you to live without any will,
to live joyously.
It is the tomorrow that goes on poisoning you.
Forget yesterdays, forget tomorrows. This is our day—
let us celebrate it and live it.
And just by living it you will be strong enough

so that without the will to live you will be able to resist
all kinds of diseases, all suicidal attitudes.

Just being fully alive is such a power that not only can you live,
you can make others aflame, afire."

I wish to be alive.

Please help me see the love,
now lost in this world of gold.^{*9}

Moving On

Notable Facts — Incomplete reflections on a gratefully survived, past first-life biography: J

Only God will understand where I'm from... On paper, I was born in Europe to a USA mother.

My father, a victim of fear, was conditioned to 'living for money'. First thought? I'm an Alien.

Sensitive, artistic, talented; struggle education. Excelled at sports, especially "running away."

Despite reading maths and science "backwards," found the right answers but got low grades.

Played guitar in a school band called 'Choke'—later nearly choked to death by asthma attack.

The bite from a Lone Star tick presumably caused the development of a raw red meat allergy.

Numerous related health issues: allergies, toxic emotions (depression, anxiety, a.o. inherited).

Early signs of spiritual difficulties ignored in favor of medical solutions to imagined problems.

Lived young progressive life surrounded by computers, arrogance, alcohol, resentment, anger.

Applied professional visual skills to many commercial media items, including TVCs & Promos.

Credited on over a dozen feature films as VFX Artist, at times pushing impossible boundaries.

These films generated more than \$1+ Billion revenue domestically, a lot more internationally.

159,918+ ideas were thought of over the course of this lifetime, so far. What to do with them?

Twice incorporated as a consultancy, once failing 'bankrupt' because of unfortunate business.

Wrote "Raine" short-story, "Coil" long-form treatment; keep personal notes and travel journals.

Spent ~2 years backpacking alone and working freelance across Southeast Asia and Australia.

Traveled to—or through—22 countries on 4 continents, and have visited 15 States in the USA.

Officially lived in 8 cities in 6 countries on 3 continents, and may converse in three languages.

In near life threatening situations: 4 times. But none once related to skydiving solo (21 jumps).

Until my greatest projects led to my greatest failures, and eventually, to my greatest discovery.

Losing just about everything I'd become attached to, including my "future wife," I won freedom.

Through spiritual evolution, awareness, and forgiving, I've learned to heal—with family now too.

Embracing God—not of religion but of his living spirit in Jesus Christ—cured toxic inheritances.

By repenting sins, studying cosmology, guided Self-healing, mysticism: growing inner strength.

Even deeply connected to modern life technology—naturally synchronize to my spiritual nature:

Intuitively applying analysis, estimation, and experience to realizing artistic and scientific goals.

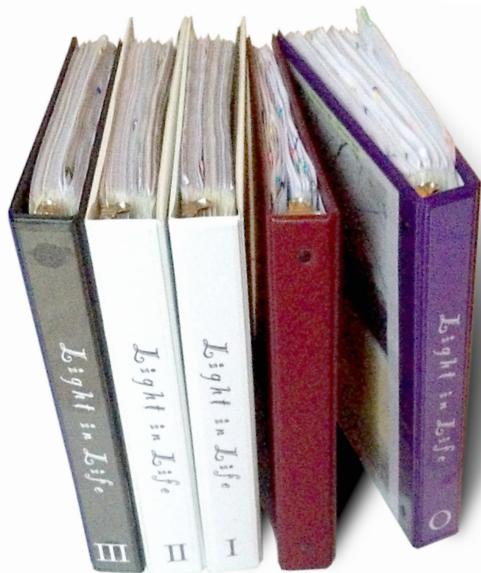
Continuing to learn and evolve as a mystic, discovering what the "sunlight of life" really means.

For a new dawn is rising in embracing the enlightening shining sun, uplifting my outlook on life.

All that's happened above, and more, is in the past where it will remain irrelevant to my future.

Grounded by the SW desert vortex—inspired, I humbly aspire to write and create my own story.

To enjoy each moment by the magic it contains, experiencing simplicity behind the complexity.



ABOVE, J'S PERSONAL "LIGHT IN LIFE" SELF-HEALING RECORDS.



ABOVE, "INTO THE VORTEX" OF DISCOVERING ONE'S INNER LIFE.

Fear

This is an abbreviated account of J's first two years healing at home, in transition from his past to a new life.

J attempts to speak with God driving in the desert, asks for a sign if he's on the right path—now that he's begun the healing process in AZ—a sudden storm appears to reveal a double rainbow...

Spending time in Las Vegas, grounded in the desert (hostel) with a medic. Diagnosis: PTSD and fear of his father H. Major step in overcoming fear, moneyless, asks to be invited home, whilst father unhappy—is his only real option. Difficult for father and son, as both fear what the other is capable of. J's sister L visits to announce her engagement to K, she's 'happy'. J is confronted with emotional baggage resurfacing, of having 'lost' his own partner, L is asking him to support hers...

L is a powerful carrier for all of the negative forces he thought he'd left behind in Europe, causing him to feel sunk. She had 'used him' as a pawn to test her willingness to 'break someone down', earning power in the process, and status. He depresses into making a foolish Christmas mistake, drinking to overcome sorrow, without considering the means of getting home. Wakes conscious of his predicament, when a policeman is walking him on a line during his sobriety test, he decides to be personally responsible. Arrested for DUI, J knows it means 'giving in' to face his fears, but he knows of no other way to validate his commitment to God. Grateful, J's relieved no one's harmed.

J returns home, father reveals he was nearly arrested [*younger*] for drunken driving, but wriggled his way out of it, fined. Father had chosen to continue living by his emotional nature, feeding the world of grief within him, using it as his 'power'. In consequence, J must attend DUI classes and therapy, chooses to begin working with [*emotion/healing therapist*] on clearing his past baggage. Quickly evident, that J has no will at all—his name unresponsive to muscle testing, proof of this terrible spiritual condition he's in. Sessions follow 1-2 per week, clearing trapped emotions, and rebuilding his name/self to a minimal functioning level. Also healing by help of crystal energized water from past drug abuse (including hard drugs through exposure to negative-oriented beings).

Many emotions inherited, lead to the therapist asking H to join him for healing sessions, and learn about the muscle-testing process. H doesn't believe in it, but wants J to attend L's wedding in [*another city*]. J doesn't want to go, knowing he'll be facing 'past evil' on 'enemy territory'. J's emotional problems are in large part in consequence of H's not having dealt with his own issues during his life. H insists J attends. J feels he will 'fall' again if he goes, unless H makes an effort to heal his own emotions too, instead of only projecting his own fears onto J. Between H & J, many trapped emotions are cleared, and revelations brought to surface for processing and release.

An attempt is made to bridge their difference through forgiveness, albeit, this is only temporarily sufficient for the wedding. J attends the wedding and visits [*another city*] for a few days, all without drinking alcohol, which helps build his confidence. Since the DUI, he's put on weight through the process of releasing the energies that were constraining his emotions, and eating to compensate.

At the wedding, he looks physically obese, similar to his European relatives, but no longer felt at home being 'his old self'. H was happy, and on his return continued with therapy sessions, until the new year when both stopped attending these. During the next year, J would relive childhood memories of joy, such as attending a water and Disney World parks. These reminded him of the happiness he felt as a child when visiting the USA, by returning to his roots here vs. Europe.

To overcome fears of drowning, J starts swimming laps at a local pool, and as he did, memories of having drowned as a child, and threatened of being drowned by bullies, resurface to be healed. Over two years, he becomes proficient enough to swim many laps back and forth, allowing him to feel safer in the water. However, due to a scuba diving incident years ago, that ruptured his weak ear drum for the *n*th time, he avoids going anywhere underwater. This affects his willingness to go in the ocean, because he's uninsured in case of a shark attack, drowning, or anything else, and so doesn't surf either. He discovers that in shallow water, allowing the wave to break over him while looking to the right, lets him 'feel the curl' of the universal spiral/vortex pulling through his face.

J continues coming up with creative ideas, as he would have worked for an agency on the past, making many doodles. Some of these, have actual potential, such as the character 'Coil', who becomes the means by which J reaches 'beyond'. Coil is a sphere of light by divine consciousness, with a body made of bent copper wiring, visible to his creator *Adam*. The 'imaginary' character comes into Adam's life, following a major career setback, during a vulnerable moment alone.

This concept would provide the seed to enable J to develop background stories, visual concepts, and write a screenplay. Over months, he writes an outline detailing the birth of Coil (albeit: vague similarities to Pinocchio), and draft of a script. The idea enables him to express into words, what he struggled to understand for himself, the nature of body and 'being'. For Coil represented the unknown beyond the body of sensing, the undefinable, spiritual element—in wonder of universe.

The story is loosely imagined as J's American life, but he carefully avoids his European post-war family's experiences. His aunt had once given him material for a film treatment, but it was heavy and laden with emotional victim appeal, suitable for European drama, but the opposite of what he was aiming to achieve with Coil, of a tale to inspire and uplift the spirit. The problem was, writing about the known past is fairly easy, writing about 'what happens next' proves to be very difficult.

