

A photograph of a sunset over the ocean. The sun is a bright, glowing orb in the upper center, casting a shimmering path of light across the dark, choppy water. The sky is a deep orange and yellow, with some wispy clouds. On the horizon, a small, dark silhouette of a lighthouse is visible. The overall mood is serene and contemplative.

# Life and Sentience

Richard Clark

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By RICHARD CLARK

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Dedicated to all Life and Existence Everywhere

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## INTRODUCTION

Hello and thank you for choosing this book concerning the events that produced physical life on Earth looking at the motivation for it all, or in other words, how and why it happened.

It's not a difficult book to understand and it's not scientific; instead it's an overview of some of the main events in human history from the viewpoint of the driver of those events: Life and Sentience.

Life and Sentience existed independently of physical life before it existed.

Life and Sentience give rise to physical life to help advance and fulfill their own purposes.

Sentience is more active, able to organise matter and motivate energy bringing physical life into existence, and it actively shapes and develops that physical life going forward in order for its own Sentience to increase.

Physical life is developed by Sentience manipulating and supplying energy to cells.

Physical life is ready for mental development once the physical has reached a certain stage of development.

Sentience does this when physical life is ready to advance.

Life is more passive, the essence of existence, joining with matter when it encounters it.

Life has to be infused into matter, turning it into substance containing meaning for physical life to come into existence.

This book isn't written from any point of view or theory, but from a direct perception of the action of Life and Sentience, mostly in humans.

It is a study, however, which will be presented as clearly and simply as possible, hopefully creating a new understanding.

Billions of years ago after the Earth had formed but before any living thing had appeared on it, the Earth at that time was completely sterile, with just the sun's energy streaming down on it having journeyed millions of miles through space.



At some point in time that energy produced physical life on that sterile ball of rock.

Let's take a closer look,



Richard Clark, Bedford, UK

December 2019.

## Chapter 1 — OUR SUN'S ENERGY

The sun burns and produces energy by burning hydrogen which leads to physical life on Earth, but it also receives Life and Sentience from another universe, the one just before this one.

The previous universe ran its course with its energies spreading out from its suns until the suns of that universe ran out of fuel and it went dark.

The physical laws of that preceding universe were slightly different from this one and the Life and Sentience there adapted over billions of years to function under those laws.

The physical laws of our universe being slightly different meant that, as Life and Sentience passed through into this universe from the previous one, it was unable to have an effect on dense matter here for billions of years until it adapted by absorbing a lot of the Life and Sentience of this universe.

There are two types of Life and Sentience — the type that came from a previous universe and the type that originated in this universe.

The previous universe to this one is virtually the same as this one with billions of stars and a solar system like ours, except its physical laws were slightly different and that universe has now come to the end of its cycle.

During that cycle much of its energy joined with the Life of that universe which had joined with the Life from the previous universe as every universe has a universe that precedes it.

The Life and Sentience being described here isn't the physical life of that universe, but what's left when the physical life passes away.

Then the Life and Sentience from the solar system in the previous universe, passed from that universe through our sun into this universe.

The passing of Life and Sentience ignited our sun so it started to produce energy which would lead to Life and Sentience here as well

when it made contact with dense matter, but this Life and Sentience being part of this universe could affect and use dense matter in this universe right from the start to form physical life on Earth.

It's actually the Life from the previous universe that ignited our sun by passing through it, producing a kind of friction and is the origin of friction in this universe.

Sentience doesn't ignite suns when passing through them as it produces no friction, although the Sentience from our sun in this universe is released from hydrogen as it burns and spreads out through space over vast distances.

The two forms of Life are: Preceding Life from the past universe and Present Life from this one and they will be referred to in that way from now on.

The two forms of Sentience, one from the previous universe and one from this one will be looked at further on.

The Present Life of this universe will be made up of all the energies that our sun produces through burning, once those energies come into contact with dense matter.

Life is more than energy, although it's made up of energies, and neither is it a force or power, so in this book it's just called Life, either Previous Life from the last universe or Present Life from this one.

When the energy produced from our sun's hydrogen burning leaves the sun it isn't yet able to form Present Life as the energy needs to make contact and fuse with dense matter, as opposed to gasses, for Present Life to come into existence transforming 2D lifeless matter into a 3D substance with meaning.

## Chapter 2 — LIFE

Previous Life and the Sentience that comes with it from the preceding universes can't operate here in this universe until billions of years have passed.

Previous Life occupies space from the atmosphere around our planet extending outwards into space going as far as the sun's energies have travelled since it ignited and the Earth's atmosphere formed, mirroring it.

Previous Life came into this universe under tremendous pressure from the build-up of Previous Life in the last universe. It was in like the pressure of a garden hose produced by mains water.

This pressure forces Previous Life into this universe through our sun which acts like a bottle neck with the pressure spreading Previous Life over many light years.

The forcing of Previous Life through our sun under such great pressure produced a kind of friction which ignited our sun originally and will keep it burning so long as Previous Life is being forced through it.

Sentience from the last universe also came through in the same way attached to the Previous Life from the last universe and spread with it through this one.

Present Life made up from the energy generated by our sun burning can work and operate in this universe from the time our sun ignited, but it doesn't become Present Life until the sun's energy has made contact and joined with dense matter, mostly on Earth.

So Present Life tends to occupy dense matter in the Earth and planets.

When our sun ignited at the beginning of the cycle, Previous Life and the energy that will give rise to Present Life are separate as they leave the sun, but they will combine over billions of years on Earth, until by the end of the life cycle of the Earth when they will be one.

They will become one by Present Life being processed through physical life which is one of the reasons why the Sentience of this universe working with the Sentience from the previous universe brought physical life into existence.

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Previous Life acts as a store containing much of the Present Life and data from the physical life in the last universe it passed through and in many other universes before that.

This data isn't solely the life experiences of physical life, but also the details of its construction and how all the different, individual processes, interactions, energies, systems and everything else work together to produce physical life. It's a data map of existence.

Previous Life stores it as a blueprint or guide which is available to the Sentience of whatever universe Previous Life is travelling through so it can assemble Physical life so the harvesting of Present Life and the energies of that universe can continue.

Physical Life is, in effect, a type of vacuum cleaner sucking up the life and energy of a universe and depositing it into the dust bag which is Previous Life and it's this stored data that's used by the Sentience of this universe as a guide to assemble and develop physical life from the matter and energy of this universe.

The Sentience of this universe accumulates as much of the energy from our sun as is possible by passing it through living things where the energy has become the life and experience of those living things. It accumulates this as data which is streamed into Previous Life during the lifetime of the living thing and on its passing.

The more advanced the living things, the more dense the data stream, and storing the data in Previous Life by passing it through living forms is the only way that Previous Life can absorb the Present Life and energy of this universe.

The passing out of Present Life and energy during the life of physical existence and at the end, gives rise to the aging process and physical death.

Sentience aids this accumulation of Present Life and energy so physical life can be assembled in the universe it's in because Sentience requires physical life to exist to harvest understanding which is how Sentience develops and by joining with it, flows into the Sentience from the previous universe.

As humans develop mentally and become more complex, the human brain develops advanced abilities through understanding, which contribute to humans developing further than other mammals which the Sentience of the previous universe will one day absorb into itself along with the Sentience of this universe.

The flow of understanding and the Sentience of this universe into previous life is not part of the aging process which starts from outside the body whereas the aging process involves the streaming of Present Life and energy out from inside the body.

Physical life was brought into existence by the Sentience of this universe to harvest understanding and gain the advanced mental capacity that can develop from human understanding through which it can join with the Sentience from the previous universe.

Previous Life contains the data for assembling and developing physical life and stores the life experiences and the data map of it that physical life gained during its existence.

Both present and previous Sentience wishes to advance one type of physical life, which in this universe is human life, as far as possible to see what humanity will become and achieve and what, if any, new abilities will be attained that are different from what was attained by advanced life in previous universes.

There's also the possibility of Personal Life coming into existence which will be looked at further on.

The advanced life in previous universes was sometimes human, other times it wasn't.

Present Life, the one from our sun, is infused into the matter of this universe that this universe's Sentience utilises to assemble all the physical life on Earth. Sentience accomplishes this by referring to the data map stored in Previous Life which it acquired while travelling through previous universes.

The data map is massive, almost infinite, containing all the data about everything that has ever existed in every universe it has ever travelled through, but it can never lead to something new as it is old data.

As there's so much data and the time available to the Sentience of this universe is limited to the life of the solar system, about 10 billion years, the vast majority of the data isn't used, the goal being to bring physical life into existence, to diversify and develop it as quickly as possible and to push one species — in this universe, humans — as far as it can go.

Previous Life is also almost infinite as it has absorbed much of the Present Life from all the universes it has passed through and doing this has become its purpose — to continually expand through the absorption of the Present Life of each universe it travels through.

This requires the forming of physical life in each universe and that life has to be made complex and advanced by the constant cycling and recycling of energies from simple forms of physical life, when it passes, into more complex forms.

The Present Life of this universe works on two levels: one is as Life infusing matter, the other as energy.

When all the sun's energies of this universe unify, Present Life comes into existence, but this unifying can only be done in dense matter, not in the sun or in the space that those energies travel through.

The Present Life part of unified energy can't be detected in the way its energies can and Present Life is only apparent and detectable when in physical life.

The energy of Present Life, which is the sun's energy, can be detected as heat, light and with instruments and is used by the Sentience of this universe to assemble physical life.

A by-product of our sun burning hydrogen is a unique, undetectable type of essence which, in humans and some animals, is called Sentience.

As Sentience is formed from the sun burning hydrogen, it joins with the energy of light and this joining enables the Sentience of our sun to travel in the same direction and at the same speed that light does.

It needs to do this to travel as it's unable to connect to Previous Life because that's from different universes and is not compatible early in the sun's life and Present Life doesn't come into existence until the sun's energy comes into contact with dense matter, such as the Earth.

When the sun's energy encounters dense matter such as the Earth bringing Present Life into existence, the journey of the sun's energy is over as when it unites in matter to form Present Life. The energy therefore loses its ability to move.

The ability to move, which works with energy to transport it in a similar way that light transports Physical Sentience, separates from the energy it's connected to and stays in the Earth until Physical Sentience feeds it into cells to form mobile life to give it movement.

The Sentience of this universe links to light which it can connect to in order to travel and disperse throughout space, Earth and surrounding planets and stars.

Previous Life has Sentience travelling with it, gained from its passage through previous universes which stays with Previous Life and moves into what will become humans when we have advanced far enough and it has absorbed enough of the Sentience of this universe to do so thus enabling it to work here.

This started about 200 million years ago.

Once in the physical life that will develop into humans and mammals, it will work to form brains, central nervous systems (CNS) and immune systems and work through them to help advance and develop us mentally.

The Sentience of Present Life assembles and advances physical life in this universe and is capable of open-ended development which the Sentience of the last universe inhabits at the right time.



## Chapter 3 — PHYSICAL LIFE

Physical life became possible once enough Present Life had formed in the matter of the Earth, a process which took hundreds of millions of years.

Some physical life such as bacteria, viruses, fungi, moulds and such was formed to help shape humans later in our development.

Neither Present nor Previous Life at this time can be detected by instruments, but Present Life is the product of our sun's energies which can be detected as those energies originate in this universe.

Previous Life is also the product of the energies from billions of previous suns, the same energy as Present Life, but Previous Life and its Sentience needs many billions of years to become part of this universe, and work under its laws, which comes about through the absorption of Present Life and its associated Sentience.

Absorption happens when the Present Life, its energies and the Sentience of this universe pass through organised matter, that is, an advanced living being of some kind, which on the Earth are humans.

Present Life and its energies will stream out from other forms of physical life during their lifetimes, such as different classes of animals, which means they will go through the aging process, but only understanding and the Sentience of this universe can flow through humans which aren't part of the aging process because of its origins from outside the body.

The Sentience that flows out is the Sentience in matter not the Sentience in the brain, so this flow isn't a cause of dementia.

The more complex and advanced humans are, the more understanding and Sentience flows, so humans are constantly under pressure to advance further.

During the life of a human, all its Present Life and energy will flow into Previous Life acting like cloud storage, adapting it to this universe and gradually adding to and changing Previous Life allowing it to work more directly in this universe after billions of years.

The same is true of the Sentience of this universe flowing out of humans into the Sentience of the previous universe.

Humans were advanced and made more complex by the Sentience from the previous universe taking up residence in the brain cells and central nervous systems of humans and working through their immune systems to change, diversify and advance them.

The Sentience in the brains of humans and, to a lesser extent, mammals did this mainly by working through a more modern immune system created by the Sentience of this universe which like Present Life inhabits matter, and used that immune system as a tool to modify, change, advance, and diversify humans and other mammals.

The Sentience of this universe started physical life on Earth and advanced it to be inhabited by the Sentience of Previous Life or Brain Sentience, as it will now be called, when in that life.

The Sentience of this universe will from now on be referred to as Physical Sentience, as it assembles and develops physical life on Earth and inhabits all energy and everything physical.

Both types of Life and their associated Sentience work together to achieve this as it's all about co-operation working towards similar goals, where nothing is forced and acts as the source of human co-operation, respect, manners and politeness.

With Brain Sentience inhabiting the brain which it has assembled, humans started to progress more rapidly and in more recent times have brilliant ideas, make great leaps of insight and have developed advanced mental abilities such as insight, understanding, reflection, contemplation, consideration, foresight, comprehension and so on.

Such mental abilities are functions of energy, not the brain which merely accesses them, and can be shared with Brain Sentience during a person's life and upon their passing. If a person brings such abilities into existence and constantly uses them, their increase in Brain Sentience, building up its abilities, will be huge.

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The data flow, which is the energy passing from a living being to Previous Life during its lifetime, also includes a steady stream of Present Life and is why physical life grows old and diminishes.

It's because the Present Life within us is constantly flowing out to Previous Life as Present Life doesn't wish to return to being encased in matter as it was in our sun before it ignited and in matter such as the

Earth, so the only place it can be truly free is by being absorbed by Previous Life.

Hydrogen isn't material enough for the sun's energy to bond with to bring Present Life into existence.

Matter has to be a lot denser to do that, but there was awareness in Present Life of that state when it came into existence on Earth.

Physical Sentience, which has assembled and advanced physical life and is part of it also, flows out with human understanding, to join with the Sentience of Previous Life.

Both Present Life and Physical Sentience can only join with the Previous Life and Sentience from the previous universe by passing through a physical life the same as with Previous Life and with the understanding of a human being and with Physical Sentience, it can't be done directly.

Brain Sentience in the brain doesn't flow out as it's already part of the Sentience from the previous universe which has just extended into the brains of humans and some mammals to a lesser degree, and is in the brain to advance humans mentally to acquire as much energy of this universe as possible.

This energy can only be acquired once it has passed through the human brain and transformed, or coded, into a flow of understanding.

The Sentience of Previous Life, becoming able to work in this universe, is also why physical life suddenly exploded in development and diversity during times in our history, notably during the Cambrian Period.

Knowing how to assemble cells and develop life from that point with all their complex physical and energy parts isn't the problem; the problem is waiting for everything to be ready, such as the planet and Brain Sentience being able to work in this universe and for physical life to have advanced to a certain point.

Not all development of physical life is done internally, only about 50%, the other 50% is shaped by the energy of our environment, which is explored later in Events and Challenges and is where understanding originates from.

Brain Sentience takes an active role in developing humans mentally, mostly through the brain and by using the sun's energy surrounding us in the atmosphere.

Previous Life stays away from physical life as its ability to sustain and transform matter into substance with meaning is being done by Present Life.

The action of assembling and advancing physical life, especially humans, and caring for it and its development is the action of a parent raising a child, which is where we get this relationship from.

At this time humans are about equivalent to teenagers ready to become adults, our parents, Physical and Brain Sentience have finished raising us, but are still there to help as we enter the next phase of human existence.

## Chapter 4 — SENTIENCE

As with Life, there are two forms of Sentience.

The Sentience from the previous universe is a more advanced form that came into this universe from the previous one with Previous Life.

It's more advanced than the Sentience of this universe as it has collected all the Sentience it could from previous universes, gaining more abilities acquired from physical life. It's very large, almost infinite from accumulating all the previous Sentience.

This is the Sentience that will one day occupy the brains of humans, and to a lesser extent some mammals, and upon that occurrence it will be Brain Sentience, but still part of Previous Sentience.

The Sentience of this universe is something new, being released when our sun ignited and has no advanced abilities early on as they can only be gained through humans.

This new Sentience is released from burning hydrogen when it converts to helium in the sun, releasing energy and Sentience isn't the energy, or any form of energy, but is the ash or residue of hydrogen.

This residue is unique and has unique properties.

It exists in a borderline state between energy and matter and it can connect and inhabit all other matter and energy it makes contact with, and have a relationship with both at the same time.

This Sentience, which will assemble physical life on Earth and is called Physical Sentience here, will form the background medium of our part of space and it's through this that the sun's energy passes, connecting to it, giving Physical Sentience control over that energy.

The matter in space including the Earth, also connects to this Physical Sentience allowing it to control and manipulate matter, especially on the Earth to form physical life by working through the sun's energy.