And Coil's first act, this being felt, was superb, and started to help him release and heal from his own, similar past experiences. Such writing was a powerful healing tool, as a means of expression, so long as this writer 'connected' with the material. And though fictional, it was real enough that it helped him express himself, which helped him at home with his father. For at home, J was searching for the means to express: what he wanted, what he was going to do, when, how, and where. Because H was often asking him for practical evidence of his progress, and a definite plan for his leaving home asap. It was H's own fears he was projecting onto J, by trying to force J to meet his own expectations, to make him feel at ease within himself. But it was H's emotions that were the problem, for it's H's past and his own fear of confronting these that made him nervous.

J was/is just the surrogate onto whom he could project as a scapegoat for all the failures that have gone wrong in his life. And J being at home, was in his eyes (and the perception of others), a failure of not having taken 'necessary measures' (eg. 'force him to conform')... Even though he acknowledges that in Europe, healing would have been *impossible*, as J 'inherited' his condition.

Thus, J is at home in a kind of 'sacrifice', to heal a shadow condition which originates with H's European family's history. And H is afraid of confronting it, for he fears the consequences of what may be revealed toward his marriage, status, etc. So that leaves J, to try and discover his own spiritual healing nature in the USA, through research and writing fiction like Coil. Unfortunately, it doesn't last, because Coil is an insufficient carrier to bridge the world of physics to the spiritual.

After Act 1, J didn't know what to write about, or how to carry the story forward, because his own story hadn't yet unfolded. Act 2 was a mystery, unknown, and without a clue as to how Coil would

'operate' in the world. The answers are missing. An audience loves a story with real suspense and imagination, which lets them imagine how it unfolds, but resent being told. And Act 2, would have meant telling a fake story in a manner of perceived truth, making J's situation in reality 'worse'.

For the goal was to heal himself through the act of writing a story to express emotions that he otherwise couldn't reach. On several occasions, through writing a character's dialogue, a line would express something which touched a nerve... Causing J to feel a bundle/knot of energy shift/untangle/release in his chest, where he otherwise felt a tightened twist. This helped him to release further anger, resentment, or other darker emotions, causing him to feel exhausted/recuperate.

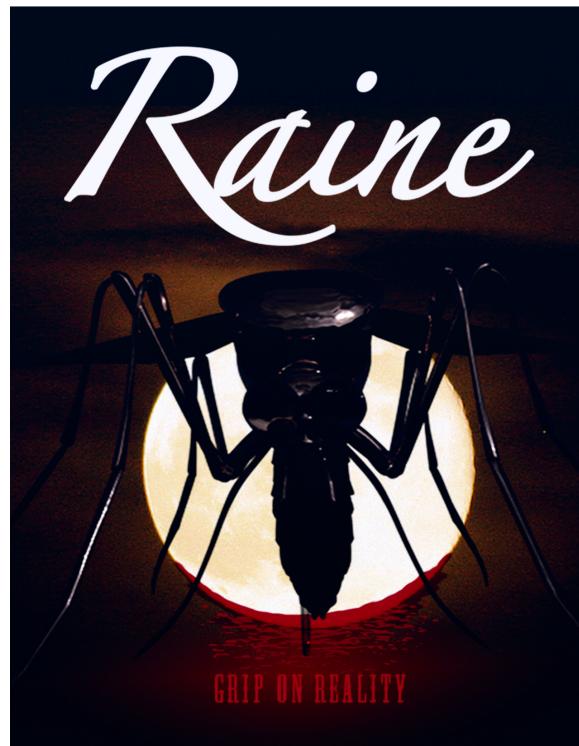
In other words, Coil was a means of externalizing negative energies trapped within J, through his writing a story as trigger. Eventually, after printing and sharing the outline and story, the energy carried by the initial idea couldn't carry further. It wasn't, at least at the time of this writing, meant for greater exposure as a novel or film, and likely won't ever be completed. But served as a powerful healing tool, albeit, an abstract and, 'long way around of getting to the cause of the issue' kind. Note that through all these exercises, J's technical skills were being tested: through publishing, software, printing, etc. In time trying to: seed, conceptualize, research, write, edit, re-write, re-edit, refine, finish and make his work presentable. Coil then leads to Raine, a short novel.

In writing Raine, as with Coil, J felt several emotional 'knots' release in his chest as he felt himself being freed of burdens he'd been carrying with him throughout his life—learning to be expressive. The content of Raine wasn't as important as the act of actually writing it, and publishing it alone.

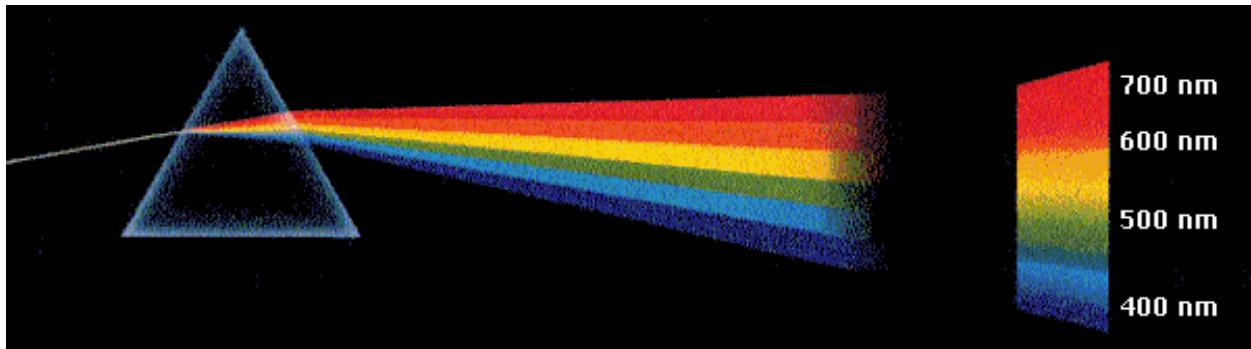
However, neither materialized to any success beyond being exercises in psychosomatic therapy:



ABOVE, A RENDERING OF HOW "COIL" WOULD APPEAR IN THE 'REAL WORLD', MADE WITH A BODY OF COPPER, A SPHERICAL ORB OF LIGHT REPRESENTING HIS MIND AND ITS CONNECTION TO THE COSMIC REALM OF THE UNIVERSE, ARMS APPEARING AS ELECTRICAL LIGHT ONLY WHEN HE'S REQUIRED TO USE THEM.



ABOVE, THE COVER OF "RAINE" SHORT STORY, ABOUT A GIANT MOSQUITO, THAT APPEARS DURING THE FULL MOON WHEN A MAN KILLS A TINY MOSQUITO ANNOYING HIM IN HIS TENT. SHE TAKES REVENGE ON THE MAN BY DRAINING HIM OF HIS BLOOD, ONLY LEAVING BEHIND AN UNSOLVABLE MURDER MYSTERY.



ABOVE, LIGHT DISPERSING THROUGH A PRISM INTO VARYING COLOR WAVELENGTHS, AS IT DOES ENTERING EARTH'S ATMOSPHERE. *10

Hands of Light

The following are a few notes of J's chapter question/answers from Barbara Ann Brennan's "Hands of Light."

What is the simplest form of guidance in your life?

Listening to the inner voice from beyond your self.

What are some of the more profound experiences with guidance in your life? What effect did these have?

The “loudest” I ever heard my inner voice, or conscience, screaming at me NOT to continue down a path I’d been heading towards going along on, was when I lived in [another city], and was being “misguided” into agreeing to compromise my self for the illusion of a reward which wasn’t to be forthcoming, disguised behind an idea which tickled every sense of my ego mind—desirable like the sirens of Ulysees preying on my feelings of weakness and finding myself in a living vulnerable position, without ever having learned to stand up for myself and say *no*—I was being tricked and deceived by professional conmen, playing a tune on my violin, which they knew would resonate with all my basest darker instincts. I knew I was being fooled, but was blinded by the potential of the prize, and so acted unconsciously, as my consciousness was, and had been, diminished ineffective since childhood. I was naive, and being played like a fool, but managed to get away without falling into the trap, which even my sister warned me about, but whom I didn’t listen to enough to act by. My conscience was thus screaming “Noooooooo,” and I could feel it welling inside my gut, yet my ego mind was having none of it, at least not enough to stop it from exploring the potential first, before realizing at the last minute what a trap had been laid before me, one which I couldn’t possibly come out of intact, unless I walked away from it against my desire. The setup had taken a year, and in the last few months, all other support had been removed to “guide me” towards falling into it. Despite their numerous attempts to compromise me, in the end, they didn’t succeed. My inner voice had spoken loud enough for me to heed it, when it came to finally making a decision and choosing to walk away from a situation and proposition which would have effectively caged me like a puppet on the strings of dark forces for the rest of my life. Even though I was completely broke, and lost all prospects for my future, it was the only thing I could do. The only right thing. From that moment on, my soul intention and spiritual focus turned 180° away from externalized materialism feeding my own shadow, towards inner self fulfillment, healing, and awakening to search for the causes of all these long “unresolved issues.”

How well are you able to follow your guidance?

Perfectly, when I can hear it, which isn’t always, and nor does it communicate through me accurately either.

Self-Government

Democracy as self-government by the people cannot be established on the antagonisms of man against man, nor on men of the nature of shifting sands. Democracy as the government of self-governed people, the living government that will endure through the ages, must be founded not on shifting policies but on stable principles; it must be founded on the principles in man which are of truth, identity, rightness, of reason, of beauty, of power, and, of the love of that undying conscious sameness in every Doer which is the humanity in man, the sameness and relation of the conscious Doers in human bodies. When the government is established on these principles it will be a true democracy, and it will continue as the permanent government of the people through the ages. These principles are in every human, however much he may have obscured or covered them with wrong, subterfuge, ugliness, selfishness, and hate. It will be useless to try to remove the coverings. They will fall away as soon as man recognizes that these principles of true democracy are in himself. They must be in him if they are the principles of democracy. As people recognize these principles in themselves, they will be able to express their unexpressed hopes, to articulate their inarticulate aspirations, to voice the unvoiced innermost ideals of all people for a new way, a better way, of life—toward which all alike may think and work, each in his own manner, but for the common good of all.^{*11}

Differentials ^{*12 *13}

Consider the impossibility of the ancient builders of the pyramids over 5,000 years ago to have the ability to gain accurate satellite data on the differential circumferences of the Earth from pole to pole or at the equator. The fact that the Great Pyramid was built with a differential that is 99.8% accurate to the actual Earth differential is no coincidence.

Using a sextant, we cannot gain an accurate mathematical dimension or differential of the Earth's circumferences pole to pole and at the Equator. Also, consider the mode of travel if this were to be done by traveling in a straight line around the Equator 5,000 years ago or more and pole to pole. There are no modes of travel today to do this. It would have to have been done from space.

This stands as profound evidence for an extraterrestrial civilization at work with great knowledge of my own discovery of differentials and hidden harmonic codes. When we consider the previous discovery that the Great Pyramid trinity is a reflection of Orion's belt, there is a distinct possibility that the pyramids acted as a technology that resonated with the harmonic code of Earth corresponding to Orion's belt. This would mean, our builders would be from there.



Love Walks In *14

Contact is all it takes
To change your life to lose your place in time
Contact, asleep or awake
Coming around you may wake up to find
Questions deep within your eyes
Now more than ever you realize

*And then you sense a change
Nothing feels the same
All your dreams are strange
Love comes walkin' in
Some kind of alien
Waits for the opening
Then simply pulls a string*

Another world, some other time
You lay your sanity on the line
Familiar faces familiar sights
Reach back remember with all your might
Oh there she stands in a silken gown
Silver lights shining down

[*Chorus*]
Love comes walkin' in

Oh, sleep and dream is all I crave
I travel far across the milky way
To my master I become a slave
Till we meet again some other day
Where silence speaks as loud as war
Earth returns to what it was before

[*Chorus*]
Love comes walkin' in

Love comes walkin' in
Baby, pull the string
Love comes walkin' in
Love comes walkin' in yeah

Writers: Alex Van Halen, Eddie Van Halen, Sammy Hagar, Michael Anthony.

Home

On December 4, 2016, this author experienced what is described as a “coming home” to God.

This wasn’t an “a-ha” moment, or a homecoming in the American sense, but rather a profound spiritual reconnection between a divided psyche, longing to fill a void and find God, but searching the linear world of logic and matter in darkness for answers which he never imagined able to find.

Until a bridge between the philosophical and physical world could be established, reuniting the being as a whole with the truth of divine meaning, and its process of creation in time and space.

Architect

Supreme and inscrutable Architect of universal Nature, who, by thine Almighty word didst speak into being the stupendous arch of heaven, and, for the instruction and pleasure of thy rational creatures, didst adorn us with greater and lesser lights, thereby magnifying thy power, and endearing thy goodness unto the sons of men, we humbly adore and worship thine unspeakable perfection. We bless thee, that, when man had fallen from his innocence and his happiness, thou didst leave him the powers of reasoning, and capacity of improvement and pleasure. We thank thee, that, amid the pains and calamities of our present state, so many means of refreshment and satisfaction are reserved to us, while travelling the rugged path of life; especially would we, at this time, render thee our thanksgiving and praise for the institution, as members of which we are at this time assembled, and for all the pleasures we have derived from it. We thank thee, that the few here assembled before thee have been favored with new inducements, and been laid under new and stronger obligations of virtue and holiness. May these obligations, O blessed Father! have their full effect upon us. Teach us, we pray thee, the true reverence of thy great, mighty, and terrible Name. Inspire us with a firm and unshaken resolution in our virtuous pursuits. Give us grace diligently to search thy word in the book of nature, wherein the duties of our high vocation are inculcated with Divine authority. May the solemnity of the ceremonies of our institution be duly impressed on our minds, and have a happy and lasting effect on our lives! O Thou, who didst aforetime appear unto thy servant Moses in a flame of fire out of the midst of a bush, enkindle, we beseech thee, in each of our hearts, a flame of devotion to thee, of love to each other, and of charity to all mankind! May all thy miracles and mighty works fill us with thy dread, and thy goodness impress us with a love of thy holy name! May holiness to the Lord be engraven upon all our thoughts, words, and actions! May the incense of piety ascend continually unto thee from the altar of our hearts, and burn day and night, as a sacrifice of a sweet-smelling savor, well-pleasing unto thee! And since sin has destroyed within us the first temple of purity and innocence, may thy heavenly grace guide and assist us in rebuilding a second temple of reformation, and may the glory of this latter house be greater than the glory of the former! Amen, so mote it be.^{*15}

Yellow Jacket

A message from your higher Self, J: Write about the yellow jacket. Try to remember... There's a reason.
—It was borrowed from someone unknown, but never returned. N tried to return it, but the person it belonged to couldn't be found. It was at an event, perhaps at school or concert. J was cold, near freezing, it had started snowing outside. He wasn't wearing warm enough clothes. A stranger took pity on J, and gave him his jacket. It was way too big for him, but he could sit in the chair wearing it. And it kept him warm, kept him from getting sick. The stranger was very rare, an angel of light. That's why he couldn't be found... Thank you, stranger angel.

Jesus

... Among other things the Gospels have this to say about the generation of Jesus and his appearance as a human being: Matthew, Chapter 1, verse 18: "Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost. (19) Then Joseph her husband, being a just man, and not willing to make her a publick example, was minded to put her away privily. (20) But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. (21) And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins. (23) Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. (25) And [Joseph] knew her not till she had brought forth her firstborn son: and he called his name JESUS."

Luke, Chapter 2, verse 46: "And it came to pass, that after three days they found him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions. (47) And all that heard him were astonished at his understanding and answers. (48) And when they saw him, they were amazed: and his mother said unto him, Son, why hast thou thus dealt with us? behold, thy father and I have sought thee sorrowing. (49) And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business? (50) And they understood not the saying which he spake unto them. (52) And Jesus increased in wisdom and stature, and in favour with God and man."

Chapter 3, verse 21: "Now when all the people were baptized, it came to pass, that Jesus also being baptized, and praying, the heaven was opened. (22) And the Holy Ghost descended in a bodily shape like a dove upon him, and a voice came from heaven, which said, Thou art my beloved Son; in thee I am well pleased. (23) And Jesus himself began to be about thirty years of age, being (as was supposed) the son of Joseph, which was the son of Heli, (24) Which was the son of Matthat, which was the son of Levi, which was the son of Melchi, which was the son of Janna, which was the son of Joseph..." Here follow all the verses from 25 to 38: "(38) ... which was the son of Seth, which was the son of Adam, which was the son of God."

The corporeal physical body in which Jesus lived may not have been generally known. This is made probable by the fact that it is written that Judas was paid 30 pieces of silver to identify Jesus from his disciples, by kissing him. But from various Bible passages it is evident that the term JESUS was to represent the conscious self, the Doer, or feeling-and-desire, in every human body, and not the body. However that may be, the incorporeal Jesus as self-conscious desire-and-feeling walked the earth in a human physical body at that time, just as at the present time every human body has in it the immortal feeling-desire conscious self in a woman body, or a self-conscious desire-feeling in a man body. And without this self-conscious self there is no human being.

A difference between the desire-feeling as Jesus at that time and the desire-feeling in a man body of today, is that Jesus knew himself to be the immortal Doer, the Word, desire-feeling in the body, whereas no human being knows what he is, awake or asleep. Further, a purpose for the coming of Jesus at that time was to tell that he was the immortal self in the body, and not the body itself. And he especially came to set an example, that is, to be a "forerunner" of what the human should do, and be, in order to find himself in the body and eventually to be able to say: "I and my Father are one"; which meant that he, Jesus, being conscious of himself as the Doer in his physical body, thereby was conscious of his direct Sonship relation to his Lord, God (Thinker-and-Knower) of his Triune Self.

Light

Light is remarkable. It is something we take for granted every day, but it's not something we stop and think about very often or even try and define. Let's take a few minutes and try and understand some things about light.

Simply stated, light is nature's way of transferring energy through space. We can complicate it by talking about interacting electric and magnetic fields, quantum mechanics, and all of that, but just remember—*light is energy*.^{*17}

Love

God is Light. God is Love.

God's creating universe is founded on Love. It is creating with Light.

The principle of love is desire to give. God gives love by extending His Light. God's love is a mirror of Light which reflects His giving of love by the regiving of love.

The law of love is rhythmic balanced interchange between all givings and regivings.

A mirror of Light which reflects His giving of love by the regiving of love.

The law of love is rhythmic balanced interchange between all givings and regivings.

The symbol of love is the wave of dual light which gives and regives equally and rhythmically.

This is a dual electric wave universe of interchanging light.

God's Love is everywhere; His Light is everywhere. There is naught but good in God's omniscient universe. Evil is a product of man's thinking.