It's through these connections that Physical Sentience gains understanding as to the properties and capabilities of matter and

energy and is able to work with them and through them.

At first, only the Physical Sentience of this universe can do this as it's part of this Universe.

Later, the Brain Sentience from the previous universe will be able to work through the matter and energy of this universe, enabling it to inhabit human brains and the CNS and immune system to advance and develop us mentally and to share and eventually gain those advanced abilities.

Sentience in the brain helps understanding gained by humans to enable mental abilities to develop and life data to be passed on and stored in Previous Life.

The understanding of matter and energy in this universe by Physical Sentience is the first time this understanding has occurred and is what has brought it into existence and humans will eventually gain this ability from this process.

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When in physical life, the residue from the burning of hydrogen is Physical Sentience and it comes from the heart of our star where it connects and joins with visible light to travel out from the sun.

Not being energy as such, it doesn't move so it needs to connect to energy to travel and light enables this movement.

The Physical Sentience of this universe is constantly appearing in our sun, as hydrogen converts to helium and is transported into space, and to Earth, as part of a constant stream of energy from the sun.

Physical Sentience assembled matter on Earth to begin all physical life, including humans eventually, and because it inhabits matter along with Present Life everything is its home.

Everything contains Physical Sentience at a very low level even the soil and water of the Earth and it's always connected to Physical Sentience everywhere that the energy from our sun has reached — out into space and connected into the distant past.

Physical Sentience isn't part of time or distance.

It's Physical Sentience that assembles cells using the data stored in Previous Life available to it as they form a link in our sun.

Physical Sentience concentrates in the cells it assembles, along with Present Life and its associated energies, and concentrates even more

when individual cells become multi-cellular life, and this is one of the reasons why it happens.

As physical life and humans advance and our understanding and comprehension develop, Physical Sentience, Present Life and its energies keep concentrating, moving towards more complex physical life.

Cells concentrating energy act like individual batteries able to store and release energy.

The constant flow of energy into cells concentrates it further, making it very dense.

Concentration is another ability humans have acquired from this process, as the brain cells that carry out this mental skill are concentrating energy.

Physical Sentience assembled cells leading to physical life using the energies and matter available to it.

Once assembled, Physical Sentience shaped and developed that physical life creating both fixed and mobile life by manipulating the concentration and processes of Present Life and its energies and itself within cells.

What will become mobile physical life will receive the movement that separated from energy when it made contact with matter, which also gets fed into cells and this movement will give motion to everything that in the future will move in physical life – blood, electricity, energy, chemical interaction and the physical life itself, everything, all under the control of Physical Sentience.

Present Life fills physical life along with the sun's energy, but only the physical life that will develop into humans receive light energy and the colours that make it up through the cells.

The energy of colours shape personal life and add their content within humans, but it's Physical Sentience that comprehends the properties of energies and substances and which ones would work effectively together in cells.

Humans receive this so we can form personalities and be individual and have the talents, skills and abilities that other forms of physical life are unable to achieve, in order for humans to develop further, but the first person singular is only temporary, fading as we gain understanding.

Cells need to interact to function and that interaction is produced by the energy controlling them and the movement within them.

Physical Sentience in cells filters and mixes energies and adds movement to start chemical interaction.

Physical Sentience can access information from micro and radio waves.

Physical Sentience permeates all existence both energetic and physical existence.

Physical Sentience brought physical life into existence and advanced it, so it deals with the physical, assembling the brain, CNS and immune system and everything else physical. But it's Brain Sentience residing in the back part of the brain in humans and to a lesser extent animals, which helps develop the mental functions of that brain which it harvests during and after the end of physical life.

Physical Sentience advanced physical life to a certain point during the Cambrian Period of Earth's history, when it became possible for Brain Sentience to advance and diversify physical life significantly, mostly in mammals and then humans.

Blocks have been placed in human brains by Brain Sentience stopping us from seeing the truth of the origin of physical life so our early development wasn't held back.

These blocks can be due to illness.

Once human understanding reaches a certain level and we are ready for the next phase of our development, which is starting to happen now, those blocks not caused by illness will be removed by Brain Sentience allowing for huge leaps in understanding about everything, especially energy.



## Chapter 5 — ENERGY

The ability of Physical Sentience to connect to energy and matter and work through them, in advanced life forms when they appear such as humans, allows Physical Sentience to manipulate them both.

Everything, matter or energy that joins with Physical Sentience and later Brain Sentience becomes Sentient itself, the degree depends on the amount of compatibility and concentration of Sentience.

As the sun's energy passes through space, Physical Sentience within it comes into contact with empty space, filling it, forming a connection and gaining comprehension of it on a physical level.

This process is continuous, so as energy streams from the sun, Physical Sentience within it is constantly connecting with space forming a permanent connection so long as the sun's energy continues streaming as the streaming forms the connection.

The continual transmission of Physical Sentience by our sun builds up the concentration of Physical Sentience in this part of space over time, enabling Physical Sentience to have greater control over matter and energy.

On Earth billions of years later, within humankind, Physical Sentience connected human brains to the expanding energy from our sun in space through itself, thus giving humans a place for consciousness to exist and operate.

Each individual's consciousness, that is the personal self and everything that self has acquired and has access to, exists and is stored and operates in the energy of that space, a type of cloud storage. Therefore, every time you look out into the world you're doing it from the part of space your consciousness exists in.

The brain is physical so it needs a physical space to expand into. But space is vast, vast enough to store billions of consciousness there and there's no time or distance when connected through Physical Sentience so there is no time lag.

This “energy-filled space” is also used by micro and radio waves to store the data that has been gathered regarding the matter of this universe which Physical Sentience can also access and comprehend as well as humans, to a lesser degree.

This arrangement occurred so that humans could have a personal place for us, to help development of the individual and humanity in general, and to give our brains a limited access to the nature of matter and energy.

The energy content of space will also begin processes in human consciousness billions of years later, and this will be limited to humans as Brain Sentience wants only one species to progress at this time with other species contributing, but only so far.

Through contact and extension through matter and energy, Physical Sentience acquires comprehension of both.

## 6 — THE PURPOSE OF SENTIENCE

The main objectives are:

- The Physical Sentience of this universe wants to join with the Brain Sentience of the previous universe which can only be done as part of a transfer of understanding.
- The Brain Sentience from the previous universe wants to increase itself by acquiring the Physical Sentience of the universe it's in, again needing a flow of understanding to do this.
- They both wish to harvest abilities developed through human understanding, abilities such as perception, concentration, comprehension, reflection, insight, foresight and also contemplation, but they can't generate understanding itself, only the human brain can do that.

Brain Sentience acquiring these mental abilities from one human wouldn't amount to much of an increase, but multiply that by billions of humans over the life of the Earth and then billions of universes and the result is a Sentience beyond human comprehension and is a main objective for both types of Sentience.

Acquiring new abilities however, has become secondary to Brain Sentience as most new abilities have already been acquired from its journeying through billions of previous universes and it would be surprising if this current version of humanity produced anything new in that direction.

The main objective of Brain Sentience in this universe and future universes is to work with the Physical Sentience of the universe it's in to advance humanity so far that individuals bring into existence what might be called Personal Life, something Previous Life and Brain Sentience have encountered before, but very rarely, and it's Personal Life that can bring something totally new into existence.

Brain Sentience knows what mental abilities have been possible up to now, due to it having travelled through previous universes, but

advanced physical life, not always human, occasionally and suddenly brings Personal Life into existence.

Bringing Personal Life into existence has become the main purpose of Brain and Physical Sentience as Personal Life can have abilities and control and use of energy that nothing else can, unlocking an unexplored part of existence and driving everything else with it.

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To make a breakthrough regarding Personal Life, only one species is advanced at a time.

In this universe it was humans who were chosen to be advanced, basically because it was our turn as others had failed.

Other species here, such as primates in this universe, were advanced so far and held in reserve in case humans didn't work out, or we annihilated ourselves somehow.

Primates are the peak of physical life on the Earth after humans as they contain the strongest concentration of Brain Sentience after us.

All other forms of physical life "cycles" through all the different species gradually moving through the levels, developing each one, until the final cycle into primates and only the energy of primates, especially chimps, can cycle into humans after they have passed away.

It should be noted that physical life only consists of Present Life and its associated energies and Brain and Physical Sentience contain nothing else, but that has been hidden from us in order for us to progress, until the right time when knowing what we are doesn't hold us back.

Physical Sentience, that is, the Sentience of this universe, is called that because it mainly works with the physical – initiated by the sun, joined with matter and organised matter on Earth into physical life.

Physical Sentience in the Earth uses the sun's energy also in the Earth, which has blended together due to the volatile actions and upheaval of the Earth. Physical Sentience then uses that matter and blended energy to construct cells and from there, develops physical life.

This is done in the background of existence, so that humans won't notice it as we have little or no perception of the action of energy. Blended energy in the Earth isn't really energy any more as it's lost its motion.

Brain Sentience from previous universes takes up residence in the brain and central nervous system of advanced physical life, mostly humans,

when that life is ready and when Brain Sentience is able using the sun's energy directly not via the matter of the Earth.

The sun's energy used directly, along with the energy of light passed into cells, also helps form our individuality, character, personality and separation from others giving rise to the idea of a personal self.

The brain then forms an identity and draws energy characteristics into it to form the idea of a person which grows over time.

This process drives human development and by thinking we are free and separate, this helps us to find new things and make discoveries, but we are getting to a point in our development where it's no longer required and will dissolve when all the energies within us unite making it possible for Personal Life to come into existence.

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The energy which will form Present Life, mostly on Earth, was released from our sun when it ignited caused by the friction of a continuous flow of Previous Life passing through it from a solar system in a preceding universe.

Previous Life releases the sun's energy and Physical Sentience uses it which is something passed on to humans as we release energy in ourselves and use it in our environment.

Our sun will stay lit so long as Previous Life is streaming through it.

The igniting of a sun doesn't create Present Life; it just unlocks the energy that becomes it when it encounters and bonds with matter.

Locked within hydrogen, the energy is inert and once released, the energy can only form Present Life when it comes into contact with matter.

Once Previous Life moved through many universes, its presence igniting suns through friction, but doing nothing more, for example assembling physical life.

This was because only Physical Sentience can do that and without physical life being present Previous Life was unable to absorb the Present Life of each universe it was in.

However, after passing through billions of universes Previous Life had joined with the Sentience released from each sun it ignited.

And it was this Sentience, wanting to increase itself, that brought physical life into existence. Sentience perceived that it was the energy

of a universe, made complex by passing through the matter forming living beings, and would be producing advanced mental abilities and understanding, which it could then absorb into itself, enabling that Sentience to grow, increasing its abilities.

The understanding obtained from advanced, complex brains was the key and that is one reason why those beings with brains, capable of the understanding required, were brought into existence.

Personal Life when it appeared became part of Previous Life, but was stored and kept separate, held in reserve, waiting until enough Personal Life has been collected for it to unite, cross a threshold and reveal its purpose which Sentience suspected would be beyond anything yet encountered.

Without Sentience being part of Previous Life nothing would happen, physical life wouldn't appear and it's this Sentience that moved into human brains about 200 million years ago, that developed into Brain Sentience.

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The first step for the Sentience that would become Brain Sentience in humans, was to create a means by which the energy of a universe could be made more complex, as the more complex the energy, which is understanding, the more the perception, foresight, insight, comprehension, contemplation, reflection, concentration and other abilities would appear which Brain Sentience could use to move humans towards Personal Life.

These mental abilities are a product of complex energy so Brain Sentience could make use of them and absorb them.

Thought, memory, knowledge, intellect, reason, logic, deduction and so on are all technical and a product of the brain using mechanical, static energy and it's *thought* that drives of all this and where the personal self exists.

Brain Sentience acquiring abilities was reduced in humans to a desire for knowledge as so much of what we are and do comes from Sentience, Life and the interaction between them, but understanding is the important thing here.

Understanding isn't the accumulation of knowledge, but understanding can filter down into knowledge if needed.

Brain Sentience perceived that energy from a sun transformed when it encountered matter bringing the Present Life of that system into

existence, transforming matter into substance with meaning, but at a very low level.

On Earth this would be the Present Life in the material, soil and water, but not the air, supporting everything that grows and lives in and on it.

The sun's energy received by the Earth has built up in the Earth over billions of years and has blended together through the volatile action of earthquakes, volcanic eruptions, meteor impacts, continent drift and other powerful forces.

When energy leaves the sun it's moving, but upon encountering and joining with matter that ability to move is lost and the energy stays with that matter, unable to move on, but forming Present Life.

The structure formed with energy in the Earth forming Present Life is the same shape of plants and trees and they were patterned on this.

Energy in the Earth, or roots, pushes upwards producing Present Life, or leaves, branches and fruit.

The sun's energy in the Earth builds up into a beautiful golden colour and that is part of the reason why we value the metal gold.

It's this energy, blended by the Earth's convulsions, that Physical Sentience draws on to form cells and develop physical life. It does this by feeding blended energy, sometimes motion for mobile life, Physical Sentence and Present Life into those early cells.

This blended energy still works like energy but differently, being less detectable because it isn't moving.

The buildup of the sun's energy in the Earth gives that energy a home. After billions of years enough energy has been received and stored to turn the Earth into a sun (receiver) whereas our sun is a giver.

The sun's energy changing is a form of maturity and adds to the human experience of humankind aging from youth to maturity, mirroring the sun's energy reaching Earth and maturing.

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Brain Sentience, working in all the billions of universes it passed through, worked with the Physical Sentience of that universe to make matter and energy more complex. Gradually simple, single cell, physical life developed which was localised, concentrating Physical Sentience, Present Life and blended energy.

This process went on over billions of universes with Brain Sentience gradually working out each step in developing physical life.

Brain Sentience found that when it entered a new universe it was unable to operate as it had adapted to the rules and laws of the last universe it was in. Therefore, right from the start of the development of physical life, it enlisted the help of the Physical Sentience, which was part of the universe it was in, to assemble physical life working from the data Brain Sentience had accumulated from previous universes stored in Previous Life.

Previous Life acts like cloud storage.

Early on, it was found that when data flowed internally from physical life to be stored in Previous Life, the Present Life within it flowed out as well which was what Previous Life wanted, to absorb Life wherever it was found. However, at that time, the physical life was very simple microorganisms therefore only tiny amounts of Present Life were being transferred.

Also, the Sentience of Previous Life gained nothing from this as complex energy didn't flow from microorganisms and neither did Physical Sentience, so the process of making physical life more complex continued, to find out if Physical Sentience would transfer out.

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When a dead end was reached in the development of physical life in one universe and fundamental changes needed to be applied, usually in the cells, then the process of developing physical life would simply stop in that universe and start again in the next universe, with the required changes in place.

This would be one advantage of having endless universes and time to work with.

Cells were modified so they didn't merely accumulate energies from the blended energy in the Earth and the Present Life it forms and Physical Sentience. This modification allowed cells to focus, concentrate, condense and increase the energies allowing physical life to become more complex and to gain more meaning.

Meaning is tied into matter; the more it's concentrated the more that matter affects surrounding matter and the energy it contains.

The concentration of meaning in the cells only gets strong enough to have an impact when cells divide to eventually become multi-cellular forms of physical life. The more cells, the more meaning and impact.



Meaning can be strong in mammals, but humans can support meaning by becoming aware of it and maintaining it, something animals are not able to do.

A chimp, for instance, has enough meaning in its cells to have an impact on existence, but not enough to have an impact on humans on the energy level.

Having less meaning gives humans the idea that other creatures are less than us which opens the door to exploitation, an unfortunate consequence of this lack of understanding.

Meaning can be supported and maintained through an awareness of it, which starts from an understanding of it. This is another example of a spin-off from understanding, and by making it strong enough, or meaningful enough to have an impact on other humans, that is the understanding of energy of their existence.

Such an impact will shatter their energy, but when it reforms it will be in a different configuration and more meaningful, which will help human development and give that person a chance to gain understanding and from that awareness, making it something for Brain Sentience to utilize in humans.

This is one of the reasons why Physical Sentience made cells able to divide to form multi-cellular physical life which is capable of more complexity.

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After much experimenting, physical life became complex enough for larger amounts of Present Life, and the life data of physical life to transfer into Previous Life, but not complex enough for Physical Sentience to transfer or for advanced mental abilities to develop, both of which need a flow of understanding to happen.

So the development process continued, getting to the point where physical life was capable of *experiencing*, but not developed enough to understand those experiences.

The understanding of experience was found following much experimenting through many universes, to be capable of developing abilities and Physical Sentience transferred with understanding into Brain Sentience, along with the advanced mental abilities, merging in the brain.

The more complex and advanced the living being, the more powerful the experiences and understanding, the greater the development of

abilities and transfer of Physical Sentience. Therefore, the drive to develop continued.

Another progression was that the Brain Sentience of Previous Life found that inhabiting the brain of physical life (when it was able to and at the right time in that physical life's development) enabled it to speed up the development of that physical life's brain and mental functions.

Go very quiet and watch yourself and you'll be able to perceive Brain Sentience in the background of the brain.

For understanding to flow, the experience or perception humans have must be true, because understanding doesn't flow from something false which only leads to confusion and bewilderment.

For example: does physical life appear through some kind of divine intervention or is it all an evolutionary accident?