God extends His love, His power and His knowing, radially, from zero points of omnipresent stillness to other zero points in the measure of His desire to give form to His imaginings. The intensity of desire extended from centering points of rest to extended points of rest determines the dimension of desire.^{*18}

Help

I am a craftsman without a craft in demand.
My attempts at expression reflect only myself.
Where I used to get by fiddling modern computers,
today, I no longer attempt such a living from others.

I've earned my right to live. Free. Without debt.

Acupoints

A nationally-sought acoustical imaging scientist, who served as a science advisor to two presidents, Dr. Jones also fit the archetype of the idealized scientist. He made contributions to the NASA Moon and Mars missions, developed innovations to the science of acoustical imaging techniques, and still found time to enjoy fine arts and humanities.

In this later chapter of his life, Dr. Jones met a fellow scientist from the space engineering world, a particle physicist with a penchant for innovation. Dr. Young Kim Bae had led research teams for SRI, Cal-Tech, and others. Like Dr. Jones, Dr. Bae was quite a busy and diverse man. Among his many talents was formal training in acupuncture, including a professional practice.

Utilizing Jones' foremost expertise in acoustical imaging and Bae's acupuncture and physics training, these two collaborators wondered if they could use the latest in acoustical imaging knowledge to evaluate – perhaps definitively – whether there are any remarkable electrical or otherwise “energetic” features at the site of acupuncture points?

A team was formed to study this salient question. Their laboratory space at University of California/Irvine would come to house 101 computers with which to process the data from an array of 100 ultrasound transducers. When in use, the 100 transducer array generated 1 terabyte of data for every six seconds of operation.

Over the course of their research, Jones and Bae discovered discrete structures of increased ultrasound attenuation (scattering or absorption of sound waves) at the location of acupoints. Since changes in electrical properties are almost always associated with changes in acoustical properties, the team surmised that acupoints represent regions of enhanced electrical conductivity. ^{*19}

Proof

I really did not want to go where this story was taking me. Many times I covered my face with my hands and cried, “Enough!” If you do not already know this story, and if you are moved to check the facts for yourself, you will probably feel the same. It is all true. I am sure that there is much more to the story, but what follows is only what can be proven. But, again, don’t take my word for it. Check for yourself. ^{*2}



ABOVE, “STANDING ALONE” BY OLHA ROHULYA *20

Opportunity

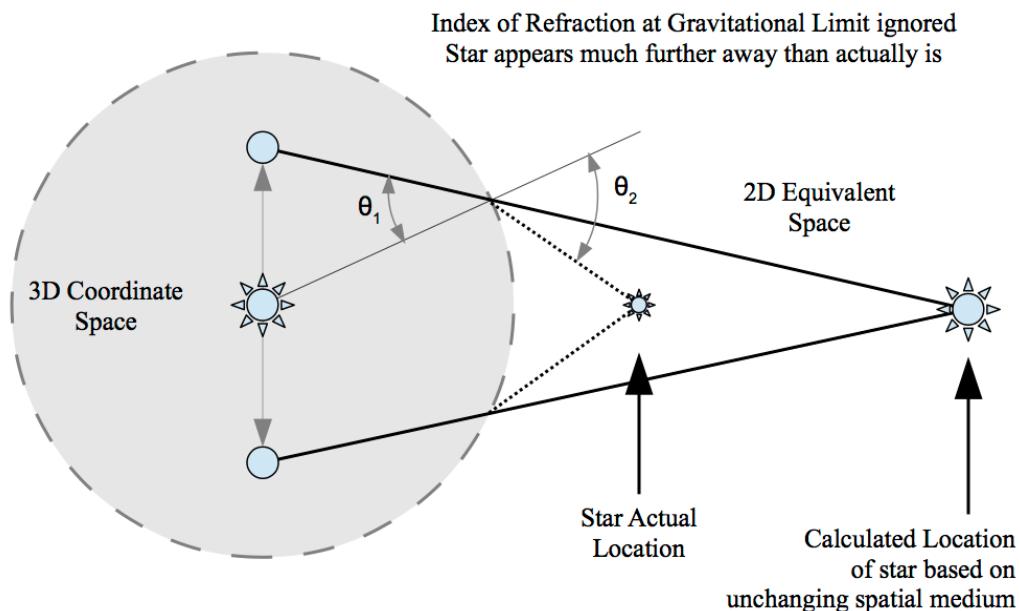
For the first time in many thousands of years we have discovered the source of the problem, and we can now understand it. This is a result of past life research and modern technology. We can now understand how our planetary society has been programmed to keep us from discovering the truth. In spite of the programming, we can overcome it. Therefore, we are in an entirely new situation at present. A golden opportunity presents itself in that we now have a chance—however slight—to possibly do something about the problem.

Whether we indeed do something about it, will depend on our courage and willingness to confront the problem and our capacity to take on a large measure of responsibility. Responsibility for our own future. For we alone are responsible for our future. If we don't create our own future, then it's going to be created for us. And, as we have seen, those who have historically created our future have not had our best interests in mind (to say the least). The fact that the ETCs have, for the most part, operated in secrecy demonstrates that they are vulnerable and not all-powerful as they would like us to believe. I interpret this as a good sign, and this indicates that we can indeed do something about the situation. ^{*21}

Refraction ^{*22}

If you approach a boat from underwater, reach out with your hand and try to grab a rung on the ladder on the side of the boat—you miss, because the rung isn't where you see it. When light moves between mediums of different density, it bends—refracts—but your arm does not. The same problem occurs when trying to catch fish with your hands, standing in water. You clearly see the fish, grab for it and miss—because the image of the fish isn't where the fish actually is.

This is exactly what is happening between the 3D “water” space inside the gravitational limit, and the 2D “air” space outside the limit. The stars we see in space aren't where we think they are—the actual object is much closer than we observe it to be, which has led to these miscalculations of distance.



Deluge

A world war was raging at the time.

In the thirty-fourth century B.C., a catastrophe of incredible magnitude intervened, causing the world to wobble and ripping the crust of the earth to shreds. A great Flood swept the whole planet.

November 17, 3398 B.C. That day was probably like most others: temperate, balmy.

In one longitude, millions were dining...entertaining...relaxing. Precisely at 8 P.M. the earth gave an enormous shudder.

Prodded by an outside force, the planet tilted on its axis, and amidst lightning and the worst thunder ever heard by man, the pristine vapour canopy began to disintegrate. A floodgate of rain was released upon the earth.

There could be no gentle rising of water. Cosmic forces of horrific violence came unleashed.

With a dreadful shock, large land masses with their populations slipped into the sea. The surface of the entire globe became as a giant maelstrom, in which continents and seas were churned up together.

Attended by a screaming hurricane, tidal waves of 6,000 feet swept toward the poles. A blanket of lava and asphyxiating gases extinguished all life.

This cataclysm wiped the Mother Civilization from the face of the earth and consigned its products to a watery grave forever.

Not only were the antedeluvian people buried, but their technological achievements were destroyed, including all form of machinery and construction.

It is quite possible that areas which were most densely populated were submerged by the sea or buried under thousands of feet of debris. It has been scientifically estimated that over 75 percent of the earth's surface is sedimentary in nature, extending, as in India, to 60,000 feet deep.

Indeed, the earth, torn and twisted and shaking, was not to quiet down for centuries. With no less than three thousand volcanoes in eruption, a dense cloud of dust enshrouded the earth, blocking out the sun and distorting the climate for hundreds of years. Thus began the Ice Age.

Of the human race a mere handful remained; Indeed, their survival was in every sense a miracle.

Forewarned, they had salvaged what records they might: a compilation of knowledge which, in due course, would be imparted to their descendants.

Now for the sake of the reader who is unfamiliar with this event, it should be stressed that the global Flood catastrophe is one of the key facts of all history. Not only is there a mass of geological evidence-it has left an indelible impression on the memory of the entire human race.

An analysis of some 600 individual Flood traditions reveals a widespread concurrence on essential points:

- the prior corruption of mankind,
- a Flood warning unheeded by the masses,
- a survival vessel,
- the preservation of up to eight people with representative animal life,
- the sending forth of a bird to determine the suitability of reemerging land,
- significance in the rainbow,
- descent from a mountain,
- and the repopulation of the whole earth from a single group of survivors.

Especially remarkable is the persistence of that biblical name Noah. And this is particularly so when you consider the ultimate language differences between peoples, and the extreme local distortions which developed in Flood legends.

Yet the name survived virtually unchanged in such isolated places as Hawaii (where he was called Nu-u), the Sudan (Nuh), China (Nu-Wah), the Amazon region (Noa), Phrygia (Noe) and among the Hottentots (Noh and Hiagnoh).

Think about this. Did each of these nations independently concoct the same name for its flood-surviving ancestor? Or did these widely separated peoples refer back to the same family of survivors?

The table of nations in Genesis 10 records the gradual dispersion of Noah's descendants and lists names, thus offering clues to their history and dwelling place. It contends that all nations of the earth have sprung from the family of Noah.

Professor W.F. Albright, internationally recognized archaeological authority, describes this as an astonishingly accurate document...[which] shows such remarkable 'modern' understanding of the ethnic and linguistic situation in the modern world, in spite of all its complexity, that scholars never fail to be impressed with the author's knowledge of the subject.

So, in a nutshell, there is good reason to believe that, after the Deluge, mankind sprang from a single group of people.

*23

Rebirth

It is necessary for the Christ to be born in each one of us. The Nativity of the heart is urgent.