These are the two main theories.

The test is: does understanding flow from such starting points and can they be perceived?

If the starting point is correct, understanding will flow going from point to point.

The mind will clear and blocks in the brain will dissolve which have been acting like blind spots due to false views about how existence came to be and then develop.

Blocks have also been placed in the brain by Brain Sentience hiding human origin and development, in order to gauge our level of understanding as these blocks will also vanish when the truth is perceived as it means the individual is ready to advance.

Or they may go away when the right energy counter measure is applied which is examined further on.

These blocks can take the form of conditions that affect cognitive functions produced by viruses, giving symptoms such as dementia, sinusitis, migraine, allergies, constant colds and 'flu, mucus conditions in the head, anything that would block the brain from perceiving.

One energy trigger that indicated to Brain Sentience that an individual was ready for more (likely to have occurred thousands of years ago) was *belief*, a belief strong enough to have had a transforming effect on a person's energy and body condition, but that trigger has been superseded now by understanding.

People who hold onto belief are just holding onto the past, not wanting to develop, but understanding shouldn't be confused with scientific knowledge, understanding contains no knowledge.

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One purpose of Brain Sentience is to gain abilities the human brain has developed such as awareness, contemplation, comprehension, insight, reflection, foresight, concentration and completeness and from there to develop them.

This purpose came about through humans developing such abilities as they advanced and the Brain Sentience within them was able to use such abilities to guide humans further.

Humans can develop these abilities as we have been allowed a certain amount of freedom to go our own way and also our past and origin has been hidden from us in order to develop in new ways, perhaps differently, or to go further than the physical life in previous universes.

We also have unrealised capacities because empty processes and unused functions within us, placed in us by the Physical Sentience of Present Life, will appear over time.

Such capabilities include the understanding and use of the energy within us with a better connectivity with each other, other life and the world about us, which is the next phase of human development.

So the energy process became:

With the first cells, blended energy in the Earth was fed into them along with Physical Sentience and Present Life where it was used to eventually develop complex physical life.

Blended energy was coded by Physical Sentience, also in the cells, using data from Previous Life acting as the blueprint for all physical life on the planet, developing it to the point where a physical template for each individual type of physical life was produced.

Think of it as a line drawing that hasn't yet been filled in.

During the life of somebody, if they're advanced enough, understanding flows into the Brain Sentience in the brain.

Being in an individual's brain doesn't separate Brain Sentience from the almost infinite amount of Brain Sentience in others, in the planet and out into space, it's all connected, therefore understanding and mental abilities gained goes everywhere.

Understanding flows into Brain Sentience as does Present Life into Previous Life.

Physical Sentience joins with Brain Sentience, all through a person's life, but not with the original blended energy that makes up Present Life in a person.

Upon the passing of humans, the blended energy within us separates from Present Life and returns to the blended energy in the Earth, but in a more complex state.

The exception to this, which hardly ever happens, is when the blended energy, which is the energy of the individual, fuses and joins with the Present Life in the body and transforms into Personal Life.

This requires a deep perception, understanding and realisation about the nature of existence.

Personal Life can then pass into Previous Life retaining that person's individuality.

The blended energy that returns to the blended energy in the Earth isn't the same as when it left, its journey through physical life having changed it, making it more complex and able to process other energies when it is returned to physical life.

Only the blended energy returns to the Earth though as any knowledge, personality or character, that is the contents of the consciousness of the person it was in, is stripped out of the energy as it leaves the body and is stored in the energy where consciousness exists in space.

This cycle will continue over and over with the blended energy in the Earth being developed by returning energies having cycled through physical life becoming more and more complex and useful to Brain Sentience allowing it to progress physical life more quickly.

For example, the development of the human eye is tremendously complex gradually being worked out by Physical Sentience using blended energy to move the development on incrementally.

The data is stored in Previous Life and the energies which are more advanced and complex returned to physical life to carry on the development where it left off, even though the data showing what to do is available, these blended energies have to go through countless cycles through humans to develop far enough to do it.

The returning blended energies in the Earth don't join with other less complex blended energies in the Earth, but are kept separate from

other less advanced blended energies, so they are not diluted and retain their developed abilities.

Cells are shed by living beings and pass into the soil during an individual's life which can be used to funnel new energy into the cells of the physical life they came from, as all cells are connected even though it's thought they are inert and detached from the body.

The main shedding of cells comes from the hair, skin, nails and our waste products, each one able to feed energy into a certain process in a person, and it's through these cells that more complex energy which has already developed by cycling through physical life, is passed into mostly mammals, advancing them, and this is part of the reason why humans have finger and toenails and a lot of hair on the head.

It was this more complex energy that Physical Sentience used to build the immune system within mammals.

This began about 200 million years ago to help Brain Sentience which was starting to inhabit mammals at that time developing brains, CNS and mental functions.

This may be seen as filling in the line drawing making it real and 3D.

This method is important to females as it's used to pass complex energy into a woman about two months before she becomes pregnant resulting in a sudden and huge build up of energy, to enable conception and sustain the pregnancy and shape the child physically and mentally in the womb.

This is why each generation seems to be quicker and more adaptable than the previous one.

Physical Sentience does this.

It selects energy from the blended energy in the Earth that has developed in a certain way due to it cycling through physical life that will develop an individual in a direction useful to its purpose, and passes that energy into the shed cells of the mother to be in the Earth which is passed from there into the cells of her body.

This cycling of energy is the origin of the idea of reincarnation.

Different cells are used to transmit different energies to different parts of the body for different purposes:

The energy the mother receives to her toenails from shed toenail cells passes into a growing foetus energising the legs of the newborn to stimulate walking once the baby is born.

The energy the mother's hair and fingernails receives is more important to the developing child once born passing over from the mother energy to form mental development by filling the fluid around the brain and the reason some women like long hair and nails.

This energy stimulates mental development directly and only lasts for the first 5 to 7 years of the child's life.

The energy passes through the placenta and into the foetus at the moment of conception, giving her or him their direction in life producing an individual that Physical Sentience wants and can guide in a useful direction.

A different energy is transmitted through a woman's pubic hair, again from her hair cells in the Earth to support conception.

Physical Sentience can also feed energy from the blended energy in the Earth into anyone's cells at any time in their life to change their life and send them in a new direction, allowing the energy within them to be developed and moved on.

Males not giving birth can have short nails and hair and even go bald as the energy to support conception isn't needed by them in the same way as a woman.

Males mostly receive energy from shed skin cells which will energise the entire surface of their skin giving rise to a need or desire to protect and provide shelter because that's what the skin does.

The hair on men's bodies also act as receptors as does the pubic hair which only receives energy a month or two prior to impregnating a female.

Note that this energy supports the process of conception, it doesn't make it happen so shaving off pubic hair won't stop pregnancy, but the pregnancy won't get the support from energy as it should, so if you are trying for children, let the pubic hair grow.

Most living things shed cells in order to receive energy through them to initiate reproduction.

Plants and trees shed leaves in order to receive information from blended energy in the Earth and then their roots draw in blended energy to be passed on when the plants or fruits of the trees are eaten.

Consumed energy like this aids physical development whereas transmitted energy received from and into cells supports pregnancy, develops us in the womb and forms the type of person we become.

## 7 — EARTH BEING PREPARED FOR LIFE

Before physical life can appear on Earth the planet has to be filled with energy from the sun and Physical Sentience, also received from the sun, penetrating and infusing the surface of the planet.

Once in the surface the sun's energy combines with matter to bring Present Life into existence which will give the Earth life, substance and meaning, making it 3D by giving it an extra dimension.

Once Present Life comes into existence through contact with matter and the unification of the sun's energies that make it up, it's here for good and the two can then exist separately and independently of each other.

It's interesting to note we will never see or come into contact with matter which has no Present Life within it, as all matter in the universe has been touched by the energy of suns by now and the act of seeing it involves reflected light.

For hundreds of millions of years the Earth's crust was churned up and blended by volcanic activity, meteor impacts, continents moving and earthquakes and so on.

During this upheaval all the sun's energies in the Earth's surface were forced together, under extreme heat, pressure, movement and volatile activity, for the first time and blended as these energies are separate when leaving the sun.

This blending can only happen once energy has lost its ability to move.

Present Life and Physical Sentience in the Earth were also connected by this activity in the Earth, but not blended, with the blended sun's energies making connections and crucially, allowing the Physical Sentience in the Earth to connect to and manipulate matter through the blended energy in the Earth, which acted as a conduit.

This connection was initially very weak, only allowing the Physical Sentience in the Earth to assemble very basic, simple cells, but those cells were made to act as magnifiers for the Present Life and blended

energy that passed into them allowing the Physical Sentience in the Earth to develop greater control.

The progression of cells to complex, physical life is always preceded by a build up and concentration of energy allowing the Physical Sentience in the Earth to gain more control of it leading to a leap in development of physical life.

This also happens to a female prior to conception and energy illnesses and energy therapies are used to kick start more advanced development, subjects that are explained further on.

The churning and blending of the sun's energies in the Earth formed something unique: a vast reservoir of blended energy in the Earth, unified on the physical level, joined with matter and under great pressure due to its volume.

It's these blended energies that over time Physical Sentience will use to form the systems and processes of physical life, and in humans, the brain will use them to form individuality and personality with characteristics, amongst other things.

This will go further and the individual self will appear which is an interpretation of energy by the brain, but it's not a real thing, just an interpretation.

The blended sun's energies in the Earth's surface are used by Physical Sentience over billions of years later to assemble and advance physical life and form different species and later mammals and the strength, distribution and composition of these blended energies change over time producing different forms of physical life on Earth.

Changes to the physical life on Earth are caused by the amount of light received from the sun, the formation of a UV blocking ozone layer, the strength, composition and concentration of blended energies in the Earth, how they are distributed around the planet and the appearance of an oxygen atmosphere.

Also volcanic activity during the Cambrian Period gave the Physical Sentience in the Earth what it required to explode and diversity physical life as, due to the enormous heat involved, blended energies became much more concentrated in rocks, especially ones formed from volcanic lava, becoming very strong. The physical life at that time had been developed to the point where it was ready to move on.

An explosion of physical life is quite often preceded or followed by a mass extinction event as the energy of certain types of physical life, having reached a peak in development, would need to be recycled



through the blended energy in the Earth and cycled back into physical life to transform existing species into new ones and diversify them.

At first, with no ozone layer, the Earth received much more ultraviolet radiation than after the ozone layer formed, which reduced a vast amount of harmful UV from reaching the Earth's surface.

The sun also transmitted more light as time went on so the Earth received more.

This meant the blended energy content of the Earth changed over billions of years as harmful UV spectrum light reduced and beneficial wavelength light increased and more Physical Sentience traveled to the Earth connected to the light energy, so Physical Sentience in the Earth went up, accelerating its ability to develop physical life.

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Hundreds of millions of years after its formation, the Earth contained blended energy encompassing all the content of the individual energies and the colours of visible light and it's this blended energy and through it, matter that Physical Sentience connected to and was used in the beginning by Physical Sentience to form cells.

Blended energy changed over billions of years as the amount and type of energy reaching the Earth changed. Its strengthening and concentration in lava on the surface, the result of volcanic activity, gave the Physical Sentience in the Earth, which had also increased as light had increased, the ability to accelerate the appearance, development and diversity of physical life during the time called the Cambrian Period and during later periods.

At this time the blended energy varied in its composition and strength all through the Earth's surface allowing the Physical Sentience in the Earth to produce many different forms of physical life.

Blended energy is stronger than the individual energies on their own allowing it to control matter and making the Present Life it produces stronger, more focused and concentrated, but only in matter when it's composite energies are blended.

The sun constantly transmitting energy which the Earth absorbed, meant that over billions of years the blended energy in the Earth continually built up getting stronger and stronger, pressuring the development of physical life.

Each step in the development of physical life, especially humans, was always preceded by an increase in Present Life, blended energies and

Physical Sentience in the Earth and then the cells.

Over time, the brains of mammals were developed as well as a nervous and immune system allowing the Brain Sentience of Previous Life to take up residence in the brain and central nervous system of mammals advancing the mental development of physical life directly.

Physical life was then, and still is, advanced and diversified, not just through the use of blended energy in the Earth, but also directly by received energy from the sun.

## 8 — THE SUN'S ENERGIES

This list is not all of it, just a small part.

Humans receive general characteristics from these energies; more specific traits come from the colours that make up light and Brain Sentience uses the sun's energy received directly to develop humans further than other mammals and contribute to our human or independent side.

Physical Sentience guides physical life directing it and it will, after billions of years, use these energies to bring about different races of humans and to split physical life into male and female.

They will develop independently of each other, each with different strengths, abilities and capacities and at some point in the future they will come together, unifying our abilities, to become one with advanced capabilities mostly to give us what we will need to deal with and understand energy.

The differences in different races of humans come from the variation of the blended energies in the Earth in different parts of the world.

For example, less light and heat in the north means the blended energy in the Earth is different from the climate around the equator which receives more light and heat which Physical Sentience in the Earth uses to produce a different race of human.

One is not better than another; it just means we reflect the abilities of energies in different ways.

Humans were chosen right from the start, before the assembling of matter to form cells, to progress further.

The energies received on Earth from the sun which form Present Life on a non-physical level and are used by Physical Sentience to construct cells are:

Ultraviolet, infrared, visible light, microwaves, radio, X and Gamma rays and visible light, which is made up of colours, all of which will give

physical life a lot of its abilities, content, attributes, individuality, character and so on.

It's the blending of the sun's energies in the Earth which provides the means by which physical life varies and expands and when the sun's energy comes into contact with matter it loses the ability to travel, making it difficult to detect.

Some of what we are comes from the interaction between Life and Sentience, which is part of all of us.

Gamma rays — the underlying strength behind the process, where energy is used to assemble and develop physical life.

When it's blended with other energies in the Earth it's a beneficial shaper of matter, beneficial because its effect on matter is reduced by the other energies it's blended with.

In humans, and some less advanced forms of life, it contributes stubbornness, stoicism, gravity, responsibility, control and a desire to shape events.

X-rays — these pass through matter and in doing so, its abilities become part of matter which in humans, billions of years later, becomes insight, or a penetrating mind and foresight, the ability to see the consequences of a process both of which originate from X-rays penetrating and then passing through matter.

This ability also allows humans to see clearly into people and situations and provide clarity of mind and thought and it's something Brain Sentience requires human brains to have.

Of all the main energies received from the sun, X-rays have the greatest affinity with matter.

By passing through matter, X-rays unify it by connecting it all together through itself.

As the energy from the sun spreads out in all directions it never disconnects from the sun, creating an energy fabric as it moves through space connecting to matter through X-rays.

This connected space will later be connected to human brains through Brain Sentience becoming the place where consciousness exists.

X-rays also makes matter transparent to the other main energies allowing them to enter it.

X-ray energy also allows Physical Sentience in the Earth to enter and comprehend matter and become aware of its potential.

Physical Sentience can enter matter at this early time, but it can't assemble matter directly to form cells.

For that it needs to work through the blended energy in the Earth which acts as an interface on the physical level between itself and matter.

Brain Sentience can't assemble cells as it's unable to work through the Earth's blended energy at this early time, so it had to be left up to Physical Sentience to assemble cells and advance them over billions of years working through blended energy.

Ultraviolet (UV) — with no ozone layer billions of years ago, much more UV was reaching the surface of the Earth and being absorbed.

This meant the UV content of the Earths' blended energy was very high and dominated by it.

UV contains no content itself, but Physical Sentience used its energy pattern to form physical life based on it, such as dinosaurs and cold-blooded reptiles appearing billions of years later because it was the dominant energy at that time.

Cold blooded life is based on the pattern of UV energy and has a different effect on the energy cycled through it from the blended energy in the Earth.

Physical Sentience would know that physical life based on UV had no future, as it could access the data stored in Previous Life, but this type of physical life was needed to provide the energy to accelerate the development of mammals when it was recycled.

If it was left until mammals could appear and develop when the Earth had changed enough to support such life, it would be too late in the lifetime of the Earth for humans to develop far, so cold-blooded life came into existence to speed things up and we still have birds and reptiles to this day, so perhaps their energy is being developed for something in our future.

None of these actions by any of the main energies are intentional or accidental, but the way energy interacts when they encounter each other in matter.

It's almost a reflex.

Radio waves — radio waves obviously give rise in advanced physical life to connections, communication and thought, thought being a communicator.

It's through such connections that insight, sympathy and empathy pass from human to human.

Humans do this, but animals don't, a difference between humans and animals at this time.

This doesn't make animals lesser than humans in any way as we all have an appropriate place and purpose in existence .

Microwaves — excite or prepare matter into giving up information, then radio waves absorb that information as to how a particular chemical or process works and relates to others, and stores that information in the energy fabric spreading out from the sun into surrounding space which Sentience, both sorts, can access.

This storage of material information in the fabric of energy spreading out from the sun will house and contribute to human consciousness billions of years later, as we can only learn by acquiring this information.

The individual content of a person's life is stored in consciousness which isn't in human brains, but in an energy-filled space radiating from our sun which our brains connect to and utilise.

Microwaves also speed up processes allowing cells to mature and divide faster, for those cells to come together faster and for development processes to speed up.