We need to transform the Tree of the Science of Good and Evil into the Immolated Lamb of the Holy City.

"Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out." - Revelation 3:12

"Be thou faithful unto death, and I will give thee a crown of life." - Revelation 2:10

"I am the bread of life, I am the living bread, Whosoever eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day, He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him." - John 6:48, 51, 54, 56

Indeed, Christ is a Sephirothic Crown (Kether, Chokmah, and Binah) of incommensurable wisdom, whose purest atoms shine within Chokmah, the world of the Ophanim.

This Sephirothic Crown (incommensurable) sent his Buddha, Jesus of Nazareth, who through innumerable reincarnations prepared himself in our terrestrial evolution.

It was in the river Jordan where the Christic crown, the Solar Logos, shone and penetrated within his Buddha, Jesus of Nazareth.

Behold here the mystery of the double human personality, which is one of the greatest mysteries of occultism. When the human being receives the Sephirothic Crown, then the Ancient of Days illuminates him and guides him towards the waters of pure life.

Nonetheless, brothers and sisters of mine, no one reaches the Father except through the Son, and the Son is in the depth of the Ark of the Alliance waiting for the instant of realization.

The Ark of the Alliance is our sexual organs. Only through perfect Chastity can we form the Christ within ourselves and rise towards the Father. ^{*24}

Thoughts

Thoughts are 'things'. Those who spend their lives fearing what will happen next are most likely to create fearful situations to live through. Those who think in hateful ways will bring hateful people to them. Those who believe that they are poor will create only poverty for themselves. Thoughts are powerful, but remember the same power that can destroy can also create.

These 'old tapes' put limitations on an otherwise unlimited potential that we all possess. It is important to examine these old self-limiting messages and begin to create a programme of positive replacements for yourself. Always keep in mind you are creating your own reality at every second by the choices you make with your every thought. Your reality is created out of a string of judgements you have made around what you have experienced over time. This string of judgments begins to form your 'truth'. If what is true for you is destructive or limiting to your unlimited potential you can be certain that it will be visible within your astral auric body as a 'negative' thought-form.

Altering long-term 'negative' behavior patterns and replacing them with positive ones destroys 'negative' thought-forms. I have used quotation marks around the word 'negative' because I don't believe that 'negative' in the strict sense of the word, exists. A 'negative' is merely a motivating factor. It stimulates, and stimulates, and stimulates you until you take some sort of action to make a change. If you are positive-evolving, the change will be a quantum leap onward and upward on the evolutionary Ladder. If you are hanging onto 'negative' or limiting choices the negatives will compound until at last, at the depths of the lowest moments of your life, you see the 'Light' and move at warp speed in the opposite (positive) direction. Some individuals, sadly, do not physically survive this low time in their life and are processed on to a new life at a later time when all of the challenges will be presented to them once again. ^{*25}

The Devil

"There is something about yourself that you don't know. Something that you will deny even exists, until it's too late to do anything about it. It's the only reason you get up in the morning. The only reason you suffer the s**ty puss, the blood, the sweat and the tears. This is because you want people to know how good, attractive, generous, funny, wild and clever you really are. Fear or revere me, but please, think I'm special. We share an addiction. We're approval junkies. We're all in it for the slap on the back and the gold watch. The hip-hip-hoo-f**kin' rah. Look at the clever boy with the badge, polishing his trophy. Shine on you crazy diamond, because we're just monkeys wrapped in suits, begging for the approval of others." — Jake Greene in the film "Revolver" (2005).^{*26}

Presence

Brother Lawrence related that we should establish ourselves in a sense of God's Presence by continually conversing with Him. It was a shameful thing to quit His conversation to think of trifles and fooleries. We should feed and nourish our souls with high notions of God which would yield us great joy in being devoted to Him.

He said we ought to quicken and enliven our faith. It was lamentable we had so little. Instead of taking faith for the rule of their conduct, men amused themselves with trivial devotions which changed daily. He said that faith was sufficient to bring us to a high degree of perfection. We ought to give ourselves up to God with regard both to things temporal and spiritual and seek our satisfaction only in the fulfilling of His will. Whether God led us by suffering or by consolation all would be equal to a soul truly resigned.

He said we need fidelity in those disruptions in the ebb and flow of prayer when God tries our love to Him. This was the time for a complete act of resignation, whereof one act alone could greatly promote our spiritual advancement.

He said that as far as the miseries and sins he heard of daily in the world, he was so far from wondering at them, that, on the contrary, he was surprised there were not more considering the malice sinners were capable of. For his part, he prayed for them. But knowing that God could remedy the mischief they did when He pleased, he gave himself no further trouble.

Brother Lawrence said to arrive at such resignation as God requires, we should carefully watch over all the passions that mingle in spiritual as well as temporal things. God would give light concerning those passions to those who truly desire to serve Him.^{*27}

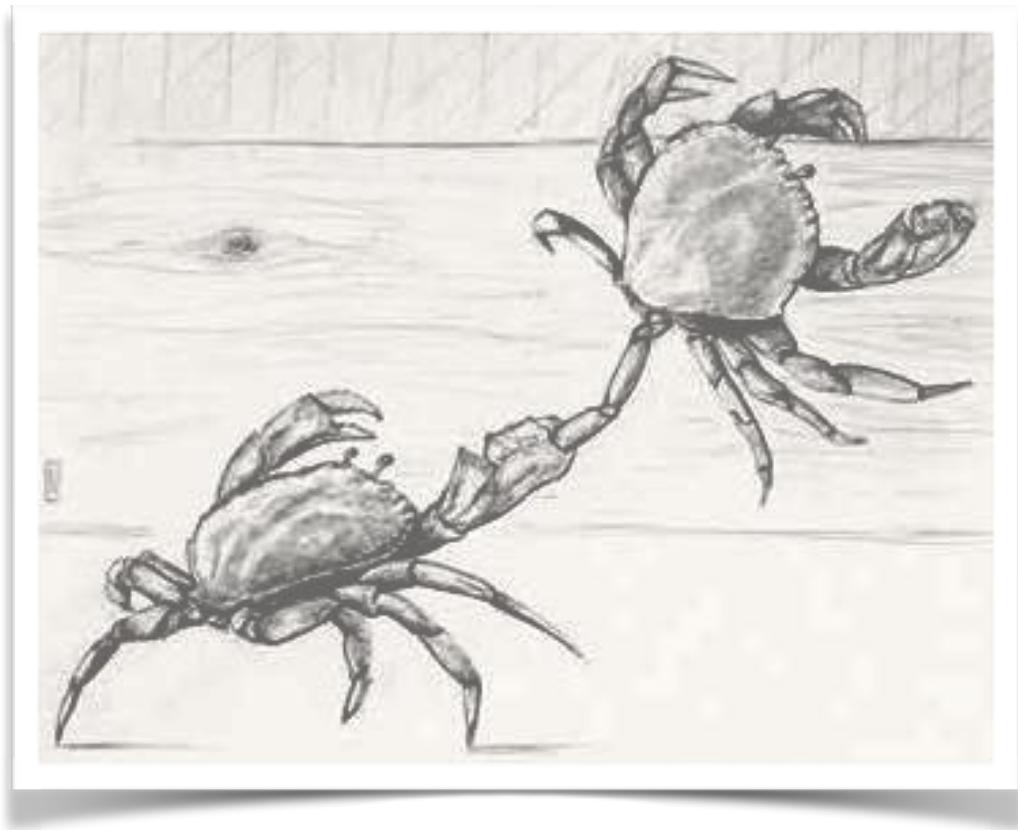
Prayer

In a study on germinating seeds done by Dr. Franklin Loehr, a Presbyterian minister and scientist, the objective was to see in a controlled experiment what effect prayer had over living and seemingly non-living matter. In one experiment they used three pans of various types of seeds. One was the control pan. One pan received positive prayer, and the other received negative prayer. Time after time, the results indicated that prayer helped speed germination and produced more vigorous plants. Prayers of negation actually halted germination in some plants and suppressed growth in others.^{*28}

The Crab Bucket Syndrome *²⁹ *³⁰ *³¹

When teachers at Frank W. Ballou Senior High School in Washington, D.C., talk about the crab bucket syndrome, they are describing a terrible fact of life at their inner-city school. That is, the way kids who have surrendered to the culture of gangs and drugs react to a kid who is trying to escape it: They do their best to pull him back into the bucket.

Crab mentality or crabs in a bucket (also barrel, basket or pot), is a way of thinking best described by the phrase "if I can't have it, neither can you". The metaphor refers to a bucket of live crabs, some of which could easily escape, but other crabs pull them back down to prevent any from getting out, ensuring the group's collective demise.



Perspective

It was clear then and it is still clear today that this moment in our global evolutionary path is reaching a pinnacle in which our awareness is being asked to gain a more global, galactic, and universal perspective. I believe that to be one of the most crucial transformations one can achieve to help cope with the current evolutionary leap.

The Earth changes upon us today are intimately connected to this great moment in which our civilization encounters the larger community and transcends their own sense of limitation. I encourage you to take the galactic perspective and to rise to the equation. *³⁰

Rejection

I learned that the real problem in my life wasn't what I thought it was. It seemed to me that my circumstances were the issue. But the reality was, the root of the problem was inside me – in my attitudes and perceptions of the things that were going on around me.

I had to make a decision to change the way I looked at life and have an attitude adjustment toward the circumstances I was dealing with.