Without microwave energy we would still be blobs of protein waiting to become cells.

Visible light — is made up from the energy of colours.

Visible light gives rise to some brain and mental functions and lightens emotions.

We speak of seeing the light, being enlightened, delight, the light at the end of the tunnel, a light dawning, a light switching on, being brilliant, the illumination of truth, somebody radiant and so on all of which come from the energy of visible light.

Insight is also light released.

Visible light does all this and more and is its contribution to humanity and life in general.

The split in the colours that form visible light is caused by the red colour and gives rise to the split that generally goes through physical life in general producing male and female, left and right, front and back and so on.

This split is built into light and isn't the action of Physical Sentience manipulating energy, but other things are such as the intensity and composition of energy a person is made up of.

Physical Sentience joins with light in our sun in order to move, as by itself it's inert, meaning it can't move, so it isn't any form of energy. When it emerges from burning hydrogen it's fully formed, not needing contact with matter, unlike Present Life, to come into existence.

It joins with light as it has an affinity with it and this joining and collaboration continues throughout the eons manifesting in humans when the two work together.

## Chapter 9 — THE ENERGY OF COLOURS AND THEIR CONTENT

In addition to the main content supplied by visible light, more content comes from the energy of colours.

Only humans receive the energy of visible light and its colours directly through the cells. All physical life receives light energy directly by just being in the sunshine, but it's only used for development in humans.

Colours uniting to make visible light is very similar to all the sun's energies coming together to bring Present Life into existence.

The individual energy of colours, which make up light energy, supply content less powerful than light energy, but they have a powerful effect on development in humans.

The energy content of colours resists blending and can be used individually or in groups by Physical Sentience to give humans individuality and a sense of self.

Up until recently, a sense of self was essential to human development giving us freedom, expression and a chance to explore, but as the next phase for humanity begins — that is a perception, study and use of energy in and around us — personal self will become irrelevant as such a study will cause all the energies in a person, not just the energy of colours which is a first step, to combine, making it possible for Personal Life to come into existence within a person.

Such a person would have much greater access to all the powers and abilities of the energies within them and then that person's energy would try to join with the energies of others if they were sufficiently developed.

In joining, the energies would strengthen and there would be such harmony between them. Every expression of such people would have harmony within them — art, music, literature, even everyday speech, but it starts with the natural ending of the personal self making it possible for Personal Life to come into existence.



The ending of personal self would be the enlightenment which some speak of.

This Personal Life within would contain everything the person was, not just their experiences, and would be the eternal life that some speak of.

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The individual energies of colours each contain something unique, which collectively not only forms the light energy, but contains many powers and abilities listed below.

The seven energies of colours are split into two groups of three by the red energy upon moving away from the sun.

Once separated, the energies link to then focus through the red energy to form the energy groups which give male and female its characteristics.

The two energy groups are Orange (O), Yellow (Y), and Green (G); and Blue (B), Indigo (I) and Violet (V).

The energy of one group (OYG) is a higher frequency and when translated into physical life gives rise to maleness, outward going behaviour, sexual organs outside the body and a high centre of gravity, directing energy upwards.

The energy of the other group (BIV) is a lower frequency and when translated into physical life, gives rise to femaleness, inward behaviour and internal sexual organs, with a low centre of gravity, directing energy downwards.

These two groups stay separate in the Earth and are resistant to blending, maintaining their independence, and are used by Physical Sentience to form the personal, or *me* side of human existence.

Physical Sentience in the Earth firstly forms cell membranes by feeding blended energy into plasma, the first step to assembling cells, then uses that energy in the membrane to filter the energies of colour entering a cell so more of one group is let through, producing male physical life eventually, or filtering to let more of the female group of energies through.

Physical Sentience has to use the energy available so it's inevitable that male and female will be produced, it's not a choice by Physical Sentience but is useful in its purpose to diversify physical life early on.

It might be possible for the energies to be blended in a cell to cancel out male and female , but so much of physical life's development would be

lost that's it's doubtful if humans would develop far as we have, if at all, so the energies are used as is.

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These groups give the characteristics of male and female, but not the cause of the separation into male and female which is due to the presence of red energy.

Male and female just describes physical life, but from this split, which gives the brain its notion of separation, comes polarization in the form of up and down, good and bad, front and back, left and right, them and us, and so on.

The energy of the OYG group would tend to focus and accumulate in the head of mobile life due to its tendency to rise; whereas the BIV group would tend to focus and accumulate in the stomach of mobile life due to its tendency to descend.

Due to the energy in females tending to descend into the stomach, the females became the child bearers in mammals as childbearing had to be kept away from the brain due to the huge flow of energies into the foetus and brain which would be a problem if they mixed up.

Other species such as cold blooded physical life based on UV energy lay eggs, as they were never meant to be an advanced form of life, which was the intention for humans and mammals, the creatures based on cold blooded physical life were simply to get the development of the energy cycling through them started.

As there was no long term plan for developing them, which would require internal fertilisation and a womb and placenta to pass blended energy into the developing foetus, these mechanisms never developed in cold blooded creatures as they was not needed.

Eggs then became the easiest way to propagate those species by laying eggs out into a high UV environment which would sustain and advance them, until the energies had been developed far enough to be fed into early mammals to develop them.

Once that had been achieved, energies being fed into the cells which sustained their continued existence would be stopped and the species concerned would go extinct but with some kept going to be held in reserve.

A good thing too, as today we have birds and reptiles from this early development for enriching life.

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These are the tendencies of the energies and cannot be seen or recognised until they reveal themselves in physical forms.

The split occurs in the sun's energy before physical life formed becoming what would later be seen as male (OYG) and female (BIV), with the energies of colours contributing much content to the front end of human existence such as a sense of me or self, personality, character and what we would call *nature* which is always just the expression of these energies.

The content of each energy group and the individual energies of each group interact at different strengths to form male and female characteristics in all life and more so in mobile life, but as energies, they exist as potentials and don't become actual, or real, until their energy works through organised matter.

The energies separate into two groups, doing so because of boundaries caused by the red energy, and they link together because they have no boundaries, so once away from the sun the edges of the energies overlap and a connection, or link, is made within each group.

The natural boundaries of red energy with edges that don't overlap or link, keep the two groups apart supporting the feeling humans experience of duration as the boundaries are always there creating a line from past, through to the present.

Awareness of duration much later in humans, contributes to humans having a sense of time with a line of duration starting when the sun first gave off energy.

Awareness of duration and time is something that only humans are aware of and bound by, energy has no awareness of time passing or duration.

Due to its boundaries, red energy is more defined with less overlapping at its edges, so forming boundaries with the other colour energies.

Red energy became aware of those boundaries as red and not red, so bringing very elemental awareness into existence, together with an awareness of time and duration, passing this on to humans billions of years later.

Only humans perceive time and duration and it's something that separates us from the unity of energy.

In human brains, the red energy condenses down to produce thought in the top middle part of the brain.

Brain Sentience inhabits the back of the brain and can influence thinking.

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The energy of colours, and their content, that make up visible light are:

Red — this has a high energy vibration making it vibrant with wild oscillations.

Red energy regulates and filters the other energies as they funnel through it to contribute to light energy.

The ability of red energy to regulate and filter will be used by Physical Sentience when physical life is forming on Earth, ensuring a variation in many the many different forms of life.

In humans, red energy gives perception and aids insight.

Red energy is bound in time and brings time into existence through its boundaries.

It gives rise to thought which is also bound into a concept of duration and time.

Without time there's no thought.

Red energy gives rise to a very basic vibration when in humans, that gives us low level awareness.

This awareness is only the awareness of red energy, so it makes us barely aware and is what most humans get through life with.

Full awareness, which transforms everything in a person, comes about when the personal self starts to dissolve with all the released energies unifying and then unifying with all the other energies in a person, the first step to Personal Life.

Orange — this is a deep, slow and resonant energy which becomes pondering and reflective when in humans.

It's not bound by time, tending to spread out without boundaries.

Orange and red energy complement each other forming a pair, giving strength to light energy and orange energy forms a gateway into red energy for the other energies.

Orange energy in humans gives rise to commitment, passion, expression, fulfillment and contentment.

Yellow — a harsh and unyielding energy, needing to be constrained to function, and tends towards isolation and erratic behaviour when in mammals, especially cats.

The amount of suppression needs to be limited because too much suppression, as humans tend to do, reduces it and can eliminate its contribution to human existence.

It needs to be seen, admired, and appreciated, it is very young in outlook, bringing spring to the planet and bringing youth and tenacity to life.

It wants to be on top of people and situations and resists being absorbed by other energies.

This energy will become the underlying, motivational principle in humans and mammals which we will call electricity, but it's a different type of electricity in physical life than used to power machines and devices.

Combined with orange energy it forms joy in matter.

It gives rise to being erratic, spontaneous, uninhibited, impulsive in all directions and outward going in humans and mammals.

Green — green is another harsh energy which covers and smothers.

It vibrates strongly when in the Earth, promoting life in the soil.

When green energy links to the joy formed by yellow energy, it acts as a stimulant making the joy brighter, stronger and much more outgoing in the youth of living things.

Green energy on its own is sober, reluctant and cautious, but is very good at filling the gaps in other energies and between other energies, unifying and supporting them to become light energy.

It gives rise in humans to being strong, unyielding, unforgiving, cold and self-interested.

Blue — this energy vibrates at a middle level, which in humans would lead to a desire to compromise.

It resonates at a frequency, which in humans would give rise to feelings.

Blue energy comforts and is strengthened by its links with indigo and violet energy.

It gives rise in humans to love, compassion, unselfishness, truthfulness and a passion for fairness or situations being even or level.

Indigo — not an energy that fuses with matter very easily, due to the vibrations being incompatible as its more a type of energy that gives rise to the mental world and mental constructions in humans.

The energy contributes the mental world, late on in the development of humans, waiting for the physical to become established.

Gives rise in humans to contemplation, reflection, patience and comprehension.

Brain Sentience uses this energy to form visualisation in humans.

Violet — this energy vibrates very deeply, deeper than all the others, only recognising itself and its own needs.

In humans it wants and feels strongly, it's secretive and unrevealing.

Violet, linked with Indigo and Blue, leads to an energy with a focus on itself, strong in its desires, but unwilling to do anything to achieve them.

It has great strength when life revolves about it.

Can give rise in humans to vanity, indulgence, self obsession, obsession and a delusional mental outlook, but it's a weak energy and can be controlled or overridden if a person wishes to.

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It's important not to visualise the colours as colours, but to perceive them as energies, which is their natural state.

They're only colours when the energies have been observed and processed by humans.

The energy of colours combine to form the light energy giving its many different powers, which then contribute to the beginnings of physical life.

The light energy is actually the result of the energy of colours, and what it does is an expression of them.

The energy of colour in matter contributes to the content of that life, shaping it into male or female, then they work individually or together

to give the human side of physical life its content, which will be the expression of the energy of colour in various degrees.

Once all the energies have developed basic life in an automatic way, simply expressing their abilities, then Brain Sentience, with its own purpose, will develop life, mostly the mental side, further.

Another factor that needs to be considered is the moon.

The sun's energy streams through space impacting the Earth directly, but the sun's energy also impacts the moon, is changed in the surface, and is then reflected outwards with some of it reaching the Earth.

The OYG group of energies contained in the sun's energy that stream to the Earth directly is stronger than, and dominates, the BIV group of energies, so they dominate physical life when it appears.

Also, as the Earth rotates between day and night, the OYG group of energies is weakened and the BIV group strengthened and the moon also strengthens the BIV energies depending on its phase.

So in daylight, the OYG energies will be at their strongest and BIV weakest.

This means light energy in the Earth will be dominated by OYG energies, or male, enabling Physical Sentience in the Earth to filter this energy through cell membranes into cells to produce male life.

At night the situation is reversed, so the BIV energies are strongest which will dominate the light energy allowing Physical Sentience to produce female life through cells.

In addition to this, the BIV energies are made even stronger when the moon is full.

This is important in the formation of early life, not so much later on, once physical life has been established.

There are so many variables in energy able to produce an almost infinite combination of living things.

The first step for humans to advance at this present time is through an understanding of energies which will unite them.

When the individual energies of colours join together in a human, light will ignite in consciousness causing personal self to dissolve.

Then, if that light energy joins with all the other sun's energies in a person such as gamma, X-ray, UV, IR, micro and radio waves, it's

possible Personal Life will come into existence and upon the passing of the body, join with Previous Life, becoming part of it, but self aware.

Personal Life can do what it sees as necessary, coming back into a physical body or working through a person to improve human life never harming, but so few have become Personal Life they don't act very often and it's outside the scope of this book, anyway.



## Chapter 10 — REPRODUCTION

This is the main method whereby physical life is modified.

The process is set, right at the beginning with the first cells billions of years ago, and has continued ever since.

The life of the individual is modified through energy passing through cells that have been shed into the Earth, as described earlier.

Physical Sentience in the Earth assembles and advances physical life to the point where a generic form or template of physical life has been produced, by taking blended energy in the Earth and filtering it through the surrounding membrane into early cells.

This basic template for all the different types of physical life would reach maturity about the time of the Cambrian Period.

Physical Sentience used the blended energies in the Earth which came direct from the sun and the reflected energies from the moon and planets in the solar system, to advance all life, especially human life.

Human life had to be prepared for Brain Sentience, which up to about 200 million years ago hadn't been able to take up residence in physical life and work directly in advancing it.

For this the blended energies of the Earth were used and later, after humans had been modified, energies directly from the sun.

But for human females to be modified for childbirth, reflected energies had to be used.

In order for maturing energies to be passed on to children, they have to be inside the mothers' bodies for a period of time, not separated, so females have to be fertilised internally.

This is true for most mammals.

Females are fertilised internally and the young are carried until birth, during which time blended energies are passed from the mother through the placenta into the growing child.

These energies contain the blueprint for the child's growth, a process which started about 200 million years ago, producing over millions of years, a basic mammal, or template, not advanced by modern standards.

Having a child grow in its mother means all the energies can be passed down, not just from the mother, but back in an unbroken line to the very first cells, giving pressure to the energy moving it forward developing us in the process.

In the distant past when cells were first constructed, cells which would feed blended energy into what would become humans, were set to allow very high levels of blended energy through the cell membrane from the Earth. This energy is still streaming down through billions of years through the cells of the physical life that we developed from, to drive our development onwards.

This connection through the cells goes back through the female line, males receive energy from the sun separately which is transferred into sperm, the delivery method for male energy.

Due to this connection through the cells, females tend to join together and are more sociable and males more alone and isolated.

Neither one is better than the other, it's just the way energy works and another reason why the separation of male and female energies was maintained.

Cold blooded life doesn't have this link through the cells or the ability to use the sun's energy direct like human males, so it will never develop far, especially now light levels have increased and UV levels have reduced dramatically.

Other mammals don't have so much energy pressure due to the original cells being set to let through a lower level of energy and the bodies of males have a reduced ability to use the sun's energy.

About 200 million years ago Brain Sentience started to enter what became mammals, as enough time had passed for it to be able to work through the matter of this universe, and it used energies direct from the sun, not blended in the Earth, using them to lay down the foundations for future advancement of physical life.

Oxygen in the air has been used to develop life right from the start, but with mammals it's used exclusively to develop the brain along with blended energy, used by Physical Sentience, and direct energy, used by Brain Sentience, from the sun.

Blended energy is used to construct the physical brain by Physical Sentience and when Brain Sentience takes up residence in the back of the brain it uses energy from the sun via the immune system to construct mental pathways in the brain from energy.

The blended energy used to construct the brain comes into the body through cells shed into the Earth and the energy received is the more complex energy that has cycled through physical life already.

This energy is passed into females through their hair and used to develop the brains of a growing foetus when pregnant.

The benefit of this development is passed on to both male and female children.

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Oxygen energy from the air is virtual light illuminating the brain until true light forms in consciousness through the energy of colours combining, if and when it does.

This is a very slow process taking hundreds of millions of years as the human brain isn't just the most complex system in existence, but it's future proof, meaning a lot of what will be needed later is there, but dormant such as processes, capacities, channels, energies and abilities waiting for their time.

Blended energies are also used to assemble and advance physical life and build internal processes and functions such as nervous and immune systems up to the point where mammals have appeared and are ready for Brain Sentience of Previous Life to inhabit the brains of those mammals and take over their development.

It's like Physical Sentience in the Earth built a car and Brain Sentience drove it.

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For childbirth, human females need modification and to do this, reflected energy from the moon, and to a lesser extent the planets and stars, are used.

Males were modified at about this time to receive and act on the sun's energy directly and the male body was changed accordingly.

The lunar and planetary reflected energy is too weak to work on females directly, and this includes all female mammals, not just human, but the energy can be used by Physical Sentience to make the existing energies resonate which is the origin of resonance.

This has the effect of making them vibrate and it is a similar effect to someone playing a stringed instrument like a guitar and is the origin of sound and music.

The energies are made deeper, more intense, emotions are brought forward or moved back, and the basic female condition is strengthened.

Also, energy within is channeled separately for the developing child if that child is female, and passed into her through the placenta.

This energy then moves the female child forward in life, becoming a means to distribute energy to descendents and to modify the race, both male and female.

## Chapter 11 — THE MIGRATION OF PRESENT LIFE

Present Life wishes to join with Previous Life as it can only be free of matter there.

When it was energy, it was trapped in hydrogen in the sun.

When the sun ignited, the energy was released and free, but only until it encountered matter, which brought Present Life into existence, but it was tethered to matter again and stayed there, as it was bound to the physical energies that give it existence and they no longer moved.

It knew from the data stored in Previous Life from previous universes that Present Life had joined with Previous Life after passing through physical life which could split it from the physical energies that form it, allowing it to be free of its reliance on energy and matter.

Once split and free of matter, it could join with Previous Life as all Life wishes to join and be one and be free.

So Present Life became a willing participant in supporting physical life so long as it could pass from that physical life during its lifetime, and the duration of that physical life was short, allowing the Present Life within it to be free of matter at its end.

The need for freedom is very strong in humans and punishment by some societies can be imprisonment, taking that freedom away.

We get the need for freedom from the Present Life within us, but some like a feeling of being enclosed or dependent which comes from when Present Life, as energy, was enclosed in hydrogen and later, as Present Life, dependent on matter and energy for existence.

This is an apparent contradiction, but it's only a reflection in humans of what happened to Present Life at different times.

This need to be free of matter and energy gave rise to the birth, growth, reproduction and end cycle of living things, although really nothing ends: Present Life passes into Previous Life, and blended energy containing no Present Life returns to the Earth to start a new cycle in

mammals via the immune system, constantly improving as it cycles through individual physical life.

The matter from physical life that's passed reacquires Present Life as soon as it makes contact with the Earth, it's only the energy that doesn't.

This energy never regains Present Life, instead it's fed into cells that have been shed in the Earth, by Physical Sentience to be transmitted into the corresponding cells in a certain human, and to a lesser extent mammals, to form under the direction and control of Brain Sentience in that mammal a brain, immune system, CNS and all the systems and processes that humans and mammals need to advance.

The transfer of Present Life to Previous Life throughout the lifetime of a person or living thing, is why we and all advanced life, grows old, weak and tired.

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If a person went very far in development, unifying the energies of colours within themselves during their lifetime to light up their minds and consciousness, and then unifying that light with all the other sun's energies that make them up, it's possible Personal Life would come into existence.

It would come down to the individual doing it though taking a mental leap from where they are, going from the limited into the unlimited, a kind of leap of faith and possibly where the term comes from.

This is something possible for humans, but not animals or other forms of physical life.

It's not done by act of will or by any action of the personal self, of which will is a part.

It needs to be perceived and understood that all the internal separation and division of energy within us is maintained just by the existence of the personal self and the only way forward is to let it go bringing Personal Life into existence.

Personal Life would contain everything a person was, and would be able to unify with Previous Life when the body ended, but most of us are not ready for that yet, but it's worth a try.

At this time, Present Life streams out from physical life during that life, transporting experiences and knowledge to Previous Life and acting like cloud storage. As Life leaves, the aging process increases, but by

ensuring that individual physical life ended no part of Present Life was trapped in matter.

Also, the energy was needed to be cycled back into other humans, it always goes human to human, never to other mammals or forms of physical life, but the energy from them will cycle into humans eventually as it becomes more complex.

Being in complex physical life focused and intensified Present Life to the point it felt trapped.

Present Life enjoys the experience of existing in physical life and joining with Previous Life during and at the end of it, as all life wishes to join together, a movement later reflected in humans and to a lesser extent other forms of physical life, forming communities and bonding on all levels.

There's also the possibility of Personal Life coming into existence and joining with Previous Life, bringing something new and more personal to this vast endeavour of Life, Sentience and energy.

The new can only come from Personal Life and to a lesser extent humans, or complex organised matter and energy, which is why all the energies of all physical life and all the Present Life and Physical Sentience has to pass through us.

The data stored in Previous Life is vast, accumulated from the physical life from billions of universes and Physical and Brain Sentience could replay that data or versions of it into every new universe it passes through and originates in, but to it, there would be nothing new.

Sure, it would be new to us, but that isn't the point, Brain Sentience wants something new so new mental abilities can come into existence to deal with its challenge and it can share in those new abilities.

So replaying the old in a universe is only to get things started, although that takes about half the life of that universe.

For it to be possible for something new to appear, advanced life has to come into existence free from the past.

## Chapter 12 — CHEMICAL INTERACTIONS

These are important processes necessary for cells to work and before cells were assembled by Physical Sentience in the Earth, chemical interactions were virtually non-existent as there was little or no reason for them, but they are needed in cells and later physical bodies, so Physical Sentience worked through blended energy to bring chemical interactions into existence.

Chemicals interacting produced the membrane effect bringing cell functionality into existence, something physical life would need to move energy and matter around a physical body later.

Membranes are very important to physical life which couldn't exist without them.

These processes are in a constant state of being monitored and regulated by Physical Sentience to ensure that whenever certain chemicals or energies come into contact with each other, they will always interact in a certain way.

This is also true of all the processes in a physical body: they only work because they are made to work by Physical Sentience in the cells and body processes.

Physical Sentience can do this because it permeates all energy and physical existence, controlling and manipulating both.

All the basic laws of nature, or natural phenomena, are governed and exist due to the action of Physical Sentience, including electrical phenomena which physical life needs to exist.

This is also why something stops working over time, it's because Physical Sentience has stopped making it work.

Take for example some antibiotics which used to work more effectively and now don't, the reason given is that bacteria has built up a resistance to them, but it seems that Physical Sentience has stopped the particular chemical interactions between drug and bacteria from working making the drug ineffectual.



Why would it do that?

The purpose of Physical Sentience and therefore the direction it wants physical life to go in, is to perpetually be in a state of understanding or if that's too much for humans, to be approaching the ability to understand.

Once something has been understood, from the point of view of Physical Sentience, we need to move on to more complex situations to continue gaining understanding and develop the ability to understand.

So some things come to an end so we can move on to the next thing.

That's the position of Physical Sentience.

From a human point of view, it's wrong and we're being experimented upon, but while not apologising for the situation, without the purpose of Physical Sentience, we and all life wouldn't be here and the Earth would still be a barren, sterile ball of rock.

In order for physical life to exist, Physical Sentience brought electricity into existence by intensifying yellow energy in cells and controlled how that energy interacts with other energies in the physical body, to produce electricity in humans and other forms of life.

The electricity that serves and powers physical life in our brains, CNS and PNS, is different from electricity used in homes and at work, in that it contains much, much more Physical Sentience due to the intensification process in the cells which makes the electricity in life sentient and self-aware, enabling it to function in a way living things need.

This is delegation on the part of Physical Sentience although it's still in the background, regulating electrical flow, allowing electricity to function independently, which builds up, giving humans the impression we're free.

More complex phenomena, mainly to do with the formation and development of the brain, possibly the most complex organ to have ever existed, are controlled and regulated by Brain Sentience directly in the brain and the independence of electricity tends to give way to the overriding power of the brain and Brain Sentience.

Fire and electricity in the world, not living things, are a product of chemical processes controlled by Physical Sentience and are there as a tool to develop humans.

## Chapter 13 — CELLS

Forming simple, functioning cells by Physical Sentience in the Earth was fairly straightforward as it had all been done before in billions of universes and stored as data in Previous Life, which extends from ground level through the atmosphere and out into deep space with our sun at its centre.

It goes as far out into space as the sun's energy has reached since it ignited.

Physical Sentience accessed the data stored in Previous Life through the link made in our sun.

Data was streamed out by the Sentience in Previous Life to the Physical Sentience in this universe giving a blueprint for all the physical life on Earth and its development over billions of years, with Physical Sentience in the first cells using the blended energy also in cells to guide development.

The way that the yellow energy behind electricity should be made to function was also contained in this data, which Physical Sentience used, not only to bring electricity into existence on Earth, but throughout the solar system and onwards out into space, wherever Physical Sentience has extended to, and as has been said previously, the electricity in physical life is different to other forms of it.

Present Life, Physical Sentience and blended energy streamed from the Earth into the first cells with the blended energy filtered and adjusted by the cell membrane, controlled by Physical Sentience.

Filtering and adjusting the energy here produced the different types of species and their main characteristics and emotional state.

Once a physical blueprint or pattern of a species had been established, the energy that makes up light was used by Physical Sentience to give individuality, personality in humans, feelings, and so on.

When cells divided to produce two cells, blended energy still streamed from the Earth into one then the other.

Cells were set up in the Earth for each species that would later appear and would stay in the Earth not becoming part of the physical species it started, but transmitting blended energy to all subsequent cells of that species maintaining and sustaining that species while it existed.

The first cells never divided again, although all subsequent cells did and the first cells became the point of origin in the Earth for all the blended energy transmitted to them.

Humans started in this way having a direct line back to this early time, when life was first appearing and we have no connection with any other species, not having evolved from them or descended from them in any way.

Right from the start, humans were separate although modified along the way through cells shed back into the Earth by the cycling of blended energy made complex by it having passed through physical life.

This complex, blended energy was cycled back into physical life, mostly humans and mammals to a lesser extent.

This continues up to present times, but during the Cambrian Period, by which time the basic template of different kinds of physical life was established, the various species were starting to be modified and diversified by shed cells, as well as through received blended energy from the first cells.

The recycled energy used to do this, which was passed into physical life through shed cells, was more complex and was unable to bring Physical Life into existence, as it had already done so.

This made it possible for Brain Sentience, which was starting to establish itself in what was to become mammals about 200 million years ago, to use it to begin the forerunners of brains, a CNS and an immune system.

An extinction event during the Cambrian Period supplied much of the more complex energy. This energy was already adapted to the environment due to it having passed through physical life that was recycled through existing physical life to diversify it and develop it further.

An extinction event would be brought about by the Physical Sentience in the Earth modifying the membrane of first cells, blocking any more energy passing through the membrane into the cell and from there into the cells of the species linked to those cells.

This would take many generations to work through, but gradually the species would become so weak it would be unable to breed and its energy would then be recycled into other species to move on their development.

This will happen to all species eventually, with them all going extinct and their energy being passed into more developed species to develop them further, as this is one of the aims of Brain Sentience: to develop energy making it more complex then to absorb its understanding and mental abilities.

There is a structure in this, with energy going from a simple bacteria getting recycled into a slightly more complex bacteria and so on working through the chain.

Animals pass their energy on to other animals which might not be more complex at the time, but which have the capacity for it.

All animal energy will cycle into animals going into more and more complex forms until all the animal energy is cycled into primates.

From primates that energy will cycle into humans.

When humans pass their energy on, if they haven't brought Personal Life into existence within themselves, it goes into humans who are slightly more complex or are progressing in a certain direction where that particular energy would help.

The permutations and complexity with humans are endless and there are billions of us.

Eventually everything but humans will be gone, with all the energy of other species passing through us.

This may sound bleak but it will take billions of years and who knows what other plans Life and Sentience have for physical life and nothing is really lost — it gains during physical life and then gets recycled.

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So, the first cells of what were to become each species comprised a blob of plasma filled with Present Life, Physical Sentience and the blended energy of the Earth.

They also filled the plasma wall, turning it into a membrane allowing certain chemicals to pass through and those chemicals could be altered by Physical Sentience to block blended energy passing through, bringing about the end of a species when it had developed far enough for its energy to be used in other forms of physical life.

The major contributor to mammal development was energy which came from dinosaurs, after they went extinct about 66 million years ago.

Dinosaurs developed half-way to being mammals, which was the reason for their existence and they went extinct by the action of blocking blended energy from passing into their first cells and their energy was recycled into emerging mammals to develop them further.

Cells were made to focus, magnify, concentrate, regulate and increase the Present Life, Physical Sentience and blended energy inside them, and in the cell membrane by the cell acting like a lens or magnifying glass.

The cell membrane can also act like a valve, letting more energy in, causing cell and species expansion and diversity, or shutting down the flow of blended energy leading to species extinction.

A cell has a vast capacity to be filled incredibly densely which can increase the control and ability of Physical Sentience and the blended energy within the cell, making the process within it more vital and active.

Present Life is also packed very densely in cells, not increasing its abilities because it has none, but making the cell much more meaningful, giving it an impact on reality.

Meaning in physical life comes from the amount and density of Present Life packed into each cell.

The exception to this are brain cells and to a lesser extent bone marrow cells, which are packed incredibly densely with Brain Sentience and blended energy, but no Present Life which means that if Personal Life ever came into existence in the brain, there would be no Present Life there to come into conflict with it or prevent its existence in some way.

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In order to increase the overall energy and meaning of cells, they needed to link together which was the next step.

The magnifying effect of cells also produces an energy field around the cell, from blended energy expanding out from the cell membrane.

Through this field surrounding cells, Physical Sentience could do the following:

- Identify where a cell came from, its abilities and the amount and type of blended energy within it.
- Bind them together to begin the formation of multi-cellular life.

This field generated in mammals, would be used by the immune system to detect the approach of harm to the body, such as infections, dangerous situations and the intentions of others, giving rise to human concepts of right and wrong.

All this was proceeding step by step, by Physical Sentience using a plan or blueprint for physical life provided by Previous Life.

As cells divided, Present Life would extend into those new cells, as would Physical Sentience and the Earth's blended energies which is the reason why cells divide: so Present Life extends and intensifies and Physical Sentience maintains control and extends into cells on its way to developing complex physical life.

With the cells linked, blended energy flows under pressure forming current which is the basis for electricity in humans and all physical life.

This movement between cells becomes the flow of electricity in life and is where it came from.

With blended energy passing through the first cells in the Earth from the Earth's vast reservoir of blended energy, the energy pressure is intense and that pressure in cells can be increased by adjustments in the cell membrane acting like a valve to allow more blended energy to pass through, so increasing the pressure which would be needed to fill trillions of cells in not just humans, but all physical life.

This pressure exists today in humans, and other mammals, as blended energy from the Earth flows through the mother's placenta into a child in the womb before and during pregnancy.

This pressure is interpreted by humans into ambition, drive and achievement.

As a cell divides, Present Life, Physical Sentience and blended energy flow from the Earth into the first cell then they flow into the second cell till its full then into the third and so on, but each cell has a greater capacity than the previous ones so the energy pressure and flow into the first cell needs to be constantly monitored and increased.

The capacity of cells increasing means they can hold more Present Life, Physical Sentience and blended energy gradually increasing the meaningfulness of cells raising it to a point where it crosses a threshold

enabling the physical life that its composed of to have a tremendous impact on reality, which is the surrounding energy of our environment.

The energy of our environment provides events and challenges to physical life, especially humans, and the balance between the meaningfulness of humans and the energy environment has to be just right.

The energy in our environment comes directly from the sun and increases over time as the Earth becomes a sun energy receiver; the sun being the giver, building up in the atmosphere the same way it builds up in the Earth to become blended energy.

Present Life doesn't come into existence from this sun energy in the atmosphere, as the gasses are not substantial enough to bring it into existence, but the gasses can store energy in the same way the Earth does.

If the environment has too strong an energy, the challenges it presents would overwhelm us and if we're too meaningful, the challenges wouldn't be challenges so the Present Life we receive through our cells needs to be increased over time as the energy in our environment increases.

This is something Physical Sentience does.

The meaningfulness of humans and to a lesser extent other mammals is regulated by Physical Sentience by allowing more of the Earth's Present Life into the first cells to increase the meaningfulness of humans to meet the challenge from the energy environment as its strength increases.

On dividing, the first cells hold back all the Present Life, Physical Sentience and blended energy within it until the split is complete, then everything flows from the first cells into the second and refilling from the Earth into the first cells.

So cells not only come from cells they also are filled from cells going back to the first ones in the Earth in an unbroken line.

This means that, in every living thing or species there's cells in the Earth which act as supply cells that Present Life, Physical Sentience and blended energy pass through into all the other cells.

Cells draw in, focus and concentrate the sun's blended energy in the Earth, increasing its power.

With this increase in focus, concentration and power in cells, Present Life crossed over from being passive to more active, vital and alive further stimulating chemical processes within them.

Cells divided instead of being assembled individually so that all the concentrated Present Life, Physical Sentience and blended energies within them would remain one, in contact and unified, maintaining cohesion as development doesn't stop with individual cells which are just the starting point.

It also means that all physical life is one, and present day physical life can be changed or adapted by altering the blended energy passing into the first cells by filtering and selecting it through cell membranes.

This adaptation would be for major changes to the template or blue print of a species; adjustments to individuals are done through shed cells.

For instance, Physical Sentience could modify a cold virus by filtering the blended energy passing into the cells of that virus giving it a unique energy that Physical Sentience wants in humans to advance our development.

Once in humans it could be blended with the energies of other illnesses harvested by the immune system.

These energies are much more specialised than the blended energy in the Earth and have been formed, or coded, to have a very specific purpose and effect in humans and other mammals.

Physical Sentience also modifies a virus so we can keep catching it each year so supplying the human immune system with a slightly modified energy it needs to develop humans, or other mammals, as the energy within viruses and all life is always being made more complex getting it ready to be recycled into humans and more advanced life.

Modern day humans have developed to where we are now through blended energy, which will continue, but we now need energy stronger and more specific to help continue developing us, a lot of which at this time comes from infections such as viruses and bacteria.