No, it wasn't easy.

But it was much better getting to the root of the problem and dealing with it than focusing on outward circumstances and not changing at all. I had to change to get free!

I finally discovered the root of the problem.

I believe that many people are angry, discouraged, depressed and hopeless because they're not getting to the real root or cause of their problems. And there are different kinds of roots. One big one for me was rejection.

The rejection in my life started when I was really young. My dad abused me because he wasn't happy and had been hurt himself. You see, when people are in pain, they usually mistreat others. It didn't happen because there was something wrong with me or because I had done something wrong to him.

The pain and rejection I experienced became rooted in my soul – my mind, will and emotions – and affected the way I viewed my circumstances, causing me to believe things that weren't even true. This deception caused problems in my relationships, especially my marriage.

The root of rejection almost cost me my marriage.

In the early years of our marriage, Dave and I argued a lot. We couldn't have a peaceful conversation about anything we didn't agree about. It usually went something like this...

Me: "I can't talk to you about anything!"

Dave: "Don't tell me you can't talk to me about anything. You don't want to listen to anybody. You want to do all the talking and have me do all the listening!"

I would end up feeling so confused. And I would find myself thinking we couldn't stay married!

I came to understand that the problem was I couldn't handle Dave (or anyone else for that matter) disagreeing with me. The Lord actually spoke to my heart and said, "You are not separating who you are as a person from your opinion. So if Dave rejects your opinion, you feel like he is rejecting you."

I found the key to freedom. ^{*31}

Keys

Suppose we have a key in our hands. We cannot directly understand the purpose of it from the key itself, nor is it possible to imagine from the key itself that a great treasure is likely to be revealed with its help. There is no hidden indication in the key regarding the treasure; the key itself is closed. Even if we break it or cut it into pieces, we may find the metal of which it is made, but we cannot learn anything about the hidden treasure which the key is capable of revealing. And whenever such a key is preserved for a long time, it only becomes a burden in our life.

In life there are many such keys which can open the doors of treasures even today, but unfortunately we neither know anything about those treasures nor about those locks which can be opened. When we do not know either about the treasures or the locks, then what is left in our hands cannot even be called a key. It can only be a key if it opens a lock. This same key may have revealed treasures some time in the past, but because today nothing can be unlocked, the key has become a burden. But even so, somehow we do not feel like throwing it away.

The key has left a sort of lingering fragrance in the unconscious mind of man. Maybe some four thousand years ago that key did open some locks, and treasures were found: the remembrance of that in the unconscious mind makes us carry the burden of that key to this day. However much one may be persuaded about the uselessness of the key, we cannot gather the courage to throw it away. In some unknown corner of the heart there still lingers the hope that some day some lock might be opened by it.^{*32}

Suggestions

- Take personal responsibility. If you are being signaled to make changes, by all means listen. Following your intuition is often a leap of faith – a journey through the underworld. But if we take personal responsibility, we can use our intuition to reconnect with a higher source to lead, guide, and direct us.
- Reject the perception that this is conspiracy. The only ones who are conspiring are the elites.
- Learn about the Federal Reserve System so that you understand it well enough to explain it to someone else.
- If you have not already done so, move toward alternative health care.
- Wean yourself off of aspartame (Nutrasweet) or at least minimize your intake.
- Consciously recognize that television is a tool for propaganda...
- Try to let go of a “last minute” attitude. If there is a disruption in services, supplies will diminish quickly. Learn the lessons of Hurricane Katrina. Don’t wait until you are a day away from running out of essentials, including things like pet food.
- Minimize the intake of processed food. Chemical cocktails are contributing to the degradation of our immune systems...
- Investigate vaccinations.
- Avoid drinking tap water.
- Search for information outside of the mainstream media. There is a whole world outside the media bubble of the US. Learn to discern truth for yourself after looking at other sources. We cannot afford to just turn on the nightly news and be spoon fed by “journalists” who do nothing but repeat the party line.
- Reject the RFID chip.^{*2}

Return To Father

The desire to have fun and pleasure in life is a direct consequence of being fearful of dying, of fearing the true nature of God and the universe, by seeking relief through external validation.

Just a Thought

“ ...”

Revelation

As a child, I would stare into empty space and find myself content for hours. My mother said I did not cry very often. I think that is because I found empty space to be filled with wonder. I would just sit and observe space and the very fact that I could see. That was enough. I find it amazing just to observe.

The creative imagination seeks that which is inconceivable at the present time and presents itself anew. In the Gospel of Thomas, it is written that Jesus said, "Those who seek should not stop seeking until they find. When they find, they will be disturbed. When they are disturbed, they will marvel, and will reign over all. [And after they have reigned they will rest.]" *³

Useless Thought

“I can't.”

Do

Stop trying to change the world. Start by changing yourself. Positively, step by step, working on your inner self. Learn to discover your fears, demons, anxieties, guilt, and all manner of toxic emotions which drive your unconscious behaviors. Learn to forgive, yourself first, others one by one. Identify your shadow, embrace him/her, and share the love they need to feel. Become a disciple, and learn to discipline your impulses, take a single first step towards admitting it's time to grow up; you will.

The Search for Truth

Begins... now.

Place your hands, as in prayer, in front of you and ‘unfold’ them, palmed to hold water like a cup.

And ask yourself: “**What do I hold in my hands?**” *See End for answers.



ABOVE, EXAMPLES OF DIFFERENT PEOPLE'S AURAS CAPTURED USING THE AURA CAMERA BY GUY COGGINS. *33

Your Aura

Human civilization has been aware of the aura for thousands of years. Although the auras vary in description, mystics and psychics have incorporated the aura into their spiritual and medicinal practices. Eastern Indian, Chinese, Jewish and Christian mystics have documented these energies that vibrate through all physical matter. You may be familiar with some of the paintings of Jesus and Mary from the Middle Ages and the Renaissance period, where they are depicted with a white corona surrounding their heads or entire bodies. White denotes intense power or spirituality, so the image still works today. There are many other written and pictorial evidences of the historical belief in auras, too many to delve into here.

As early as 1890, there have been attempts at photographing the aura. Nicola Tesla produced the first Aura photograph by immersing himself in high voltage. Dangerous, but it did reveal in photographic evidence a white halo of energy surrounding his body...

In the 1930s two Soviet scientists revolutionized modern aura imaging by charging the photographic plate with high voltage, low amperage energy. Anything coming in contact with the plate; i.e. fingertips, leaves, etc. would reveal a colorfully energetic corona around an object. This technique was more discerning in the energies it picked up, so people could glean more meaning from these mysterious "auras." After the brother scientists, this photography is now immortalized as "Kirlian" photography.

Now, the industry is blown wide open. In the late sixties, like many Americans Guy Coggins was experimenting with the art of yoga. Fascinated by the energies experienced yogis mastered, he decided to build a machine that would measure the energy from people's hands. In 1970 he formed Aura Imaging based on this product.

After much experimentation Coggins invented a camera that safely and accurately measures the differing emanations of energy from the body. Acupuncture points in your hand correspond to regions of the body, and a tiny computer in the camera translates these points onto the photographic plate. What results is a colorful and varied corona of visible light we can actually use in personal interpretations. This type of photography can be more unique than your astrological chart, as unique as your fingerprint...

Now called Aura Imaging, Coggins' company produces cameras and computer systems used around the world. The company's goal is to empower people with the knowledge that there is more to you than you know. You really are more than just "too solid flesh," we are beings of light as well... If everyone were aware of the splendor and beauty of their own auras, they would not be afraid of the transition of death. Death is only a shedding of this body to free the soul, and its aura, into the next realm. ^{*34}

Progress

We have witnessed the great strides which have been made in all departments of science in recent years. So great have been the advances that we cannot refrain from asking ourselves, Is this all true; or is it but a dream? Centuries ago men have lived, have thought, discovered, invented, and have believed that they were soaring, while they were merely proceeding at a snail's pace. So we too may be mistaken. But taking the truth of the observed events as one of the implied facts of science, we must rejoice in the, immense progress already made and still more in the anticipation of what must come, judging from the possibilities opened up by modern research. There is, however, an advance which we have been witnessing, which must be particularly gratifying to every lover of progress. It is not a discovery, or an invention, or an achievement in any particular direction. It is an advance in all directions of scientific thought and experiment I mean the generalization of the natural forces and phenomena, the looming up of a certain broad idea on the scientific horizon. It is this idea which has, however, long ago taken possession of the most advanced minds, to which I desire to call your attention, and which I intend to illustrate in a general way, in these experiments, as the first step in answering the question "What is light?" and to realize the modern meaning of this word. ^{*35}

Knowing Light

Light cannot be seen; it can only be known. Light is still. The sense of sight cannot respond to stillness. That which the eyes "feel" and believe to be Light is but wave motion simulating the idea of Light. Like all things else in this electric wave universe the idea of Light cannot be produced. Electric waves simulate idea only. They do not become idea.