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From single cells, the next step is for cells to form groups and become multi-cellular as they move towards being more complex physical life, eventually gaining abilities which Physical Sentience can eventually gain and it knows physical life in previous universes developed, which is revealed in the data stored in Previous Life.



The pressure of blended energy flowing through cells also forms the shape of advanced physical multi-cellular life, mostly with mammals.

In humans and other mammals blended energy flows through the placenta and into the growing child of a pregnant woman through the umbilical cord, making the stomach cells the receiver of vast amounts of blended energy.

The stomach also receives and processes the energy of food after distributing it around the body.

In the womb, vast amounts of blended energy transfers from the stomach into the brain cells of the developing child, increasing their energy density and meaningfulness, turning the brain into an organic computer or Artificial Intelligence or AI.

“Artificial” as it’s all a construct containing no Present Life or blended energy, only Brain Sentience.

It’s during this time that Brain Sentience enters the forming brain to oversee its development along with the immune, central nervous system and bone marrow, all essential to it.

Brain cells contain only Brain Sentience which is compacted and incredibly dense and makes the brain able to control mental functions because, in a sense, it is those mental functions which are brought into existence by Brain Sentience when it’s so compacted.

Bone marrow cells are an extension of brain cells and Brain Sentience, but to a lesser extent, as the Brain Sentience is less compacted, giving the bone marrow some limited mental abilities mostly to do with the monitoring of the body’s condition and its response.

The central nervous system is the domain of electrical energy programmed by Brain Sentience to connect different parts of the body, to transfer messages around the body and to control the flow of information.

It has no Brain Sentience within it, being totally autonomous and independent, giving the Physical Sentience within it the freedom to make new connections if it wishes in the search for something new in humans.

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Blended energy under pressure extends outwards in five directions to form head, arms and legs to draw in energy from the sea of energy in

the atmosphere surrounding us through the arms and from the ground through the legs.

The fingers and toes act like detectors extending human energy into the Earth and air to sample the energy contained in them, so the required development energy is drawn in through the hands and feet, but not through the nails, hair or skin which need cells at both ends to send and receive energy.

During life, the sun's energy is drawn in through the palms of the hands from the surrounding sea of energy, giving Brain Sentience energy to work with and blended energy is drawn in through the soles of the feet for Physical Sentience to use to develop, but not to physically change the individual.

Blended energy drawn in through the feet helps an individual during their lifetime; blended energy passed in through the cells is for adjusting the species ongoing.

Energy drawn into the palms of the hands from the surrounding sea of energy feeds into the brain where it delivers information regarding the sea of energy of our environment and the challenges and events forming within it.

Humans have large energy conduits within them for this energy to flow around the body, but for most they are not used as a person has blocked them off in the brain.

The human side of the brain can do this, maintaining our independence and freedom or if the individual isn't ready for it.

A few individuals can draw in blended through the feet from the Earth and then pass it out through the palms of the hands into another person, mostly through contact or in close proximity.

The blended energy passed into the other person can have a transforming effect on them moving them on and if they are ill, the illness can be left behind giving the impression they have been healed.

The person receiving the blended energy needs to accept it and not block it which gave rise to the idea they had to *believe*, or have faith, which has the advantage of opening a door within them which the energy can pass through, but this way lacks understanding.

If a person understands, they can draw the blended energy directly into themselves and stop blocking it, then they will receive whatever help it can give, but it's no substitute for proper medical care under a Doctor or Physician.

In order to draw in the many different variations and strengths of blended energy in the Earth through the feet, humans and mammals are mobile and we move around a lot more in the last 100 years due to modern transportation thus speeding up development.

All mammals are samplers of energy, humans most of all, and to do that we have to be mobile, but this is just a phase, as once enough energies have been sampled to alter the direction of physical life things will settle down and we won't travel so much.

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The lifetime of our sun is about 10 billion years so the time available to Physical Sentience is limited in relation to what it does in each universe.

It assembled the first cells to produce microorganisms which produced oxygen, so creating an oxygen atmosphere and an ozone layer shielding the Earth's surface from UV radiation making the planet more suitable for more advanced physical life such as mammals and thereby enabling it to happen.

Early physical life using UV was developed as that was the dominant energy at first, but if Physical Sentience waited until the Earth was more ready, there wouldn't be enough time to develop human life and develop it to the point where the human life in this universe developed further and different from any other universe, bringing the gifts and abilities Physical Sentience wants to acquire into existence and giving Personal Life a chance to come into existence.

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At first, the shape of physical life and its function was mainly the outcome of the sun's blended energies in the Earth, the dominant one being UV, giving rise eventually to cold-blooded creatures and dinosaurs.

Physical Sentience knew that UV was going to fall significantly and most of these creatures would go extinct, but they allowed the blended energies within them to develop to about half-way towards a mammal state, so when they were cycled into the physical forms that became mammals, it was these energies that speeded up and promoted that process.

Once the Earth had changed enough to produce and support mammals, they were designed to absorb and pass on coded, recycled energy to children, something only mammals do.

Humans absorb food, air, the sun's energy, water and blended energy from the Earth, particularly from rocks such as pumice, with some of this energy being passed on to babies growing in the womb.

As the Earth changed, mammals appeared taking advantage of those changes and our development was controlled by Physical Sentience in our cells and Brain Sentience in our brains and CNS and through the use of the immune system.

Humans are about as far developed physically as multi-cellular life can go using the blended energy in the Earth with the environment as it is, and we are approaching the next step which is the energy of multi-cellular life unifying and becoming one, back to being a single cell, on another level.

It has happened to some individuals as they moved towards Personal Life, as it is fundamental to it, but a lack of understanding by those around such a person, gives rise to inaccurate ideas and concepts due to a lack of personal experience.

Physical Sentience within cells shapes the cell forming and develops it into physical life over billions of years, but the bonding together of cell energy so multi-cellular life becomes one gaining more abilities, mostly to do with energy, comes about when the human side of our nature has an insight followed by understanding of the situation.

Once insight sees the cells all separate energy-wise, there's a flash of understanding which dissolves the energy of individual cells, reforming and uniting the energy as one.

Humans at this time are ready for this as billions of years of energy development, the result of it having cycled through many forms of physical life, have been passed into us giving us something incredible that we are close to being ready for, which is the exploration, control, use and further development of ourselves through an understanding of energy.

As the Earth's species reduce and their energy continues to cycle into humans, there will be less species to develop this energy and once in us, it won't be able to return so it will be up to each one of us to understand and develop the energy through using it.

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Using and interpreting energy is something our brains have always done.

Thought, emotions, feeling, different mental functions, sense and perception are all forms of energy which our brains use and interpret, but up to now there has been very little understanding, which comes next.

As the individual progresses down this path, the brain will gain abilities to understand more and further.

Understanding will become a way of life requiring just a glance to absorb the energy of a situation.

The five senses will unify to form a new sense called a sixth or common sense in the past, complex situations will simplify, the brain will find order within itself, the energies of colours within the individual will unify, unused mental abilities up to now will start to function and energy will flow through us.

It will be a decision then for the individual to halt progression in themselves, in order to help others progress, the short term view, or to continue progressing in order to help change the flow of humanity, the long term view, which may, if it happens take thousands of years.

The choice is down to the individual's vision and courage.

Unused mental abilities always revolve around and come into existence through understanding, as it's our starting point and a signal to Brain Sentience within to unlock the brain as we're ready for more.

## Chapter 14 — ADVANCING PHYSICAL LIFE

This is done in the following ways:

- By Physical Sentience in the cells increasing and manipulating the blended energy within cells and the amount that passes through them.

This includes passing energy through shed cells and has already been covered.

- By absorbing the energy from outside into the physical body.

This is one of the reasons why we eat, breathe, drink and absorb energy from the Earth and sun, because if vast amounts of energy are taken into living beings that energy will transform and develop them.

This energy is used to develop mammals once they start to appear by Brain Sentience, especially humans.

Physical Sentience uses blended energy to form cells and advance physical life up to the time when Brain Sentience can work directly in the brain of mammals.

Food contains blended energy that has been modified by the food contributing its energy and is for the systems and processes of the physical body.

The interaction between the sun's energy and oxygen in the air is vitally important to the development of humans and is the main reason we have developed further than other mammals.

The sun's energy coming in contact with matter, that is dense matter not gas, brings Present Life into existence, that is the Life of this universe not from a previous one, but that doesn't happen with oxygen or any other gas.

Upon contact with oxygen something forms which is half-way towards Present Life which may be called vitality and it's this vitality, amongst

other things, that's drawn in through the palms of the hands and the reason why we have large energy conduits passing through the human body from the palms of the hands and soles of the feet, which other mammals don't have.

The conduits travel up the arms to the brain and the ones in the soles of the feet draw blended energy in from the Earth, especially from lava rocks, into the lower back allowing us stand upright.

The more of this energy in the lower back, the more upright mammals become.

This energy received through the soles of the feet promotes development in individual humans during their life time and is not part of the overall development of humans from cells.

The vitality the brain receives from the energy drawn in through the palms of the hands ignites interest, enthusiasm, enquiry, imagination, joy and so on and of course gives vitality.

These qualities work best with advanced mental functions such as insight, understanding, reflection, contemplation, foresight and so on, which arise when the truth of a situation is perceived.

Then the qualities work with what's real so it's an appropriate use of them, but so much of what we perceive doesn't originate from what's real, leading to problems.

This will be looked at in the chapters dealing with Imagination or Visualisation, further on.

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The energy the lower back receives is distributed around the body maintaining and advancing balance in that individual with the energy in the environment.

These conduits are not the meridians of acupuncture and are regulated by Physical Sentience with the feet and Brain Sentience with the hands, depending on how much energy the individual's using and needing.

Oxygen breathed in also supplies vitality to the brain, giving rise to awareness and clarity of mind, if the mind is in a constant state of understanding.

People achieve a small increase in awareness and clarity of mind through deep breathing exercises, but without understanding it doesn't go far and is a bit of a dead end.

- Through manipulation by an advanced immune system.

This again was started millions of years ago when Physical Sentience was forming a brain and central nervous system in mammals and Brain Sentience was about to inhabit those brain and nervous system cells, using the immune system to develop mammals, especially humans.

The immune system was a tool fashioned from advanced blended energy for the use by Brain Sentience to develop the brain and associated systems and to extend and develop mental ability and capacity in mammals, but mostly what would become humans.

The advanced blended energy comes from other forms of life, mostly cold-blooded and dinosaurs at the time and their descendents since, such as birds, recycled back into emerging mammals.

The energies absorbed by a physical body are used by that body's immune system, if it has one, to advance physical life, because that is the purpose of Brain Sentience: to advance physical life making it so complex that it can develop new abilities which Brain Sentience acquires.

That's why creatures that have no immune system or a poor one will not advance.

The human immune system isn't just about protecting the body from illness, although it does do that at times if the Brain Sentience within it finds that person useful to its purpose, which is why some die during an epidemic and some don't.

The immune system is 75% energy, made up of advanced, blended energy and 25% physical processes which is what humans see and study.

When the immune system defeats illness it appears to be a defender of the body, but in fact it's just preserving something useful to the purpose of Brain Sentience.

To see it only as a defender misses the other things it's doing and we need to understand it better to find out what it wants in any particular situation and appease it as soon as possible so it stops what it's doing and moves on.

We appease it by giving it what it wants, which at this time would be a unique, special form of energy not found in nature which we have to put together and would introduce it into the body requiring it.



When the immune system heals a cut it does so to preserve the body for future use, or to produce future generations.

Here are some questions regarding the human immune system:

- If the modern immune system of mammals has had over half a billion years to evolve since it came into existence, why is it unable to deal with so much illness?
- Why do we need to spend billions worldwide on health if there's an immune system?
- During plagues and epidemics, why do some survive and others not?
- Why are there over 80 different conditions with numbers rising, where the immune system attacks the body?
- Why are vaccines needed when we have an immune system?
- Why does the immune system kill the physical part of an illness, but leave the energy part inside the body, an energy side which is now very dangerous without its physical part, possibly deadly, and then go on to use that energy to attack the body?
- If Physical Sentience assembles physical life, why do diseases exist? It could simply remove infections by blocking blended energy from entering their cells, making them go extinct.
- And why does disease change if Physical Sentience and later Brain Sentience is controlling the process?

Physical Sentience created the immune system primarily so Brain Sentience could use energy received by the body to transform and advance physical life and it's through its actions that humans developed.

Physical Sentience has created disease to test our level of understanding and to push it further.

Look at all the research going on worldwide into disease and the technology created, but at this time, only the physical aspect is understood, which is what can be seen.

Once the energies from food, air, water, blended energy in the soil and unblended energy directly from the sun have been used to develop humans as far as they're able, the immune system, which is a tool of Brain Sentience, is used to develop humans further.

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So, how does it work?

To advance human life further, Brain Sentience needs more complex, powerful energies able to transform cells to enter the body, more complex and powerful than what has been used up to now from the sun, food, air and water.

These energies have to be highly specialised as well, to not just change humans but to do it to advance us.

Viruses, bacteria, moulds, fungi and other physical infections have been developed by Physical Sentience to provide half of the complex and powerful energies needed for humans to develop further.

Half, because we have to understand the individual illness and produce a complex energy to counter it, so humans need to be infected, the energy can't just be recycled through shed cells.

Most illnesses that can be beaten by drugs, that is by physical means have been beaten, but science is about seeing, whereas most energies can't be seen only perceived.

Logic and reason work well in the technical, physical world, so long as there's foresight regarding consequences, but not so good in the world of energy and how it works in humans.

Applying a drug shows the immune system and Brain Sentience working through it, that we can defeat an illness on the physical level, but not on an energy level, because when a drug beats an illness, only the physical part ends, its energy is left in the body as is the energy of the drug which complicates matters.

Then Brain Sentience, working through the immune system, uses that energy to produce a much worse illness to force us to deal with a purely energy based illness and to assess our level of understanding.

This isn't some sort of unsolvable test as Brain Sentience will guide certain individuals to answers through the use of advanced brain functions as such problems focus the mind and awaken understanding.

A simple example of an energy illness could start with athlete's foot, a common fungal infection which has been specifically developed by Physical Sentience to be one half of a complex energy needed by Brain Sentience to develop individual humans as we are past the point where the whole race needs to be developed in the same way.

A cream is used to end the fungus physically and the athlete's foot appears to go away, but only the physical part, the energy of it stays in a

person.

The immune system takes the energy and uses it to coat nerve sheaths in an individual producing the condition called Multiple Sclerosis in the UK 20 years later.

A slightly different fungus will produce osteoarthritis and another slightly different one will produce osteoporosis.

As said, the energy from the fungus is half of what the immune system needs to energise cells in a certain way to develop certain people.

The other energy half has to be provided by humans to show we can understand and respond to the situation and can act to find a way to counter to what we see as illness or an adverse condition.

The counter is a specific energy to neutralise the condition based on the understanding at the time and an energy condition needs to be countered by the energy designed to do so.

The time is past when Physical Sentience in our bodies handled all the development of humans, we are being drawn into helping to remove conditions to demonstrate and promote our ability to do so and understand the condition.

A person may suffer with this condition for many years while the immune system waits for it to be dealt with by using energy, as energy illnesses require an energy solution.

Something physical won't work, as the energy involved has nothing physical as it went when the cream was used.

The energy needed to combat the MS is the other half of the energy the immune system needs to energise cells and if the person with the MS receives that energy the two energies will lock together giving the immune system the exact energy it needs for a specific change in the individual to occur.

No claims can be made, but the energy of the MS should be neutralised when the two energies lock, and in any case, the immune system should stop damaging the body in this way once it gets the energy it wants to develop certain individuals.

The results produced from filling cells with this energy should produce humans capable of great compassion, wisdom, humility and generosity and that are less reliant on thought, technology, logic and reason.

This is why MS mainly appears in females as females have a tendency towards such characteristics and would have been selected to be

developed further when the correct energy comes along.

Men who get MS would also have these characteristics, the reason for them being selected for development.

It doesn't mean that the only way to develop is through serious illness, as descendents will gain them without experiencing the illness, but sadly some will go down this route.

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MS was just an example; slightly different forms of fungal energy can also be used by the immune system in the same way to produce osteoarthritis, osteoporosis, ME and cystic fibrosis, each one slightly different to produce energy capable of changes in cells.

Fungal energy can also come from yeast used in brewing which is already dead, so its energy is passed on already free of the physical.

The energy from fungal infections is usually used to coat the bones and nerve sheaths by the immune system to produce the conditions above.

If no energy treatment is given, the condition will continue to put tremendous pressure on the person involved and others to find a solution which was the intention of Brain Sentience working through the immune system to challenge and advance human understanding.

If no solution using energy to counter what the immune system is doing is used, Brain Sentience within concludes that illness caused by energy is not understood and so we're not ready to advance, but if the right energy solution is applied, then it shows we're ready.

Autoimmune diseases where the immune system attacks the body are another example of the immune system testing humans to explore our level of understanding by our response.

This is done in one of two ways:

- The energies of chemical interactions in the cells have been changed by the Physical Sentience in a person, causing the immune system to attack the body in a certain way.
- The immune system is contaminated by industrial pollutants drawn into the body, which distort the immune system's energy-based detection method, which identifies a harmful substance in a person.