When man sees the light of the sun he believes that he is actually seeing light when the nerves of his eyes are but "feeling" the intense, rapid, shortwave vibrations of the kind of wave motion which he senses as incandescence. The intensely vibrant electric current mirrored into the senses of the eyes fairly burns them. They cannot stand that high rate of vibration. The eyes would be destroyed by such a vibration, but light would not be the cause of that

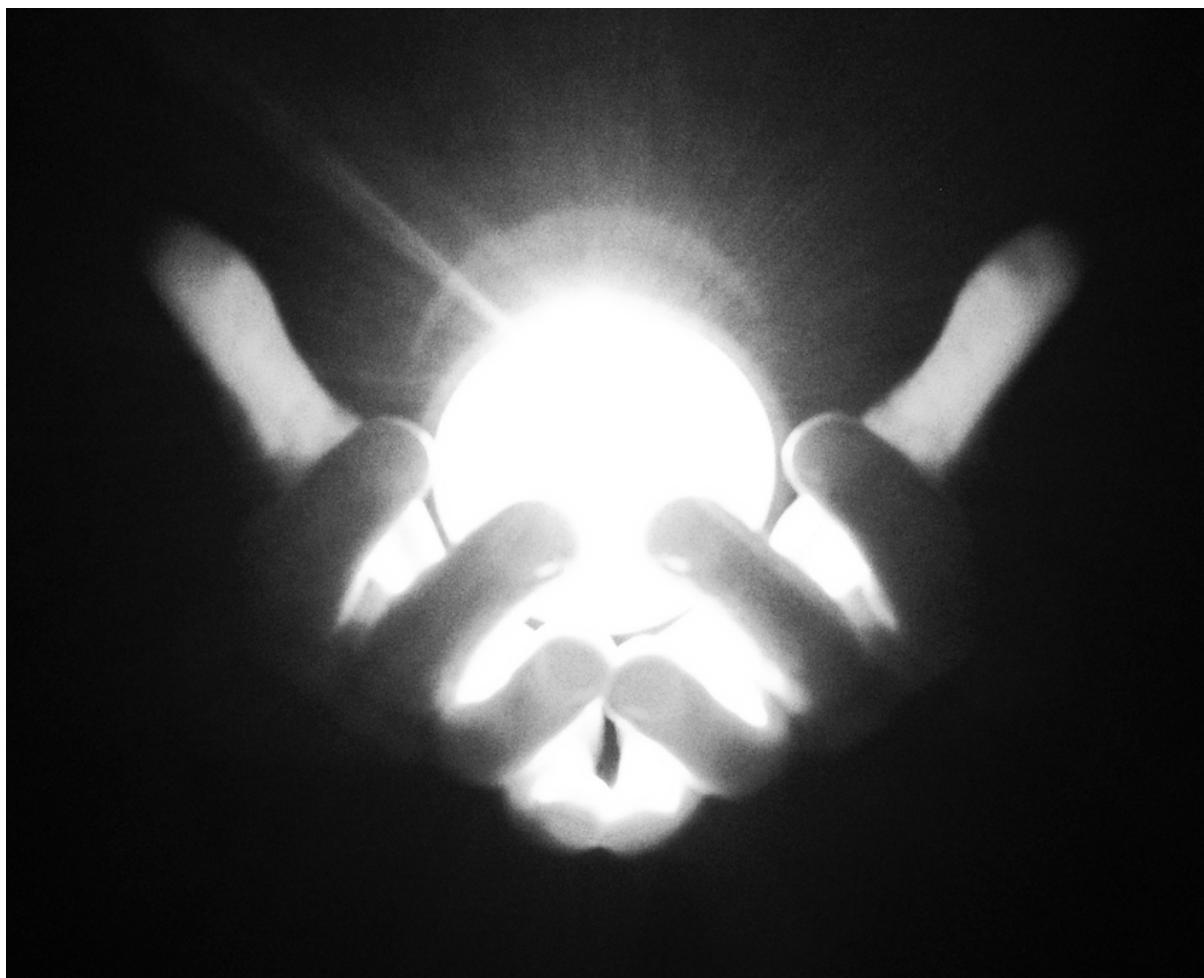
destruction. Fast motion, simulating light, would be the cause. It would be like sending a high voltage electric current over a wire so fine that the current would burn it out.

Man likewise cannot see darkness. The nerves of his eyes which sense motion slow down to a rate of vibration which he can no longer "feel."

Man is so accustomed to the idea that he actually sees light in various intensities illuminating various substances to greater or lesser degree that it is difficult for him to realize that his own senses are but acting as mirrors to reflect various intensities of wave motion. But that is all that is happening.

Every electrically conditioned thing in Nature reflects the vibrations of every other thing, to fulfill its desire to synchronize its vibrations with every other thing. All matter is the motion of light. All motion is expressed in waves. All light waves are mirrors which reflect each other's condition unto the farthest star.

This is an electrically conditioned wave universe. All wave conditions are forever seeking oneness. For this reason all sensation responds to all other sensation. *¹⁸



ABOVE, PHOTOGRAPH BY J: VISUALIZING THE IDEA OF "HOLDING LIGHT IN YOUR HANDS."



ABOVE, HAPPY SCIENCE: ON THE PATH TO ENLIGHTENMENT. *36

Forgiveness

The study of the aura shows us that we are more than we may have previously thought we were. We can see how we can be interconnected by our thoughts, our auric bodies and chakras. We have seen we can heal ourselves and others by the projection of our energies through these channels. By understanding the mechanics of how we create our reality and how we can improve on it, we realize that we can create a better world as well.

To move into the future in the most positive way we must first learn how to deal with the past and eliminate the unhealthy aspects of it so that we can finally be free to go on. One thing paramount to that process is learning to forgive and release past events that hold us in our old patterns. By hanging on to negative feelings such as resentment we are only feeding our anger, and anger feeds on us. When we eliminate these negative feelings we clean out harmful thought-forms from the aura and we generate mental, emotional, spiritual and physical health and well-being.

Forgiveness is fundamental to the teachings of Jesus. It is the door by which we can enter the kingdoms of peace and harmony, yet there are very few today who profess to be Christians who actually practice the kind of forgiveness Jesus talked about nearly 2000 years ago. Wars generated in the name of Christianity litter our history books because of the inability to forgive and go on.

Acceptance of life's events without judgment is fundamental to Buddhist belief which avoids the build-up of the anger and resentment that leads to a need for forgiveness.

We've had the answers for years but they were cloaked in ceremony and philosophy. The answers rattled around in our heads on the intellectual level but rarely reached our hearts where the real healing is needed.

There is a simple yet effective technique that can be employed to release us from the past so we can continue to evolve unimpeded by negativity. It is a visualization I call the 'Let Go and Grow' process.

This process will take a little preparation. You will need to find a quiet place where you won't be disturbed. If you do it right you will experience great emotional release. Begin by sitting in a comfortable chair. Use a grounding technique and take a few deep breaths to relax. Have a piece of paper and a pencil handy. We will be exploring events that occurred a long time ago in your childhood; go as early into your childhood as you can to examine the roots of the behavior problems that you suffer from today. Most often this is where our self-image was constructed and the negative tapes were created.

For example, let's say you often feel worthless and unwanted. Write down on your paper, "I often feel worthless and unwanted." Now ask yourself how this interferes with living up to your highest potential and write the answers down. Remember, no one else is ever going to see your answers if you choose not to share them, so be as blunt and to the point as you can. If you participate 100 per cent in this process you will benefit 100 per cent.

Begin to reflect on those images from the past that bring up painful feelings of being worthless and unwanted. Focus on the exact instances and try to be detached enough to see the details. Where were you? How old were you? Who was there with you? What feelings did you have then? What feelings do you have now? Quickly jot down the answers to these questions and move on to another time which might be related in some way to your present-day feelings of being unwanted and worthless and ask the questions again.

Some of us will have no trouble recalling the specifics of the root of the problem, others will have locked many of the painful memories away and will have to try a few times to detail the events. The memories are not lost; they are there in the subconscious mind and can be recalled enough to work with. The subconscious mind uses the memory and subsequent like-memories to form and reinforce your negative belief about yourself all day long so you can bet it's in there. If an image is foggy, or you're just not sure how it goes, don't worry about it, work with what you've got. You'll be surprised how much will come back if you just continue.

The information gathered in the preparation part of this process will be a road map for the next part. You may want to rest between the first part and second part, and you can of course do so, but I suggest striking while the iron is hot. Now that you have dredged up the past it's most beneficial to go with what you are feeling.

If you take a rest, refresh your memory about what you are working on by rereading your notes. Relax and close your eyes. Take several deep breaths, breathe out tension, and ground yourself.

In your mind's eye envision a theatre marquee: your name is on it in the starring role. Today's special matinée is an episode from your childhood. As you buy your ticket and enter you pass a sign: 'It is the policy of this theatre to give our audiences only plays that have happy endings.'

You pass through a velvet curtain and walk to the front of the empty theatre to the best seat in the house. The lights dim and the curtains slide apart. A solitary spotlight fades up on a young child on the stage. It is you at the age you were in the first event you mapped in the first part of this process. Let's call you Emily for the sake of this example.

While you were delving into the past you remembered that your father used to get extremely angry with you for what you perceived as 'no reason at all.' Bring your father on stage. He enters your spotlight in a rage.

FATHER > Emily! How many times have I told you to leave my books alone? You're going to ruin them. Your hands are filthy and now look at this book. I've had it! (*Father pulls the book out of Emily's hand and slaps her across the face. She begins to cry.*) I'm sick and tired of having to watch you all the time, you can't be trusted. Why aren't you helping your mother with the dishes, you **worthless** brat? It's no wonder you don't have any friends, **who'd want a friend like you?** Always destroying other people's property...

EMILY > But Daddy, I was only looking at...