The immune system can be compromised in a certain way by a certain substance entering the body such as various forms of industrial or chemical pollutants.

This tricks the immune system response into attacking something in the body that isn't there.

Again, the purpose of Brain Sentience is for humans to introduce just the right kind of energy into a person to counter this condition to show our level of understanding and, if the immune system is contaminated, to remove them.

Brain Sentience will then use that energy to transform and develop human cells which is the next step, at this time, for brain cells.

## Chapter 15 — APPEASING THE IMMUNE SYSTEM

Our own immune systems are harvesting energy from various sources, such as wiping out the physical side of an infection and using its energy to create something much worse, or we do the same thing with drugs.

The immune system does this in order to receive the energy it requires to transform human cells and progress us further along the road of greater complexity and understanding, so the best thing we can do is supply the energy it wants quickly and directly.

It's either that or we continue to be on the sharp end with our own immune systems inflicting illness on us and the more we try and treat energy illness physically the worse it's going to get.

So we need to study and understand energy in order to supply the immune system, and behind it Brain Sentience, the energy it wants which hopefully will get rid of the condition, and at the same time supply the energy the immune system wants for humans to change and progress.

Illnesses over the last few thousand years have become much more specialised in order to change and develop brain cells which is the next step for humans.

So if energy illnesses supply half the energy needed what supplies the other half?

The answer is that we do.

A good start can be made with these 2 books available free ...

The Therapy by Richard Clark available from Smashwords at [www.smashwords.com/books](http://www.smashwords.com/books) or available from amazon uk for a small cost.

... and the bigger version with more explanations ...

A New Therapy for Health and Energy by Richard Clark available from Smashwords.

Both books are free from Smashwords and the materials used are inexpensive and easily obtained and this is not an attempt to sell product or anything else.

This therapy was originally worked out to relieve pain and suffering, but it was later realised that many energy illnesses, such as arthritis, asthma, MS, Parkinson's disease, MND, cancer, cystic fibrosis, auto-immune diseases, allergies, migraine, dementia, epilepsy, hyperactivity, autism, various mental conditions and so on, are the work of our own immune system.

This changed nothing as The Therapy has to be applied to help people with various conditions and in doing so, the immune system receives the precise energy it wants to progress humans.

The energy received has to be precise to fit the condition the immune system has created, which is the exact energy needed to accelerate human development in a certain direction.

Each condition is specifically constructed so, combined with the energy received from The Therapy, will advance individuals in a certain way and then in the future, different humans will combine to produce children which again will develop humans further.

Brain Sentience working through immune systems will activate the energy of sexual attraction on just the right frequency to draw in the desired person to combine with, producing children which, in effect, is engineering us.

It's possible for an individual to avoid this by being aware of the process and understanding it, but if a person can do that it's unlikely Brain Sentience would try to manipulate them in this way, but would instead increase life's challenges to increase their understanding in a different way.

At the end of their life their energy would simply be recycled to increase the progress of another.

There's much to be understood, but that's what the brain is for.

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If massive amounts of transforming energy are given to a person, which The Therapy does, that person must change and, in changing, they move away from the place where illness can hurt them because a person and an illness have to be in the same place at the same time.

Also, receiving a desired energy will hopefully appease our immune systems so it stops producing conditions through illness.

It's important that a person understands and uses The Therapy on themselves if possible, as an understanding of energy by the person involved is something Physical Sentience wants as it assembled physical life, and especially human life, to accumulate understanding so supplying the means by which it and Brain Sentience develops.

Of course, if a person is unable or unwilling to apply The Therapy to themselves it's okay if somebody else does it, and by learning and studying The Therapy, their understanding will increase and the person it's used on can find some other way to understand things which may be more natural and suitable to them.

So if a person is well, should The Therapy be used?

It's up to the individual.

The benefits of using it are to stave off, hopefully, future illness and to gain understanding and progress, but it's a personal decision.

The more we put off using specific energy to counter energy produced conditions, the worse it will get.

Illnesses are reaching epidemic levels and new conditions are appearing all the time.

The first people to use The Therapy will be ill, wanting relief, and as the benefits are seen, more will decide to use it as well.

Using The Therapy will fill the cells of a person increasing their strength, health, vitality and energy so, ill or not, it's all good, but be prepared for change as that's what The Therapy does.



## Chapter 16 — THE SEA OF ENERGY IN THE ATMOSPHERE

The sun's energy pouring down on the Earth forms a sea of energy in the Earth and in the atmosphere.

The sea of energy in the Earth becomes blended energy and has been covered — this is about the sea of energy in the atmosphere.

The sea of energy in our atmosphere doesn't blend as it needs the tremendous volatile conditions and pressure in the Earth to do that, neither does it give rise to Present Life, as contact with air isn't enough to bring it into existence, but it does increase over time as the sun is constantly shining down and because it doesn't give rise to Present Life, it retains its motion.

The sea of energy surrounding the Earth acts like amniotic fluid in the womb and the umbilical cord corresponds to understanding, travelling from one to the other, and in fact this arrangement came from and mirrors what happens in the surrounding sea of energy.

Everything that happens in the sea of energy surrounding us, which is the processing and transference of information, happens in the womb and in through the amniotic fluid during pregnancy.

Every life form receives from and deposits into the sea of energy surrounding us, energy which is coded information about itself.

A cycle starts where energy flows from the sea of energy into a living thing, is imprinted with the status of the living thing and returned to the sea of energy.

In the womb the same thing happens, with energy flowing through the amniotic fluid into the growing child, being imprinted, and then returned back, being monitored and acted upon if needed by Physical Sentience.

In the sea of energy this information builds up a picture from which Physical Sentience forms events and challenges which shape, guide and develop human life.

It's in this sea of energy in the atmosphere that events form giving humans, and only humans, a future as it's not enough to bring physical life into existence and develop it.

Humans need the challenge of a future and future events to progress and this will be looked at further on.

The sea of energy is controlled by Physical Sentience which is also part of it and this sea of energy is the medium from which understanding originates.

## Chapter 17 — UNDERSTANDING

Only humans can receive understanding from the sea of energy which all living things deposit data about themselves into.

This data, when it flows into a human, becomes understanding.

The same process exists with Previous Life storing data, but that data transforms into understanding when accessed by Physical and Brain Sentience and the process here mirrors that.

Understanding comes from the energy deposited into the surrounding sea of energy, not from the life form itself, although a connection has to form with a life form for understanding to flow.

Understanding flows from the sea of energy about a certain life form once a perception has formed with that life form.

The living being has broadcast its energy containing data about itself into the sea of energy which others can receive when they perceive a truth about that life form.

Mostly this is to do with humans, but other life forms deposit data about themselves into the surrounding sea of energy to a lesser extent.

This process is almost automatic, requiring a person not to resist this energy sharing and thereby stop it from leaving the body.

It's done on an existence level without thought, which means at a deep level the brain is aware of it happening and is why physical life such as animals without thought, do it.

Thought has no awareness, it only assembles knowledge from information, producing word pictures as imagination from memory, so it's not aware of this happening and as most people only use thought they don't perceive this happening.

Everything living and non-living contains Present Life at different levels, but only living things which have enough Present Life within

them to become alive, deposit energy powerful and strong enough to stand out from the background energy sea.

Only energy deposited in the sea of energy leads to understanding so the sea of energy is a public domain, in effect.

A person not wanting to share understanding about themselves, for example something they wish to keep private, will deliberately hold that energy back not letting it go into the sea of energy.

We see people like this as being very private, or hard to read, but really some aspects of themselves they have kept out of the sea of energy so there's nothing there to connect to.

This arrangement leads to our feeling for privacy, personal space and when a person is being intrusive leading to manners, politeness and concern between us.

The strength of the energy deposited in the sea of energy surrounding us, draws humans to connect to the more powerful, vibrant energy that leads to understanding.

Living things deposit powerful energy into the sea of energy, but non-living matter doesn't, which means they have to be worked out, usually by thought and study rather than through understanding.

Or to put it another way, a rock can be studied and analysed, but not understood in the way life can.

Also when a person is no longer on the Earth, they can't be understood as it needs to begin with a truth within them being perceived, which is not possible if they're no longer here, and this is the problem of figures in the past, especially religious ones. Because they are no longer here, they can't be understood so neither can their teachings or explanations.

Humans don't need ancient teachings anyway if they are in a constant state of understanding.

So living things can be understood, but not the living that have passed or non-living things, even though they contain Present Life at low levels and this is the reason why there's so much theory and belief in existence.

Sentience can connect and receive understanding from Previous Life as it exists, not just in physical life.

Understanding can be built upon in a way that theory and belief can't, and understanding opens the door to more advanced brain functions and the possibility of Personal Life coming into existence.

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A person sees another person and their perception locks onto their energy forming a connection between the two.

If a person understands enough about energy they can prevent someone's perception from locking on or breaking it, and most of us can also do this by erecting barriers and shields blocking everything.

The first person can then try again in a different way so increasing their ability with perception or they gain some understanding from the situation.

Sometimes a person can think they're blocking others, but are wide open so be careful, respect their privacy and proceed only to develop and gain understanding, not to have some kind of hold over others or gossip about your findings.

Everything within us is energy, all the feelings and emotions are all energies, and tangled energies indicate confused feelings and energies opposing each other. When energies are in conflict, this can lead to violence.

Once a personal self appears which is an opposing energy, violence becomes our default state and the only way to be free of it is for one of the conflicting energies to be removed, so that there is no conflict.

The other conflicting energy is the truth of our existence which can't be removed.

Anyway, assume the person locked on perceived a tangled energy within another person which was a problem for them.

Understanding about the problem flows through the connection into the perceiver from the sea of energy, which means the person with the problem wants others to understand it and has deposited the energy of the problem into the surrounding sea of energy.

The perceiver receives the energy which is data and transforms that data into understanding.

Understanding forms a link which allows the perceiver to travel along the connection and have an insight into the problem followed by a realisation.

A person could do this to themselves with their own problems.

Deposit the energy of the problem, which is the understanding of it, into the sea of energy, felt as a release or feeling joined with something

outside the body and then perceive the problem internally, gain understanding from the sea of energy, followed by insight and realisation, dissolving the problem by releasing its energy.

Problems quite often simply need dissolving not solving as the energy tied up in the problem can be simply let go of.

This process can be applied to the *me* or personal self which is one big problem tying up masses of internal energy.

It's one big problem because it's composed of conflicted energy which is in conflict with the truth of existence within a person.

Between the two is friction, the energy of which powers thought.

So thought is the product of conflict powered by the energy of conflict, going on to produce conflict in the world if it's used as a source of action, rather than being a means of communication, which is it's true purpose.

Insight and realisation can release the energy, dissolving this one big problem which is the *me* or the source of all conflict and violence.

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In order to understand something about a person that person must want the energy to leave them, or at least, not to block it.

We perceive people to be open or closed when they are letting energy go or blocking it from leaving, so there are no privacy problems if somebody is letting their energy go.

Once the energy flows from the sea of energy into the perceiver's brain, understanding can begin if the brain is quiet.

The flow of energy giving rise to understanding through the brain and the insight and realisation that arises because of it, has nothing to do with thought and if thought appears it will block the flow of understanding.

For understanding to flow the brain has to be clear, quiet and free of thought, a state which may be called basic existence or an untroubled mind.

Once the link and flow of energy has been established, understanding will continue and it will feel as if the head is gently vibrating.

Gradually, without interfering with the energy flow, we can become aware of it.

Thought has nothing to do with it and awareness is simply that; awareness of all the processes involved and awareness grows as more abilities appear and unify.

This whole process uses and processes energy in the way we were made to do so it isn't that hard, but for some reason so few of us are able to do it and keep the process pure and clear without thought.

To function in the world, thought is needed, but this isn't about functioning in the world but in the energy world.

Most of the understanding received passes into Previous Life and any that's needed in the world is diverted down to thought, producing knowledge, memory, logic, reason and so on — mental tools needed in the physical world.

So what is the point of all this?

Well, it's the point of our existence and without it we function without the guidance of 90% of our brain functions, relying on just thought which leads to the world we live in — conflict at all levels and a lack of foresight regarding consequences.

The abilities that Brain Sentience works through, such as patience, contemplation, reflection, insight, foresight, realisation and awareness only come into existence through perception and then understanding.

The problem here is that thought doesn't perceive, so therefore never receives understanding direct, only when it's passed on by Brain Sentience, which in turn has to receive it.

Perception is a human capacity which is part of our human side.

It's not initiated by Brain Sentience as we have perception in order to progress independently and achieve new mental abilities.

Watch for yourself when somebody is explaining something to you.

Understanding will only come when thought is quiet and the words start to make sense or the truth within them is perceived.

Perception can be direct from the brain or work through the senses and it's a marvelous thing to truly listen to the content of what somebody is saying. For this to happen you need to be completely still in your mind as the person's whole existence is revealed.

This leads to a flash of light which is insight, followed by a realisation when the truth of what's being said is grasped.

This can happen in a fraction of a second so most of us miss it, as thought immediately steps back in and tries to take over.

Understanding flows from perceiving truth which stimulates Brain Sentience and develops the brain's abilities in response to it.

The problem is, without a flow of understanding Brain Sentience and advanced brain functions don't participate, leaving it up to thought to make the best of it, unguided, and leading to where the world and its people are, in conflict at all levels.

Humans were put together and advanced in order to understand and that's what we need to do.

There are two main actions passing through history — the action of Life and Sentience and the action of humans.

If we act independently of the Life and Sentience within ourselves, it's not going to end well.

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Awareness is probably the end point for Brain Sentience, as it appears when all internal energy in a person unifies and crosses a boundary.

Again, this happens in the human or front end of our existence, it's not initiated or dependent on Brain Sentience which might be seen as being in the back end of our existence.

Brain Sentience started to inhabit the brain cells of mammals and what went on to become humans during the Cambrian Period, a time of a massive explosion of life and diversity, and it's that which caused it, as up to that time it was unable to advance and diversify physical life directly, especially humans, until it had gained enough from this universe to be able to work here.

Physical Sentience also caused extinction events during this time to recycle the more complex blended energies that had been developed in some physical life.

Brain Sentience could start to access and use the sun's energy to change physical, especially human, life, but it didn't use the blended energy in the Earth as Physical Sentience was using that to shape and accelerate physical bodies, as opposed to brains and nervous systems, so it used the sun's energy directly building up in the sea of energy surrounding us.

Brain Sentience can receive the sun's energy directly through the skin before it's become part of the sea of energy through contact with



oxygen in the air.

The skin is modified by Physical Sentience in the body by changing its colour to let certain wavelengths of the sun's energy through producing different energies in the body for Brain Sentience to work with.

From the time of the Cambrian Period, the sun's energy has been used directly to change early mammals by Brain Sentience working directly through the brain cells, central nervous system and immune system.

Physical Sentience still inhabits the body, but not the brain or central nervous system and neither does it work through or control the immune system. It does however control and work through the peripheral nervous system.

The transfer of understanding from humans is the same as with Present Life in humans transferring into Previous Life, except both forms of Life do this in order to grow and be unified, nothing else.

Unified Life doesn't lead to awareness or insight or anything else except all Life becoming one.

Only understanding passing through Brain Sentience can produce something new.

As said, awareness is the unification of all the energy in a person which starts to happen as the personal self, or the *me*, starts to fade or lose its energy.

The personal self is formed from conflicting energy which gives itself an identity and becomes the first person singular, but it's a false view or a deluded state that tries to maintain itself by keeping out other energies that could absorb it.

Being absorbed would be the end of it so it's in a state of constant resistance with the absorbing energy leading to deep conflict and inner division.

Conflict is a huge dissipater of energy and is the root cause of violence in humans.

If the absorbing energy, that is all the energy in a person which isn't part of the personal self, started to absorb the energy of the personal self then awareness would increase, but the personal self doesn't allow it as it knows without energy it would fade and disappear, and here is the conflict.

A human conflicted within will always create conflict outside them. Such a person is basically a violent individual that will continue

maintaining this by doing nothing about it. Going off and meditating or breathing exercises is just dodging the issue.

Energy needs to be released from the personal self through letting it go, while at the same time being aware, as the energy goes from the self and contributes to awareness which is the unification of all energy within.

Understanding and awareness do not exclude each other and can both occur at the same time, in fact they need to do so.

As the personal self diminishes, we become more useful to Brain Sentience as the personal self just acts as a blocker to it. Through awareness much more is revealed.

On the way to awareness, all the abilities of the different energies will become available and get stronger, until awareness comes into existence, containing everything they comprise, and more.

## Chapter 18 — THE RELATIONSHIP BETWEEN PHYSICAL AND BRAIN SENTIENCE AND HUMAN EXISTENCE

A strange situation has arisen in humans.

We appear to have two forms of Sentience within us which we know nothing about, and Present Life in the matter of our bodies and intensified in our cells, as does all physical life, which we also know nothing about.

Cells were assembled by Physical Sentience and advanced in multi-cellular physical life which was further advanced to form mammals and humans.

Humans also have the ability, capacity and opportunity to bring into existence advanced mental functions and Personal Life.