FATHER > (*interrupting*) Shut up and get out of here (*He chases after her and she falls trying to get away. He raises his hand to hit her again when...*)

From the audience, experiencing the pain, you see yourself standing up, and at the top of your lungs you yell, "Stop!" The characters freeze where they are.

Sometimes it's good to actually yell out loud during this part of the exercise as long as you can maintain the visualization and continue.

See yourself as you look today, running up onto the stage. Go over to little Emily and hold her, comforting her. Cry along with her, feel her emotion, feel your emotion. You may want to actually hug yourself as you experience this scene. Go ahead and get into the emotion of it, you're alone, there is no one there to judge you. Experience these emotions completely, it will help you to release the pain.

Little Emily is too young to understand that her father is frustrated and worried about money and is taking it out on her. Perhaps he feels insecure because he doesn't think he is able to take care of his family properly. He is feeling shame for his inadequacies. He is seeing himself as worthless as he enters the room and sees Emily getting fingerprints on a valuable book and he projects what he's feeling about himself onto her.

You, the adult Emily, can understand these things; you've probably had similar problems yourself. But little Emily had no idea what was going on. All she knew is that she wanted to look at the book that her father cherished. She never thought to wash her hands, she's only five years old and sometimes forgets some of the rules — there are so many. Her father entered and was very angry. He told her that she was "worthless" and asked "who would ever want you for a friend?" 'He must be right,' thinks little Emily, sobbing, 'after all he's my Daddy and he knows everything.' If this scene is repeated a few times little Emily will begin to form a negative self-image.

Let's return to the visualization. You are comforting little Emily. You dry her tears, stand up and walk over to your father. He is still frozen but he can see and hear you. You say "Father, I understand some of your frustrations. I am an adult now too and I have had some of the same problems but little Emily doesn't understand. All she knows is that the person who is in charge of guiding her life has just told her she is worthless and could never have a friend and she believes it! I believed it for many years as I grew up and it has caused me to dislike myself, and to be friendless. But I am taking charge of my life now and to do that I am about to change this event from my past."

The next part of this process is very important, it is the crux of the mechanism, the part that makes it work. There are three things that must be said to the father (in this example), and little Emily (your child self). They are:

1. I, (use your first name here), completely forgive you for...
2. I love you.
3. I completely release you from...

These simple statements are powerful, they change the past as you say them. Always remember you are forgiving yourself when you forgive the child. Little Emily represents the child that lives within adult Emily.

Emily now walks up to father and puts her arms around him (no matter what kind of emotion you are currently feeling toward the person you are forgiving, this action in the visualization is very important). She hugs him, holding him for a while and sending love to him. Then she pulls back, still holding him so that she can look him in the eyes. With all of the heartfelt emotion she can muster she says, "Father, I now forgive you for all of the things you have said and done to me over the years that have hurt me... And I love you..." (at this point, look into the eyes as you speak. See the shocked expression, see the tears well up. Now make the person respond as you have always wished he or she would. This is your play, you can make it any way you want to.) "... and I completely release you from any guilt or shame you may have acquired from all this." She now gives him a last hug and walks over to little Emily.

She now repeats the same three sentences to little Emily. "Emily I completely forgive you for hating Father all these years... I love you... and I release you from the guilt and pain you have suffered from all these years." Hold her in your arms and cry. Feel the release, the peace of mind settling in. Now envision the three of you walking off the stage arm in arm in love and harmony finally. The curtain closes. Relax and sleep for a while.

Use this process to 'Let Go and Grow' as often as you need to. Go after all of your life's events that caused pain and make them right. This powerful visualization works. It is one of the few tools that I have come across diet permanently removes old drought-forms from the astral auric body. ^{*25}

Enlightenment

Enlightenment is a destructive process. It has nothing to do with becoming better or being happier. Enlightenment is the crumbling away of untruth. It's seeing through the facade of pretense. It's the complete eradication of everything we imagined to be true. ^{*37}

Inside the light stood the Supreme Person, who walked as a man, well known to all of us. I could barely look because of the Supreme Glory that shone from his most beautiful face. The resounding supreme sphere of his consciousness encompassed the whole universe and beyond all of the Universes. How could one man behold so much Glory? I could see that this Supreme Person was, is and always will be God. From the most infinite microcosm to the most expansive Macrocosmic Universe, all of it was in front of me in the personality of the Supreme Being. His name is well known to all...

In 1994, during the darkest hour of my life, made penniless, humiliated to the point that I reached the bottom of our world. It was amazing that before I could know God, and be in the presence of the Supreme Being, I had to be thrown down to the lowest region of humanity. I had to lay there with no respect from what I had done - no money, no home. Then, finally, I thought I was dead, and then aloft I floated out, millions of shimmering atoms came rushing together to form the body of the most Holy of Holies right in front of me. ^{*3}

Don't Quit

When things go wrong as they sometimes will,
When the road you are trudging seems all uphill,
When the funds are low and the debts are high,
When you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest if you must but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about,
When he might have won had he stuck it out.
Don't give up though the pace seems slow,
You may succeed with another blow.

Often the goal is nearer than
It seems to a faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you can never tell how close you are,
As it may be near when it seems so far.
So stick to the fight when you're hardest hit,
It's when things seem worst that you must not quit. ^{*38}

Back Pain

The following is a record of patient [anonymous] healing their pain by letting it go:

I've been feeling back pain recently, like a bruise on a vertebrate of my spine. It's been there for a while (few weeks?), but I wasn't sure how it "started". I figured I must have slept unusually on the floor, or bumped my back/self against something. Except, I don't recall anything like that happening.

So today, I asked my body the question of where this pain originates from. And my body is suggesting its from an old injury I sustained in [*another city*], a long time ago. I started digging into my memories for scenes of when I might have been injured, recalling that I used to get "chased" around the school yard by my classmates in a game of [...] against the only [...], me. But that wasn't it, though it was clearly an "accident" of some kind, not an intentionally provoked injury? I do know that I cried a lot afterwards, as I "buried" the pain, not wanting my mother/father to know. At least, I've convinced myself (or was convinced) that it was an accident.

Continuing my inquiry, the response I'm getting is that this happened in my [...] age, and may have occurred whilst visiting a school, perhaps the [*alternative*] school or other, albeit without my mother/father present. Perhaps going with a babysitter, and I didn't say anything because I didn't want them to get in trouble. And so, kept quiet about the incident / pain, which lasted a few days. It seems to be healing itself now, slowly. But I must add, this contributed to negative psychological effects of my personality.

To note, as I became aware of this being an old pain from youth, I looked at the window and saw the silhouette of my head outlined against the reflection of the light illuminating the wall behind me, and for a moment, recognized my youthful "head" in the shape, of feeling like a young boy full of innocence and with a joyful disposition. For a moment, I felt like a boy again, without fear, and youthful positive courage.

Let Go

What do you think is the most frequent cause for our resistance to surrender?

We think that somehow, if we hang on to that feeling, it is going to get us what we want. If we get stuck in a feeling, it is useful to look at the question of what we think we have accomplished by hanging on to it. We will almost always find that we have a fantasy that it will have some effect on some other person and change their behavior or attitudes toward us. If we let go of that, we become willing to let go of the feeling. ^{*39}

Happiness

Contrary to common belief, *happiness is not a feeling*. Those who imagine it is a feeling frequently spend a lifetime searching to achieve happiness, as though it can be captured by pursuit, strategy or effort. All they achieve from this grasping attitude is ultimate disappointment, because happiness is *made up of nothing at all*. It is a condition of being. It either is or it is not. It cannot be made, achieved or found, as if it were some external thing to be gained by search. It forever eludes those who try to grasp it.

Happiness is wholly unconscious and far beyond the grasp of the mind. It is a total condition, not conscious. For the present, we have transcended our need for personal recognition and are seeking nothing from the world around us. We are in a state of being, not in the anxiety of becoming. Happiness is the condition that ensues when all seeking, grasping or desire for anything *outside the immediate situation* has stopped. It is the condition that exists when all feeling of poverty, need, insufficiency and comparison has stopped — a condition when desire is absent. It is the mirror surface of a pond when no wind blows. This explains why it disappears the moment we try to grasp it by any effort of wish or will.

Happiness seeks nothing outside itself, pleasure seeks constant rewards and tidbits. Happiness simply is. It has no cause and does not depend on outside props to hold it up. It is a condition when there is no separation between the doer and the doing, when there is a release from self-criticism, self-evaluation, self-consciousness. When the ego is nonexistent to make comparisons or seek approval. The moment an individual reaches out of this unconscious condition and brings conscious thinking, evaluation, planning, desire or ambition back into the situation, the spell is broken. He is plunged back into the hell of endless seeking, the desire for rewards, personal assurances, compensations and securities. ^{*40}



ABOVE, "PSYCHIC ENERGY SYSTEM" (CROPPED/ENHANCED) BY ALEX GREY *41

Pure consciousness itself, that which is described as "Is-ness," "Being-ness," and "I-am-ness," represents the infinite potential, infinite power, and infinite energy source of all existence, identified as "Deity," "God," "Divinity." *42

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End

Possible answers to the question: “**What do I hold in my hands?**”

- Nothing
- **Light** (*Correct*)

Also: *air, bacteria, being, dreams, dust, hope, life, love, potential, power, skill, skin, space, will, etc.*

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Thank you.

God

The *All* that *IS*.

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