We are instilled with a purpose which is to gain understanding which starts everything else, and again we know nothing or very little about.

So how and why did this happen?

Up to now we could only advance and develop so long as we knew none of the above, thinking we were independent, driven by free will, or curiosity, science, anything so long as the truth wasn't perceived, and it was for this reason that blocks to that truth were placed in our brains by Brain Sentience.

This was in effect the child/parent relationship with humans, and probably why that relationship exists between us and our children, so it can be understood at the right time, that is when humans have developed far enough to know the truth, or have in effect, grown up.

Also, so much of what's wanted by Physical and Brain Sentience and the reason why physical life exists and the reason why human life has been advanced this far, is to fulfill the purpose of Brain Sentience which is for humans to gain understanding and advanced mental abilities.

This has been hidden from us so our brains can advance and develop this ability and other abilities if possible.

This is also why we have personalities, individuality and a personal self, blocked off from the truth of our origins, in order to develop to a certain point independently, but this causes problems towards the end of this phase of development, as we are developing theories and beliefs about our origins and development.

These theories and beliefs are developed by thought which isn't able to directly understand because it only receives the understanding we need from Brain Sentience, but even then just enough understanding not to interfere with our independent development.

Brain Sentience has the difficult task of subtly developing humans, but continuing to allow our own input because too much from Brain Sentience would lead to a dead end. Brain Sentience only has the data stored in Previous Life — it can't on its own find anything new.

Humans have to be given freedom to discover, even when it leads to some very bad things such as the conflict that exists now and has existed throughout human history. Conflict starts when the personal self develops and comes into conflict internally.

The personal self will always be in conflict with something, usually the personal self in others, but it began and continues internally.

The personal self enjoys conflict because, being an artificial construct of the brain, it has no reality or purpose so conflict energises it making it feel alive and more vital.

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Over time, people come along who try to explain the situation but they get misunderstood and misinterpreted and a huge following develops based on that, but at least they tried and made a start.

The artificial state of the personal self continues into artificial theories and beliefs which can never be true, or at least do not contain truth from which understanding flows, and so really are lifeless constructs gaining vitality and energy when in conflict.

Being artificial and containing no truth, they don't lead to truth either which is a big problem for science, thereby causing more conflict.

Yes, we live in a technological age created by science, but this is just technically correct not truth and nobody is suggesting we go back to live in caves.

Theories and beliefs never give rise to understanding, only bewilderment, leading to entanglement and conflict, the situation most of us are in.

Bewildered and entangled people don't advance, they just go round in circles causing trouble.

Perceiving the truth of our origins and development shows the Brain Sentience within us that we are ready to return to understanding as a way of life and are ready for more.

Once the primary, basic truths about us and physical life start to be perceived the brain will unblock and the perception of truth in all things will become easier and clearer.

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Understanding is all that's required with no thinking about it or committing it to memory, as these are middle level brain functions developed for the physical world.

Connection to the sea of energy and the perception of truth in a situation or person, allows data to flow from the sea into the human brain becoming understanding as the brain processes the incoming data flow.

Analysing the data flow will stop it, as thought can't analyse a dynamic process only a static one, so it will stop the energy flow to try and analyse it.

Stopping the data flow is almost automatic with thought as it wants to take over, but by being aware of the data flow and the understanding it produces, if it's allowed and maintained, this will keep thought out.

To start it may only last a few seconds as restricting thought is difficult because the personal self *is* thought, so there has to be an absence of that as well, but if you keep at it the time where thought is absent will extend.

Also, in a life threatening crisis, thought will immediately disappear, abdicating responsibility, so exploring the world of awareness and understanding is a good habit to get into because we're in a personal crisis most of the time, we just don't realise it.

Energy naturally flows when truth is perceived, giving rise to understanding and, from there, more and more understanding will flow so long as we stay immersed in and aware of the sea of energy surrounding us and we stay connected to it.

This book outlines the why, what and how of physical existence and from that everything falls into place: how it starts, why cells, then multi-cellular life, the diversity within life, then development and advancement, everything flows from point to point and can be understood.

But others have a different view: everything is an accident — physical life, mutation, evolution, diversity, humans, all accidental, all theories that are leading to bewilderment and confusion.

Or another view: a powerful being created us which is more theory and has nothing within it that can be directly perceived.

There are those who say they do perceive the truth of these theories which is just another example of how false views lead to delusion and more bewilderment.

No understanding flows from what is false, that which can't be perceived because it doesn't exist, only confusion and bewilderment from these false theories.

And what is true? Life, Sentience, Energy, and the action of that energy, which is how everything started on the physical level here on Earth.

That which is true and is perceived as true will give rise to understanding.

Doing this will set an individual on a path to something better, avoiding the worst of our time on Earth, but not all of it, because we still have to develop whether willingly or under pressure.

All events and challenges humans encounter have been engineered to stimulate us or drive us into being in a state of understanding and these events and challenges, like understanding, originate in the sea of energy.

## Chapter 19 — EVENTS AND CHALLENGES

The sea of energy surrounding us is composed of the sun's energy, but no Present Life is present as air isn't substantial or dense enough to bring it into existence.

Physical Sentience exists in the sea of energy, but it exists in everything since our sun ignited and Physical Sentience controls the formation of events and challenges which shape humans in the way we deal with them.

The events and challenges that originate in and from the sea of energy only confront humans, and are one of the reasons why we have gone further than other mammals.

As said, Physical Sentience increases the flow of blended energy through our cells raising the pressure giving us more of a presence, intensifying blended energy, and giving us an impact on the reality which surrounds us, which is the sea of energy.

Due to the strength of human existence, we can impact and interact with the sea of energy and the events and challenges that Physical Sentience form in it at just the right strength for each individual, so we're all challenged at the right intensity.

If the intensity is too strong we're overwhelmed. Too weak means the challenge isn't strong enough and for both cases there's no development.

So the challenge has to be just right to develop us, and develop is the key word as we challenge each other all the time, but if it's destroying and not developing then it hasn't come from the sea of energy around us, just the personal self of somebody else and this can give rise to understanding, but not development.

The energy flowing through the cells of other mammals is kept to a minimum so they have no impact or interaction with the sea of energy and therefore can't develop any further mentally, although they may change physically if the environment changes.

Physical Sentience forms the events and challenges within the sea of energy and Brain Sentience within the individual subtly helps to meet those events and challenges adequately.

Development in this book means to go forward physically and mentally to achieve the purpose of Brain Sentience and to achieve, if possible Personal Life.

It has a completely different meaning from evolution, a term not used in this book.

Other terms not used are creation and mutation as they belong to the theories of others.

An event could be something simple, such as trying to understand somebody or something, it doesn't matter what so long as it leads to development.

Events and challenges are fashioned from the energy surrounding us by Physical Sentience to suit the individual and are lined up in the sea of energy giving a future to the individual and sometimes they feel they have a destiny or fate.

Some people who are sensitive to such energies can see the events and challenges lined up for a person and so can see the future or think it is fate.

But events and challenges in the sea of energy are only potential, not actual, and a person sensing them coming can block them and move away, but such actions only manoeuvre a person to where Physical Sentience wanted them to be anyway.

Events could be meeting somebody, going somewhere, having a conversation, joining or leaving a group — anything which makes a person perceptive to others.

Challenges could be leaving home, getting married or divorced, getting or losing a job, bereavement, becoming a parent and so on, challenges which shape the individual so they are more able to respond to events.

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Without interaction with events and challenges there would be no advancement.

Physical life needs events and challenges to have a meaningful life, or a life with content, as existence is in two halves: that which gives rise to experience, such as events and challenges, and that which is on the receiving end of an event or challenge, in other words, humans.



Physical life without events would be meaningless as nothing would happen.

There would be no mental development for humans and no progress in the world.

Interacting with an event gives humans a future and only humans have this, animals don't.

If chimps are watched, being fairly advanced, there isn't a flow of energy into them from events and challenges, which means perception doesn't form or grow, so they have no future and no development.

The energy of an event or challenge in the sea of energy is a potential which flows into the human it is meant for.

That energy is slowly released in that person, then expressed and acted upon so the potential energy becomes real or actual.

This process, generally speaking, goes unnoticed so we suddenly have an idea or act according to a feeling, thinking we have free will, but really it's all the flow of energy from the sea of energy, including spontaneity.

Breaking free of all this is one of the steps a person has to take on the way towards Personal Life and it's done when the internal energy becomes stronger than the surrounding sea of energy so that it's no longer able to affect us.

This happens when the individual has gone beyond being developed by events and challenges, so Physical Sentience increases the strength and pressure of blended energy entering the cells making that person stronger than their sea of energy environment, thereby moving them on to the next stage, which really is to help others advance, but doing this as one human to another, not using the sea of energy.

Events and the challenging behaviour of others are meant to develop understanding, but generally speaking it doesn't, because we don't start with perceiving the truth of an event or challenge.

By perceiving the truth of it we would see what's wanted of us and respond appropriately, but our responses to events and challenges are influenced by theory, belief, ideas, a desire for a certain outcome, a certain view, but not by understanding. This leads again to bewilderment and confusion.

Events and challenges may be the action of individuals or groups or countries, but they all need to be understood, which means the truth

within them needs to be perceived.

Events formed by Physical Sentience flowing from the sea of energy will contain truth, so understanding will flow from it when that truth is perceived, but the irrational action of people won't contain truth and perception therefore needs to distinguish between the two.

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This process is also how humans have developed, primarily mental and emotional development.

Physical development is a mechanical process achieved through changing cell processes.

Outside events challenge us to develop further.

First the brain is physically developed through changing the cells, and then new brain functions can appear and progress through the challenge of events.

Events can be used for us to challenge each other and if the process isn't understood, this can lead to personal harm, such as conflict, fighting, violence and escalation into wars.

When this happens, the purpose of events hasn't been understood as a way of challenging people into developing mentally. This then leads to setbacks on many fronts, mostly conflict and its associated problems.

It should be seen that this way of doing things isn't easy.

Events can be very, very challenging, but when understood they go away because they have been absorbed and processed, but this may take a long time so perseverance is essential.

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Every second of the day we are processing events, but not understanding them or at least, our brains are not in a state of understanding.

For example, we breathe in and out and for most of us that's it, but to perceive the whole process of air entering the body releasing energy and then expelling carbon dioxide is the start of understanding the process.

Try maintaining a perception of your body: its weight, texture, feel, problems, pain, and size and so on, while still perceiving your breathing.

Extend the perception: become aware of clothes worn, people around, nature, and the sun and so on, constantly becoming more aware and pushing the brain to develop through perception which all then leads to understanding.

Turn the perception inwards to perceive thought, memories, feelings and so on. Focus your perception to look in the dark corners of the mind to bring light, which is perception, into what you become aware of, and then release it.

Perceive everything, miss nothing, and let understanding flow.

Not all events go directly to the individual; most don't, only going to a person so they become an event for somebody else by the interaction with them.

The amount of events and interactions possible are vast, almost without limit, keeping humans in a perpetual loop with events being formed by Physical Sentience in the sea of energy, the results of which are received by Brain Sentience in the individual's brain.

Some call this karma.

This is fine for Brain Sentience which shares the new abilities acquired through the challenge of events with Previous Life which is gaining all the Present Life accessible, but nothing new is gained in terms of human mental development by this method, and Brain Sentience knows this from its previous experience in other universes.

For humans outside, events will develop us up to a point, but there's no freedom in this method, sooner or later we are going to have to break free of it.

By perceiving this and breaking free of it humans will go beyond dependency on events towards being able to live in freedom.

## Chapter 20 — IMAGINATION OR VISUALISATION

Visualisation is a function of mind available to people of all different mental abilities to use to turn the product of their abilities into a vivid, vital flow of energy which thought can then interpret.

It's a means of passing on a course of action, which passes through thought from the mental world into the physical world.

Visualisation moves and is fluid and dynamic because its source, advanced mental abilities, are dynamic and fluid and have movement.

Imagination and thought are static because thought is static and thought produces imagination.

Thought isn't an advanced mental function, but when working properly it receives visualisations from advanced mental functions that it can act upon, but generally it doesn't do that.

Instead, thought produces individual static pictures called imagination internally and then acts or develops a course of action from them.

The personal self is the imagination of the brain working through thought.

Thought and imagination are static because all physical energy in matter and in physical life is static having lost its ability to move when it encountered matter because Physical Life has halted its motion, allowing Present Life to come into existence and physical life to develop.

So everything thought based and derived from thought is static, the same way as a video showing movement is a series of still pictures running at 24 or more frames per second, because this is the only way static energy can work, by a series of frozen moments played one after the other, the same is experienced with imagination.

Thought is also the same, with tiny spaces between the words and in the words themselves that are thought. There isn't a "thinker" either, just thought listening to itself.

When the sun's energy arrives on Earth or makes contact with any matter anywhere, it loses its movement and stops and that's how to recognise it and distinguish it from advanced mental functions.

More advanced mental functions which are also actions, such as reflection, contemplation, consideration and observation are actual movements through the brain, but don't originate there, the brain just tunes into them.

They move and are fluid and don't originate from the physical world or from the sun's energy and they are the source of visualisation thus making visualisation significant.

It's significant in the sense that it's worth working with and worth carrying out its implications in the physical world and worth knowing where it comes from.

To start with, people who visualise will be aware of real movement within it, not the artificial movement of still images giving the illusion of movement like flicking through a picture book, but in time awareness will develop with the *origin of everything* conveyed and observed.

So the human brain will be aware, reflective, open, insightful, contemplative, considerate, patient, receiving understanding leading to revelation, foresight and realisation guided by visualisation. This is truly an amazing ongoing experience. There is also love, compassion, sympathy and wisdom which are more of the body than the brain and are not explored in this work.

But none of us have this as imagination and thought dominate human life, guiding our actions to where we are now.

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Visualisation is for the real human.

What we have now, imagination is a product of the artificial human and the clue is in the word: imagination, containing images which are static shown to thought one after the other, to form the illusion of movement.

Thought has made an artificial world of TV and film entertainment where people act and from that comes imagination produced from people pretending.

From there, it's spread out into society to other media, politics, business, government and relationships.

As individuals, we take on images of ourselves based on the images formed by imagination and these images rub against to the images in

others causing friction and violence and called relationship.

Thought has produced this and then thought takes it as real. Imagination becomes a problem and something to avoid.

Thought generated images lead to nothing real, just confusion and contradiction inside a person and the same outside in the world.

It's very strange that we all want to change the world and make it a better place, but because we all contribute to what it has become through thought and imagination, nothing changes.

## Chapter 21 — AFTERWORD

And so we've reached the end for this book and the end of our journey down through time, looking briefly at some of the main points of existence.

In trying to present an overview or foundation on which to build, only some main points have been looked at in order to establish the fundamentals of physical life beginning and its development and it's hoped this foundation will be built upon in future books.

So what's the point of this book, why reveal the truth of our existence why not just let the creationists and evolutionists argue it out and keep out of it?

Well, the problem is that without a basic understanding of the truth of human existence we'll never be beings that understand. We'll stay in misery, confusion and bewilderment leading to conflict and suffering — in short the present situation humans are in.

It will only get worse unless through understanding we make it better and understanding isn't just for the specialist or scientist, but for everyone of us, no matter what our job or position in life, each one of us is extraordinary special, born in a star, composed of energy, formed by Life and Sentience, with a brain that can do amazing things. How lucky are we?

Seeing the human immune system as a tool of Brain Sentience is important because we can start to find out what it wants, how it's working towards what it wants and how we can work with it.

If you're happy with your life, or the life your children will have or the way the world is going then fine, stay as you are, but if you want change and to allow change, then study this book and the other two books which are referenced earlier, and start to change.

Read the books and read the deep meaning and see where it takes you — a personal journey of wonder and discovery — and if possible, help another person on their journey as well.

## Chapter 21 — AND FINALLY...

Let's take a journey together, all of us, back to the start of our sun igniting when all the energy of what became physical life on Earth started to be released, as hydrogen melted and burned.

Previous Life and Sentience came rushing through the sun under great pressure igniting the sun, releasing its energy, and Sentience then started to stream away from the sun in all directions.

Visualise yourself there at this beginning, each and every one of us, everything that will become physical life, unified and undivided with nothing between us, about to embark on a fantastic journey leading to life on Earth.

At tremendous speeds, as the sun ignites, its energy explodes outwards taking us all with it across the void of space, visualise the beautiful desolation we hurtle through towards Earth — the most beautiful sight in the universe beyond all words — except one...

Home.

Thanks for reading this ... much love x



## ABOUT THE AUTHOR



Having spent a lifetime studying and learning about energy, at first by reading and listening to others and afterwards, through direct perception, it's become clear that one person working alone will only scratch the surface and a group effort is needed.

That means as many people as possible who are interested in energy should be perceiving and studying it directly, because even if independent of anybody else, each person will bring their own unique view and this, in part, is the function of these books: to kick start something in others.

It's a long, fascinating journey which will change you, enrich your life and hopefully help you to meet like- minded individuals with the end goal of helping others.

Now isn't that worth giving up some TV or drinking for?

The two books linked to earlier are:

The Therapy, and

A New Therapy for Health and Energy,

Both by Richard Clark and both available from [Obooko.com](http://Obooko.com) for free.



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